



FAQ

NMDoH Community Resource Guide

1. What are the Non-Medical Drivers of Health (NMDoH)?

Non-medical drivers of health (NMDoH) are the conditions we are born, grow, live, work, play, and age in and around San Antonio, Texas.

These non-medical conditions greatly impact our health.

After all, health is not created in a doctor's office.

Health is created in prosperous communities that care about people.

These communities have good distribution of power and resources. These communities have quality childcare and education, affordable housing, employment opportunities, livable wages, healthy food, safe parks, and safe streets and transportation options connecting people to destinations.

Globally, improvements in NMDoH conditions over the past 100 years have contributed to improvements in health. The drastic differences we see in health outcomes and life expectancy across nations today can be largely explained by issues with NMDoH. [Learn more here.](#)

However, the United States has struggled to identify and address NMDoH issues.

2. How Do NMDoH Issues Manifest?

NMDoH are often grouped in five domains:

1. Economic stability
2. Education access and quality

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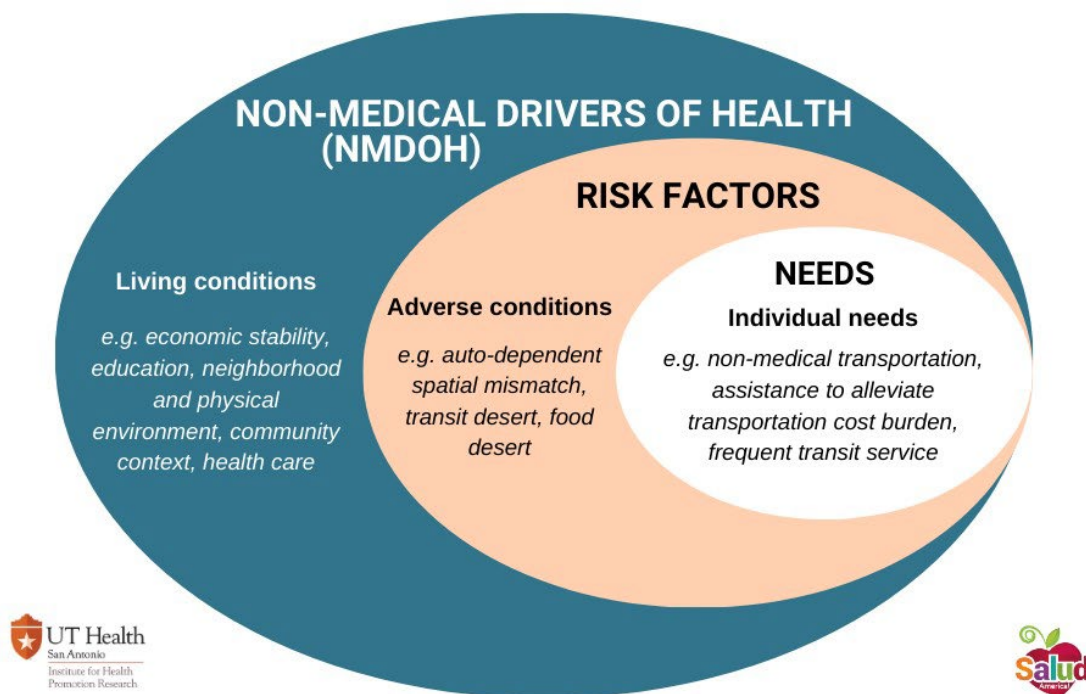
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3. Neighborhood and built environment
4. Community context
5. Health care access and quality

Within each of these NMDoH domains are various NMDoH-related risks and needs.

Think of it this way: NMDoH and NMDoH-related risk factors are community-level issues. NMDoH-related needs are individual-level issues.

NON-MEDICAL DRIVERS OF HEALTH (NMDOH)



NMDoH are broad living conditions, and NMDoH-related risk factors being issues with or bad living conditions. NMDoH-related needs are the immediate needs that arise due to those living conditions. NMDoH-related needs may or may not arise from NMDoH-related risk factors, and different NMDoH-related needs may arise from the same NMDoH-related risk factors.

Inadequate transportation, for example, is a NMDoH-related risk factor that may contribute to various individual NMDoH-related needs, such as being unable to get to the doctor, being unable to get healthy food, or being late to or missing work.

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Thus, while entire communities may be exposed to the same NMDoH-related risk factor, NMDoH-related needs will vary from individual to individual.

As an example, [see how transportation is a critical NMDoH issue and how it plays out in NMDoH-related risk and needs](#).

3. Why Are Community Resources Needed?

There are many NMDoH-related barriers that the San Antonio community faces when it comes to accessing healthcare.

In this *Salud America!* action pack, we have created an NMDoH community resource guide to help community members find the services and support they need.

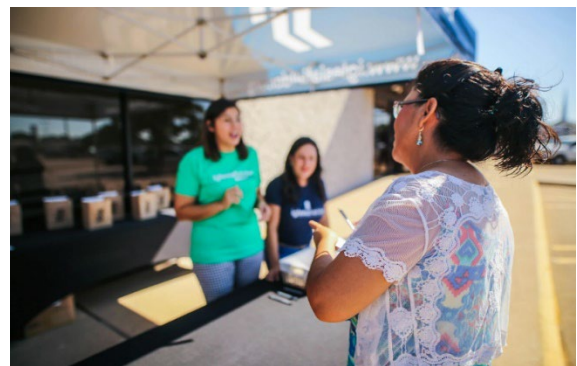
The NMDoH community resource guide covers healthcare services (mammograms, kidney screening, pap smears), dental care, eye care, mental health, food, transportation, housing, identity recovery, and more.

You can use the guide to find resources for yourself, connect your organization's social services clients or healthcare patients to resources, share with a local organization that can use the resource guide to help the community, and/or share with friends, family, and neighbors.

4. How Can I Learn More About My Community's Health?

Through the *Salud America!* [Health Report Card](#), you can search and assess the state of health in your community by entering your county name and receiving a report on the NMDoH in your area.

The report card has local data with interactive maps and comparative gauges on several health indicators. This can help you visualize and explore local issues in education, housing, transportation, food, healthcare, education, and more.



Download the report card for [Bexar County](#) or [another county](#) and share it with local leaders, organizations, and start important conversations in your community!

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