

Addressing Social Risk in Pediatric Health Care Settings: A Tale of Two Interventions

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Resource Navigation Intervention



- Assessed family social risks
- Used algorithms to provide targeted resource referrals
- Connected to resources
- Created intervention plans
- Provided case management
- Followed-up (phone, text or in-person) every 2 weeks

Interventions

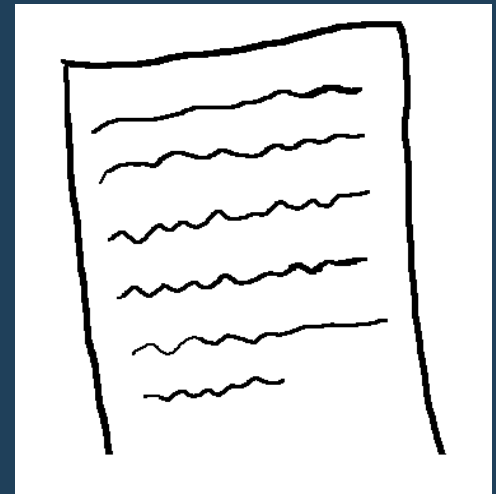
SCREENING

Do you need...?

- Food
- Housing
- Help with benefits
- Legal services



**Written
Community
Resources**



**Resource
Navigation
& Follow-up**



Study I



Methods: Study Design

- Two hospitals serving low-income, diverse patients
- Primary Care and Urgent Care settings
- Randomization by day: Navigation vs. written resources
- Caregivers: English/Spanish, ≥ 18 yrs., no acute illness

Key Question: Can addressing social issues during pediatric care visits decrease social risks and improve children's health?

