

# Social determinants of health discussed during personal visits before and during the COVID-19 pandemic

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## Background

- COVID-19 pandemic, related social distancing, and the downstream economic effects highlight important health equity issues
- Impacts disproportionately affecting families, particularly African-American and Hispanic families

## Research Goals

- Providing a more complete understanding of issues facing families and what supports may be most beneficial during this unprecedented time

## Methods

- Secondary analysis** from the Healthy Eating and Active Living Taught at Home (HEALTH) D&I cluster randomized trial
- HEALTH D&I is a weight gain prevention intervention within a national home visiting program (**Parents as Teachers, PAT**).
- Parent educators complete brief surveys** after visits with participating mothers
- Surveys include: **“Did issues with any of these come up during the visit?”**, with yes/no options for ‘Transportation’, ‘Housing’, ‘Food insecurity’, ‘Childcare’, ‘Financial constraint’, or ‘Other’.

**Table 1. Demographic characteristics of mothers included in the analysis n (%)**

Race/ Ethnicity (n=58)	Hispanic or Latino	32 (53.3%)
	White* /	16 (26.7%)
	Black or African-American	3 (5.0%)
	Asian	4 (6.7%)
	Native Hawaiian or Other Pacific Islander	1 (1.7%)
Income (n=57)	More than one race	2 (3.3%)
	Under \$10,000	15 (26.3%)
	\$10,000-\$19,999	13 (22.8%)
	\$20,000-\$29,999	10 (17.5%)
Food Security (n=59)	\$30,000+	19 (33.3%)
	Food Secure	31 (52.5%)
Number of children in home (n=60)	Food Insecure	28 (47.5%)
	1	14 (23.3%)
	2	23 (38.3%)
Mom’s Education (n=60)	3+	23 (38.3%)
	Less/some than high school	19 (31.7%)
	High school graduate/GED/vocational school	17 (28.3%)
	Some college	10 (16.7%)
Receive help from programs**	College grad/Grad or prof	14 (23.3%)
	WIC	45 (75.0%)
	SNAP	28 (46.7%)
	Other	3 (5.0%)
	None	10 (16.7%)

