Spiritual Health as a Social Determinant of Health in Tarboro, NC
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RATIONALE
Social determinants of health (SDH) are the everyday activities and environment that have an impact on an individual’s health. The windshield tour project was carried out to allow observation of Tarboro’s SDH and the role it plays in the health care system. We observed several SDH, however, focused on the therapeutic mechanism that can exist for an environment that maintains spiritual health.

The number of churches was observed as well as the social connection that coexists with spiritual health which allow for better health outcomes and the opportunity for the health systems to make a positive change to smaller communities facing barriers to health care.

METHODS
We researched information such as demographics and gathered a list of churches, food resources, and health centers to visit in Tarboro. Drove to Tarboro to conduct the windshield tour. Observed the town and discussed how the places visited tied into social determinants of health. With the observed information, we analyzed the positives and negatives of the SDH and how it affect health outcomes.

OBSERVATIONS AND RESULTS
Tarboro is located in Edgecombe county with a population of 10,715 residents and a median income of $32,532 per household. There is one main hospital, Vidant Edgecombe hospital, which provides some access to care. The environment provides green area/parks for exercise allowing for fitness options, however, there was a limited number of gyms. Healthy food options were also limited, and many of them were located outside of Tarboro.

The town has 47 churches and no non-Christian churches were found. The variety of Christian churches provides a positive SDH as churches assist with food access such as meals on wheels, as well as allows the health community to reach out to the local and marginalized residents through community and religious leaders.

CONCLUSIONS- STRENGTHS/CHALLENGES
The successes and challenges of social determinants of health make up the characteristics of the town. This windshield tour highlighted spiritual health as a social determinant in Tarboro which serves as a bridge to close the gap of health disparities in smaller towns with less resources. The churches present an opportunity to address these issues found between the health system and communities. They can also be used to help alleviate challenges such as low healthy food access.

RECOMMENDATIONS FOR ECU/VIDANT
The health system can work with churches to increase health education and access to health care options for residents through health workshops held at the local churches.

SOURCES


HOWARD MEMORIAL PRESBYTERIAN
Church, Tarboro, NC

HOWARD MEMORIAL PRESBYTERIAN
Church, Tarboro, NC

SAINT JAMES UNITED METHODIST
Church

KINGDOM HALL OF JEHovaRS WITNESSES

HSSEY PARK

TARBORO ATHLETIC CLUB