



University of California
San Francisco

Improving Health Outside the Hospital Walls



Janet M. Coffman, MPP, PhD
Philip R. Lee Institute for Health Policy Studies

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UCSF's Mission

“UC San Francisco is the leading university dedicated to *advancing health worldwide* through preeminent biomedical research, graduate-level education in the life sciences and health professions, and excellence in patient care.”

<https://www.ucsf.edu/about/mission-and-values>

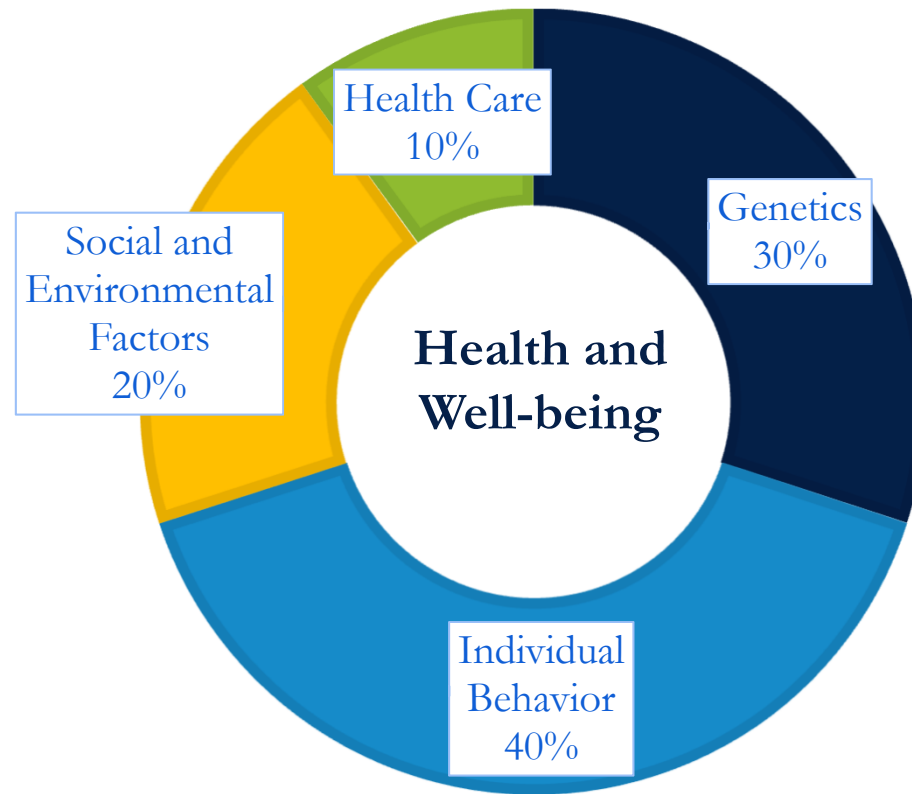
What is Health?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Preamble to the Constitution of the
World Health Organization, 1946



Impact of Different Factors on Health



Source: Schroeder, SA (2007). We Can Do Better – Improving the Health of the American People. *NEJM* 357:1221-1228.

Figure 1

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Objectives of This Course

- To increase knowledge of social factors that affect health
- To identify effective strategies for addressing these factors
- To showcase the work of UCSF faculty working to improve health beyond the hospital walls

Topics and Faculty

Week	Topic	Faculty
1	Sugar Consumption	Laura Schmidt, PhD
2	Housing and Homelessness	Joshua Bamberger, MD
3	Adverse Childhood Events	Mohsen Malekinejad, MD, DrPH Joyce Dorado, PhD William Martinez, PhD Melanie Thomas, MD, MS
4	Tobacco Control	Stanton Glantz, PhD
5	Food Insecurity	Hilary Seligman, MD, MAS
6	Paid Family Leave	Rita Hamad, MD, PhD



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