Participant Characteristics

1809 Families

872 Navigation Services

937 Written Resources

68% Urgent Care

32% Primary Care

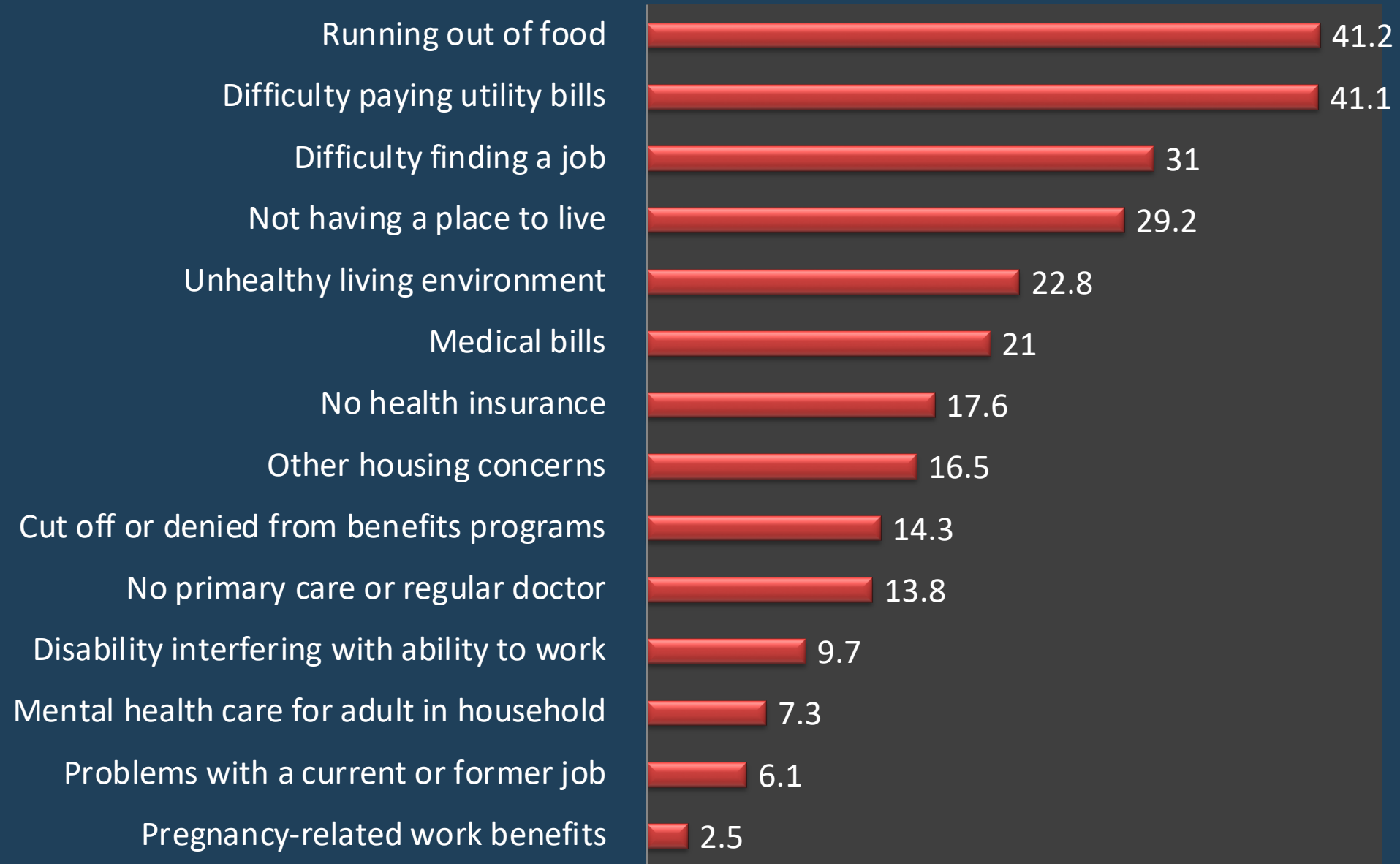
Children

- 5 years (SD 5 years)
- 51% Female
- 51% Hispanic, 26% Black

Caregivers

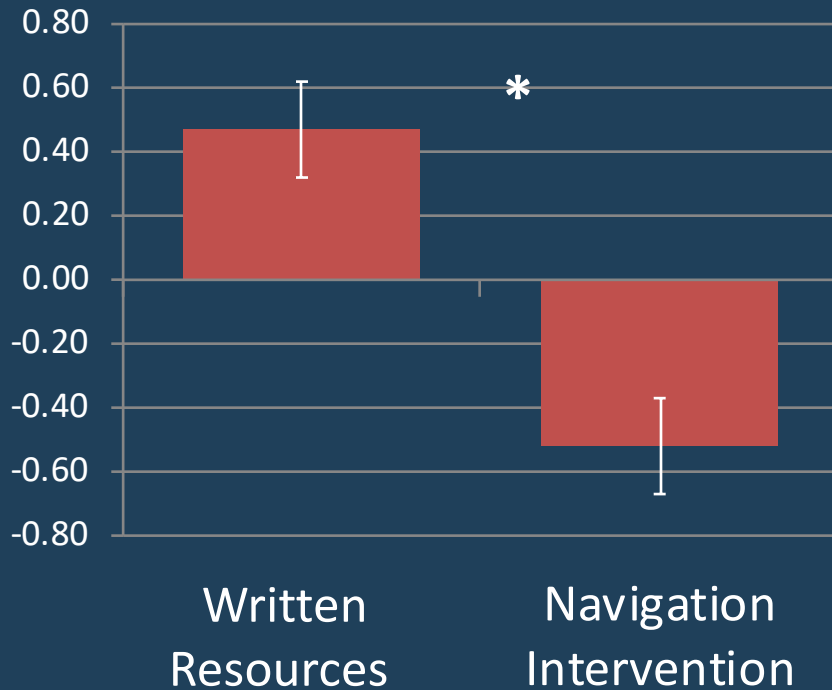
- 84% Mother
- 35% Primary language Spanish
- 34% > High school education
- 75% Household income <35k

Prevalence of social risks (% of total sample)



