

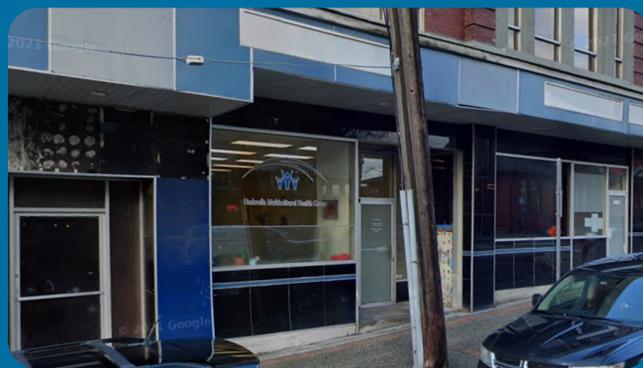


Umbrella Multicultural Health Co-op

# Social Determinants of Health Program

## What are Social Determinants of Health?

- Social determinants of health (SDH) are the social and economic factors that influence people's health.
- SDH can be more powerful than medical treatments or lifestyle choices.
- SDH are apparent in the living and working conditions that people experience every day.
- SDH can impact health in many positive and negative ways.
- Legislations, social policies, funding, and resources all can influence SDH.



Here is a list of SDH that can affect people positively or negatively:

- Income
- Education
- Job security
- Early childhood
- Food security
- Housing
- Social exclusion



- Employment
- Social safety network
- Health services
- Aboriginal status
- Gender
- Race
- Disability



There are other factors that are not currently recognized by Health Canada as SDH. However, they are uniquely important for the communities served at UMHC.

For example: Family Matters, Immigration Journey.



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# Social Determinants of Health Program



At Umbrella, we offer SDH support to our patients and community members by:

Our doctors and CCHBs will help

- Identify needs

Our SDH workers will help

- Identify resources and services
- Make referrals to partner organizations
- Follow-ups

Examples of health-related social services

- Applying for disability tax benefits
- Food hampers
- Reporting work-related injuries

## SDH Program Team

### Wazhma Wakil - SDH Coordinator

Wazhma is an international medical doctor, and has worked in settlement sector and healthcare services in various capacities. She has helped many newcomer get access to services that meet their needs related to SDH. Wazhma is an advocate for equitable access healthcare for all.

### CCHBs

Namira - Arabic speaking communities  
Sossan - Dari speaking communities  
Martha - Spanish speaking communities  
Miriam - Tigrinya speaking communities



In the past, we've made referrals

- to:
- Healthcare provider services: mental health community org
  - Community resources: SHARE family and community services, DIVERSEcity
  - Settlement/Immigration services: MOSAIC, ISS of BC, PCRS, PICS, SUCCESS, Purpose Society, immigration consultant
  - Employment and Housing: Newcomer employment program, Options Community Services
  - Financial needs: Income assistance

## Patient Testimonials

"Umbrella was the first service I accessed in Canada. The SDH program helped me navigate the system and resolve the financial distress I was in."

