





Placing Social Determinants of Health in Context: Obesity




Physical Environment

<p>Commute <25 Min</p> 	<ul style="list-style-type: none"> • Longer commuting distance is associated with lower levels of physical activity, which can lead to increased risk of obesity, hypertension, and poor overall physical health (Hoehner, 2012). • Longer commute time increase purchasing out-of-home foods, which can have negative cardiovascular health consequences (e.g., high sodium, high calorie fast food, hypertension and obesity) (Osstenbach, 2022).
<p>Affordable Housing/ Year Structure Built/ Owner Occupied Housing</p> 	<ul style="list-style-type: none"> • Not having a stable place to live is bad for heart health and can lead to overweight and/or obesity (Gu, 2023). • The availability of safe public housing was identified as an important factor for parents to help reduce rates of childhood obesity (Davison, 2013). • Losing a home can lead to negative health effects, including being overweight and/or obesity (Jones, 2020).




Economic & Work Environment

<p>Graduated High School</p> 	<ul style="list-style-type: none"> • Those with lower education levels (high school graduates or no high school) were found to have a higher rate of obesity than other groups (Ogden, 2017) • A review of studies found an association between lower education levels and obesity as measured by BMI (Witkam, 2021)
<p>Employed</p> 	<ul style="list-style-type: none"> • Working adults who become unemployed gain more weight than those who either stay employed or retire (Monsivais, 2015) • Persistent unemployment has been associated with poor general health, including obesity (Herber, 2019)

Economic & Work Environment (continued)

<p>Household Income</p> 	<ul style="list-style-type: none"> The CDC found that the prevalence of obesity among US youths was higher for low to middle income groups (Ogden, 2018)
<p>Above Poverty Level</p> 	<ul style="list-style-type: none"> Consistent exposure to neighborhood poverty was found to be associated with significant obesity risks in emerging adulthood (Huang, 2023) There is a strong link between living in a poverty-dense region, food deserts, and a lack of physical activity with poor health outcomes, including obesity (Levine, 2011)
<p>Children Above Poverty Level</p> 	<ul style="list-style-type: none"> There are strong associations between poverty before the age of 2 and adolescent obesity by the age of 15 (Lee, 2014) A review of multiple studies found that Black and Hispanic children living in poorer neighborhoods and with increased access to corner and convenience stores had higher BMIs (Johnson, 2019)

Service Environment

<p>Health Insurance/ Employer-Based Health Insurance</p>  	<ul style="list-style-type: none"> The need for increased coverage and reimbursement of obesity treatment and care by insurance is identified by physicians as a key barrier to providing services to their patients (Nederveld, 2021) Insurance coverage is a barrier for working age adults with low income to receive care and treatment for obesity (Rajbhandari-Thapa, 2020)
<p>Internet Coverage</p> 	<ul style="list-style-type: none"> Internet-based interventions were found to have a significant and promising effect on waist circumference reduction among participants (Seo, 2015) Nutrition related interventions for adolescents or young adults with a social media component were found to have overall positive outcomes (Chau, 2018)

References

Physical Environment

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Economic & Work Environment

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• **Household Income**

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• **% Above Poverty Level**

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Service Environment

• **% With Health Insurance/% With Employer-Based Health Insurance**

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