

Activity: Social determinants of health



HOW CAN THE SOCIAL DETERMINANTS OF HEALTH IMPACT WOMEN?

HIV intersects with many factors in women's lives. For instance, women living with HIV who are experiencing intimate partner violence, racism, classism, poverty or a combination of these may experience barriers when accessing health care and social supports and therefore may be less likely to take their HIV medications as prescribed. These experiences impact women's health and well-being. While working in community agencies, it is important to be aware of these intersecting social determinants of health and be prepared to offer appropriate supports and referrals.

This activity can be used individually or in a group to strengthen awareness about how intersecting social determinants of health impact women.



According to the World Health Organization, social determinants of health are “non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.”¹ Social determinants of health include economic, social and political systems. Examples include income, employment, education, social inclusion, housing, access to health services, structural conflict and discrimination such as racism and sexism.

INSTRUCTIONS

- ▶ Review the questions about factors impacting women's experiences.
- ▶ Review the answer cards on the following page.
- ▶ Match the letters on the answer cards to each of the questions. Each question may have multiple answers.
- ▶ Compare your answers to the Answer Key and discuss your thoughts and opinions.
 - **Are there other structural factors to consider?**
 - **How do these factors intersect with each other?**
 - **What other strategies might support a woman in this situation?**

Tip: Get interactive! Print this activity to use in workshops, or try cutting out the pieces so participants can match the ones that go together.

REFERENCES

1. World Health Organization. (2021). Social Determinants of Health. World Health Organization. Retrieved from https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1.



ACTIVITY A: SOCIAL DETERMINANTS OF HEALTH



Note: Some letters can be used more than once in this activity, and some questions may have more answers than the number of circles, so think carefully!

1. QUESTION SHEET

- ▶ Review each of the questions.
- ▶ Match the letters on the answers cards to each of the questions. Place these letters in the circles below the question. You may choose multiple letters for each question. Choose the ones that make the most sense to you, and afterwards, discuss with your colleagues.

- 1** What are some reasons a woman experiencing intimate partner violence might be less likely to access health care and social supports?

- 2** What are some reasons people might be less likely to take HIV medications?

- 3** What are some reasons an African, Caribbean, Black or Indigenous woman might be less likely to access health care and social supports?

- 4** What are some reasons a Trans or Non-Binary person might be less likely to access health care and social supports?

- 5** What strategies might you use to offer support for people in these situations?

- 6** What are examples of referrals that may be helpful?



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2. ANSWER CARDS

- ▶ Review the answer cards
- ▶ Match the letters on these answers cards to each of the questions on the question sheet.

A

Local HIV specialists and pharmacies

B

Make warm referrals* when appropriate

C

Restricted economic and social freedom

D

Violence against women agencies

E

Fear of increased violence by their partner

F

Your local HIV service organization

G

Inability to confidentially pay for their medications or fill prescriptions

H

Internalization of violence leading to a devaluation of self-worth

I

Prioritizing other aspects of their life above managing their own health

J

Listen to her and be open to hearing what she says

K

Depression and other mental health challenges that make taking medications consistently a challenge

L

Be kind and responsive, acknowledge and reinforce her expertise

M

Racism and lack of culturally aware practices within health and / or social services

N

Cultural or community pressures

O

Stigma

P

Faith or cultural community groups

Q

Community programs for women to support each other and reduce isolation

R

Discrimination about gender - identity

**Warm referrals are referrals that include a human connection. This may be a phone call, or a personal introduction between the woman and staff at another agency.*



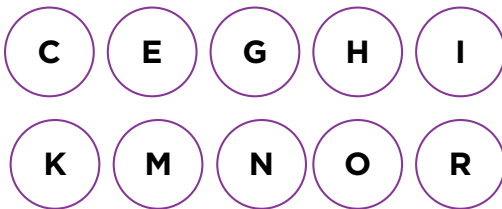
ACTIVITY A: SOCIAL DETERMINANTS OF HEALTH

3. ANSWER KEY

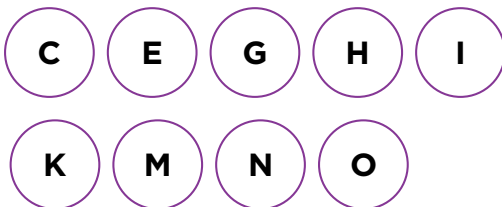
- ▶ Compare your answers to the key below, and discuss your thoughts and opinions. Are there more factors to consider? What other strategies might support a woman in this situation?

***Note:** There may be multiple answers

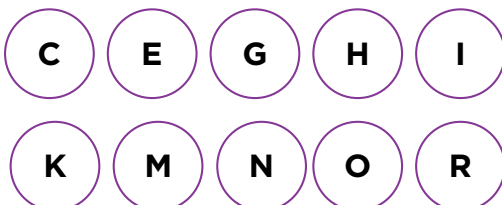
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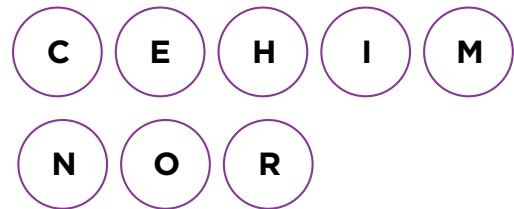
- 2** What are some reasons people might be less likely to take HIV medications?



- 3** What are some reasons an African, Caribbean, Black or Indigenous woman might be less likely to access health care and social supports?



- 4** What are some reasons a Trans or Non-Binary person might be less likely to access health care and social supports?



- 5** What strategies might you use to offer support for people in these situations?



- 6** What are examples of referrals that may be helpful?



Once you've answered the questions, take time to review with other colleagues to discuss each others responses and share ideas, experiences, and strategies you might use. Reflection Questions:

- **Are there other structural factors to consider?**
- **How do these factors intersect with each other?**
- **What other strategies might support a woman in this situation?**