

**TITLE:** Changes in Client Self-Sufficiency Over Time in an Interprofessional Healthcare and Social Needs Navigation Program

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**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** Public/Community Health Nurses; Program Developers, Directors, and Evaluators; Researchers, and Community Health Center Directors.

**ABSTRACT:** Background: People are more likely to engage and manage their health and health care when they have safe housing, food security, and social support. Although social needs are being increasingly incorporated into health systems, little is known about the impact of interventions focused on improving social determinants of health (SDH). Purpose: The aim of this study was to identify changes in unmet social need over time as measured by the Self-Sufficiency Matrix among individuals enrolled in the Interprofessional Care Access Network (I-CAN), a healthcare navigation and social needs program. A logistic mixed effects model was used to evaluate change over time along 13 social domains (n = 91). Results: Statistically significant improvements in housing, medication literacy, and income were observed. Implications for Public Health: Findings in this study demonstrate movement along multiple independent social domains rarely measured in SDH navigation programs. These findings suggest the Self-Sufficiency Matrix tool may be used to guide future efforts to more fully understand and quantify the effects of SDH programs.

**OBJECTIVE(S):** 1. Describe changes in unmet social need measured by the Self-Sufficiency Matrix among I-CAN clients. 2. Discuss the utility of a novel evaluative method within SDH navigation programs.

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