Results

Change in total number of social risks

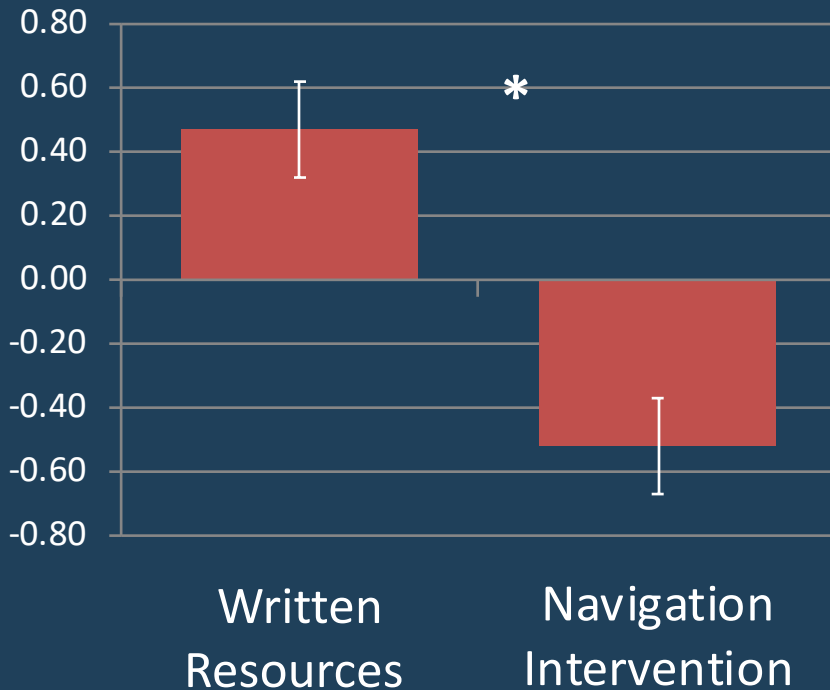


* $p < .05$

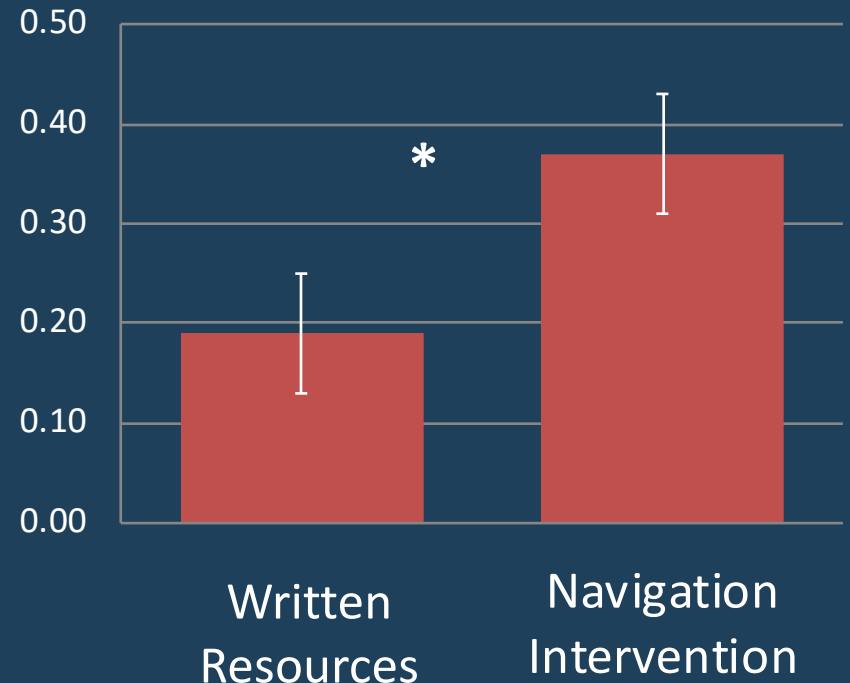
Gottlieb, Hessler, Long et al., 2016

Results

Change in total number of social risks



Change in caregiver - reported child health



* $p < .05$

Gottlieb, Hessler, Long et al., 2016

Study II



Methods: Study Design

- Urgent care setting
- Randomization by family: Navigation vs. written resource
- Broadened health outcomes and process measures

Key Question: Can addressing social issues during pediatric urgent care visits decrease social risks and improve child and caregiver health?

