1. Which is NOT considered a social determinant of health?
2. Poverty
3. food insecurity
4. unequal access to health care
5. racism
6. genes/biology
7. Which is NOT an example of how the SDOH can affect physical health?
8. poverty increases chronic stress
9. inheriting breast cancer from a parent
10. poor housing conditions linked to asthma
11. more education predicting better health
12. Health disparities are differences in health outcomes that occur between certain populations or subgroups. While causality is difficult to prove, research suggests that many health disparities occur \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ social determinants of health.
13. in spite of
14. separately from
15. because of
16. before
17. The definition of food insecurity is:
18. Lack of access, at times, to enough food for a healthy lifestyle
19. The children under the age of 18 in a household not having enough to eat at least 5 out of 7 days per week
20. Daily hunger among at least 75% of members of a household
21. Qualifying for free/ reduced lunch
22. True or false? Food insecurity is the number one leading cause of obesity, diabetes, and heart disease.

True. This is often unrecognized as the leading cause of diet-related conditions.

False. There are multiple causes, with food insecurity as a potential contributor.

1. Scarcity can make someone:
2. Prone to planning ahead and list making
3. Hyper-focused on the long term
4. Immediately hungry, putting them at risk for obesity
5. Focus only on their immediate needs
6. Which one of these is NOT true of allostatic load?
7. It can affect someone’s ability to plan for the long term
8. It can be thought of as the occasional stressors in our lives
9. It increases the risk for diabetes, obesity and depression
10. Can be thought of as “wear and tear” on the body
11. The social determinants of health lead to chronic stress and “decreased bandwidth”, which can make it hard for a patient to make good decisions or take care of their health. Shared decision making can be used in this context because:
12. You can change the patients priorities for the better
13. You help the patient think through the pros/cons of their priorities
14. You can make a decision for them