



Social Determinants of Health & Medi-Cal

Local Plans Invest to Improve Health

The Issue

Social determinants of health (SDOH) are individual and community behaviors, economic circumstances and environmental factors that influence health costs and outcomes. In recent years, there has been growing recognition of the need to address social determinants — such as housing, transportation, social support networks and food insecurity — to improve health outcomes.

California Faces Significant Social Hurdles

Though it boasts the fifth largest economy in the world, California also has the highest poverty rate in the nation. Income inequality has become increasingly pronounced and has been linked to shorter life expectancies, which vary widely across counties. These large swings in socioeconomic disparities have a profound impact on health.

 <p>More than 130,000 Californians are homeless — 25% of the nation's homeless population.</p> <hr/> <p>Supportive or permanent housing is foundational to improved physical and mental health.</p>	 <p>1 in 8 Californians struggle with food insecurity.</p> <hr/> <p>Reliable access to affordable healthy food supports good health, particularly for those with chronic disease.</p>	 <p>Socially isolated individuals have a 30% higher risk of dying in the next 7 years.</p> <hr/> <p>Ensuring that people are in communities and connected to supports and services can reduce loneliness and lead to better health.</p>
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Local Health Plans Invest in SDOH

Local plans serve predominantly Medi-Cal enrollees who often lack basic necessities and are particularly likely to face disparities in their communities. As not-for-profit, mission-driven entities, local health plans reinvest resources into the communities they serve and are uniquely positioned to make an impact on the social determinants that influence their members' health outcomes.

7.5 Million Medi-Cal Enrollees are Served by 16 Local Plans



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Statewide Policy Solution Needed for Sustainable Investment

Local health plan investments in SDOH have resulted in positive impacts on Medi-Cal enrollees' health outcomes. However, the ability to sustain and expand these investments relies on a statewide policy solution within the Medi-Cal program. Local plan investments alone cannot meet the full scope of need. Plan leaders look forward to working with policymakers on strategies for long-term investment.

Local Health Plans at Work



The Community Care Settings program coordinates and provides a wide range of community supports and services that enable aging and disabled members to successfully transition out of nursing facilities into their own homes and to live independently.

98% of participants stayed in the community after leaving a nursing facility

40% cost savings over time

95% participants would recommend the program to family or friends



As part of its Whole Person Care pilot, L.A. Care joined forces with Los Angeles County and invested a \$20 million, 5-year grant to Brilliant Corners to support the Housing for Health initiative, a permanent supportive housing program that provides long-term, affordable rental housing and case management. Targeting frequent users of health care services among the county's homeless population, the program resulted in a substantial decline in the use of county health care services in the first year after receiving housing.

Health Services		Mental Health	
Emergency room visits	-68%	Inpatient stays	-02%
Inpatient stays	-77%	Crisis stabilization	-60%
Outpatient visits	-25%	Outpatient visits	-25%



CalViva Health launched an outreach program for community health workers to conduct home visits to help members coordinate and connect to needed health and social services. Priority populations include: members recently discharged from the hospital, pregnant women and individuals with behavioral health and/or substance use issues. The community health workers provide assistance with transportation, language services, housing, clothing, food, and other types of social services.

60%

Success/Engagement Rate with Members.