Participant Characteristics



614 Families

310 Navigation Services

304 Written Resources

Children

- 6 years (SD 5 years)
- 51% Female
- 79% Hispanic, 8% Black

Caregivers

- 88% Mother
- 70% Primary language Spanish
- 51% > High school education
- 88% Household income <35k

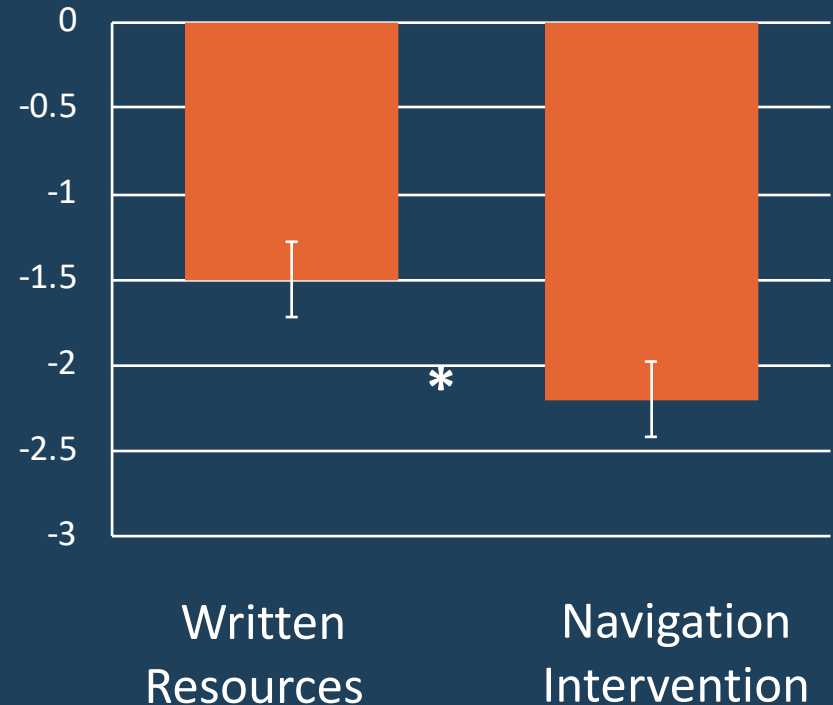
Preliminary Results: First Look!



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- 92% reported ≥ 1 social risk area
- 4.2 social risks (from 18) reported on average

Change in total number of social risks



* $p < .05$

Preliminary Results: First Look!

	Written Resources	Navigation
Food insecurity	X	X
Unstable housing	X	X
Bills (utility)	X	X
Housing Quality		X
Difficulty finding job	X	X
Denied income support programs		X
Medical bills		X
Childcare	X	X
Transportation	X	X
Legal issues		X
Primary care provider		X

Pending analyses

Self-reported health outcomes

- Child health (general health, PedsQL)
- Caregiver health (PROMIS, PHQ-8, Perceived Stress)

Biomarkers (intermediate health outcome)

- Hair cortisol
- Salivary Inflammatory markers (IL-6, CRP)
- DNA methylation and genotyping

Health Care Utilization

Process measures (dose, resource connections)

Qualitative study of resource navigation



Discussion



Summary & Significance

- Social health outcomes
 - Navigation intervention in both studies led to decrease in social risk factors.
 - Findings for written resources are less clear.
- Physical health Outcomes
 - Improved general health on single item measure
 - Pending analyses will deepen our understanding of the impact of both interventions on a range of health outcomes and mechanisms.

Acknowledgements

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Thank
you!