Social determinants of health discussed during personal visits before and during the COVID-19 pandemic

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Background
- COVID-19 pandemic, related social distancing, and the downstream economic effects highlight important health equity issues.
- Impacts disproportionately affecting families, particularly African-American and Hispanic families.

Research Goals
- Providing a more complete understanding of issues facing families and what supports may be most beneficial during this unprecedented time.

Methods
- Secondary analysis from the Healthy Eating and Active Living Taught at Home (HEALTH) D&I cluster randomized trial.
- HEALTH D&I is a weight gain prevention intervention within a national home visiting program (Parents as Teachers, PAT).
- Parent educators complete brief surveys after visits with participating mothers.

Results
- Table 1 shows demographic characteristics of the 60 mothers with visit records before and during COVID-19: 55% identified as Hispanic or Latino, 75% reported an income less than $40,000/year, 52% reported food insecurity.
- Table 2 shows issues parent educators reported discussing during visits before and during COVID-19: Childcare issues were discussed less frequently, and food security was discussed more frequently.
- Figure 1 shows differences in SDOH before/during COVID-19 by ethnicity: Parent educators reported discussing more SDOH for 41% for mothers identifying as Hispanic or Latino and only 8% for non-Hispanic mothers.

Conclusions
- Study reports SDOH parent educators reported discussing in personal visits with mothers participating in a family strengthening intervention.
- Can help build understanding of how COVID-19 is impacting families, and highlighting inequities which exacerbate existing disparities.

Acknowledgements
This work was made possible by Grant Number P30DK092950 from the NIDDK and 1R01HL143360 from NHLBI. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIDDK or NHLBI. The authors would like to acknowledge the substantive contributions of The Parents as Teachers National Center and the parent educators that worked on this project.