

WhatsDrivingOurHealth.com

#DrivingOurHealth

Your Health is Your World

Most of us know how important health is, but we might not recognize all the factors that shape it. In reality, your health is determined more by the zip code you live in than the doctor you see, meaning where you live, your economic stability, education, ethnic background, access to nutritious food, and more. Called social drivers of health (SDoH), they influence us every day, everywhere.

Here are three of many examples.*



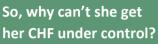
Best taken with air conditioning



Edie, 65

congestive heart failure (CHF) and isn't improving despite repeated ER visits and having the





Doctors realized she in the sweltering heat of summer.



This makes it hard for Edie to breathe and even harder to go about the basics of everyday living. For Edie, not having AC isn't simply an inconvenience. It's a hazard to her health.









of metropolitan homes in the U.S. have at least one health/safety issue that puts occupants at risk for illness/injuries.1



What a dead battery and asthma have in common



James, 26

James has asthma and recently had a flare-up. The good news: He lives within short driving distance of several medical facilities.

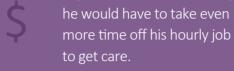






The bad news: His car battery died, and he can't afford to replace it just yet. What's more, the closest bus doesn't stop near the

urgent care center, meaning



He ultimately had a severe asthma attack and landed in the ER. It's not the first time and probably not the last.



In our survey of

5,000

Americans, 70% live near at least 1 hospital/medical center BUT

1 in 5 say lack of transportation has kept them from medical appointments, work, or getting the things they need.



When scarcity leads to obesity



Cheri, 32

But her paycheck only stretches so far,



best she can do. As a result, all family members are either overweight or obese.







The examples above are only the tip of the iceberg.

There are many factors that affect health that we don't even realize. For example:



access to telemedicine, online homework for kids, and much more, which in turn affects long-term health and access to opportunities.

A lack of internet service affects



green spaces are nonexistent—or even walking outside at night feels unsafe—has lasting consequences for mental and physical health.

Living in neighborhoods where



A lack of educational opportunities, combined with the factors above and many others, affect lifelong health and economic stability.



67%



by SDoH compared to 58% of White people

Where do we go from here? Americans' Expectations

addressed now. So, who should take action?

Americans surveyed believe that SDoH should be



WHAT CAN YOU DO?

More than 80% surveyed say that healthcare entities, local government, private citizens, and employers share responsibility.

Individuals are only as healthy as the communities around them.



Learn more about whole health and its drivers, starting with

reading the *Driving our Health* study and visiting WhatsDrivingOurHealth.com



the social drivers of health using the hashtag #DrivingOurHealth.

Spread the word about



Learn more and join Anthem in the important conversation

around these issues.

