

Below the Waterline Discovery Tool



Social Drivers of Health (SDoH) are defined as:

The conditions and circumstances in which people are born, grow, live, work, and age. These circumstances are shaped by a set of forces beyond the control of the individual: economics and the distribution of money, power, social policies, and politics at the global, national, state, and local levels. (WHO and CDC (adapted))

You have gone through an exercise to discover the top SDoH that affect your patients. Now it is time to challenge yourself by asking “why”. It’s easy for us to see the SDoH above the waterline, but there are often factors below the waterline that cause them. For each SDoH you list, ask yourself “why” for each, and document in the table below.

SDOH	Why??	Why??
<i>Example 1: Transportation</i>	<i>Don't have a car</i>	<i>Can't afford</i>
		<i>Can't read</i>
<i>Example 2: Transportation</i>	<i>No money for gas</i>	<i>Unemployed</i>
		<i>Substance use issue</i>

SDOH	Why??	Why??

SDOH	Why??	Why??