\*Not Hispanic or Latino; \*\*Check all that apply

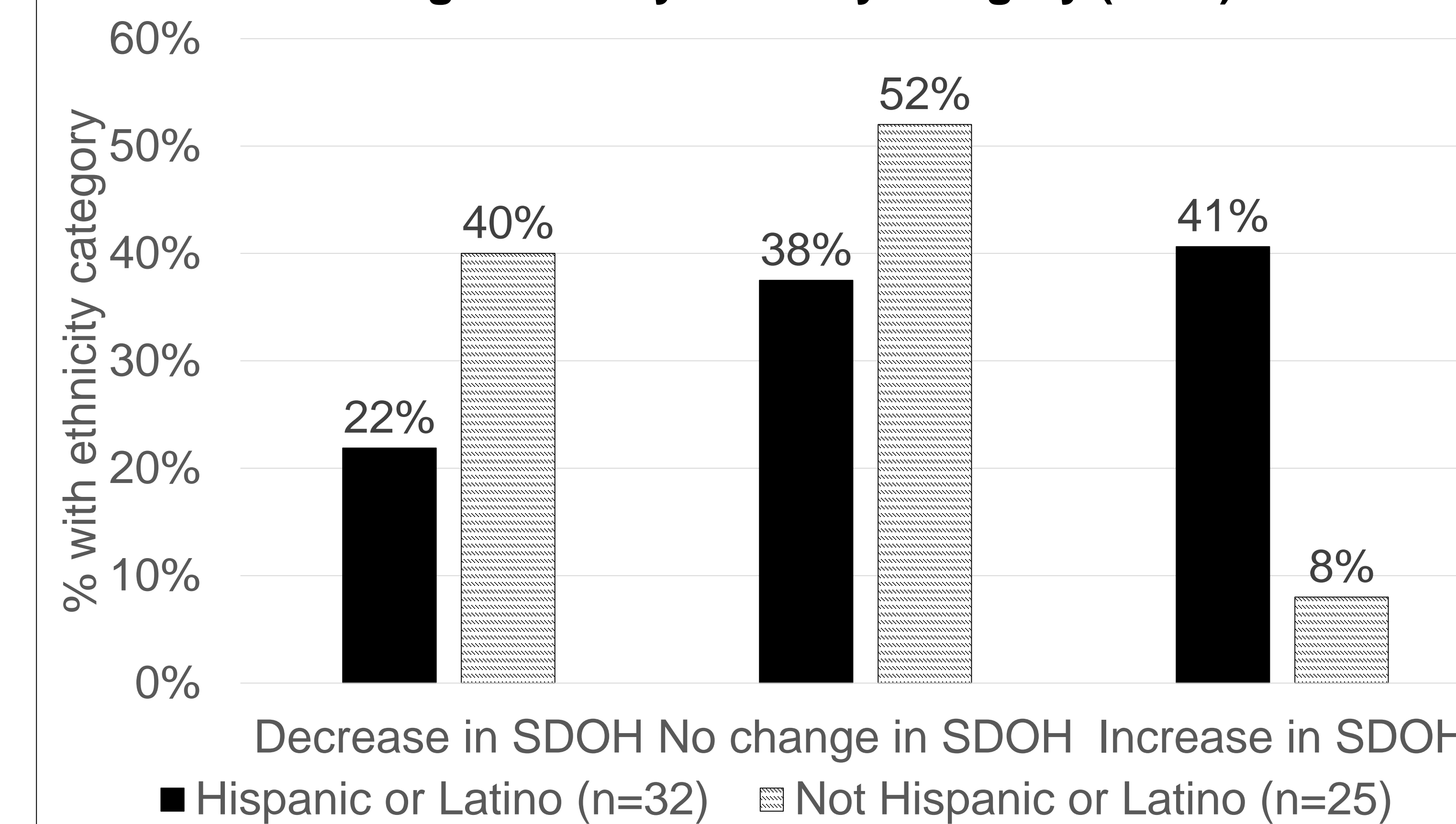
## Results

- Table 1** shows demographic characteristics of the 60 mothers with visit records before and during COVID-19: **55% identified as Hispanic or Latino**; 75% reported an income less than \$40,000/year, **52% reported food insecurity**
- Table 2** shows issues parent educators reported discussing during visits before and during COVID-19: **Childcare issues were discussed less frequently**, and **food security was discussed more frequently**
- Figure 1** shows differences in SDOH before/during COVID-19 by ethnicity: Parent educators reported discussing more SDOH for **41% for mothers identifying as Hispanic or Latino and only 8% for non-Hispanic mothers**

**Table 2. Social Determinants of Health (SDOH) Parent Educators Report Discussing In Visit Before and During COVID-19 (n=60)**

Parent educator report of whether issues with any of these came up during the visit n (%)		Before	During
		Transport	17 (28.3%)
Sum of SDOH arising during visits, by parent educator report n (%)	Housing	9 (15.0%)	11 (18.3%)
	Food insecurity	6 (10.0%)	16 (26.7%)
	Childcare	24 (40.0%)	17 (28.3%)
	Financial constraint	23 (38.3%)	26 (43.3%)
	Other	27 (45.0%)	23 (38.3%)
	0	20 (33.3%)	24 (40.0%)
Sum of SDOH arising during visits, by parent educator report n (%)	1	11 (18.3%)	7 (11.7%)
	2	11 (18.3%)	12 (20.0%)
	3	9 (15.0%)	6 (10.0%)
	4	2 (3.3%)	4 (6.7%)
	5	4 (6.7%)	3 (5.0%)
	6	3 (5.0%)	4 (6.7%)

**Figure 1. Difference in Number of SDOH Before vs During COVID by ethnicity category (n=57)**



## Conclusions

- Study reports SDOH parent educators reported discussing in personal visits with mothers participating in a family strengthening intervention
- Can help build understanding of how COVID-19 is impacting families, and highlighting inequities which exacerbate existing disparities

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