

Millennial Health Leaders Summit

Health Equity 101

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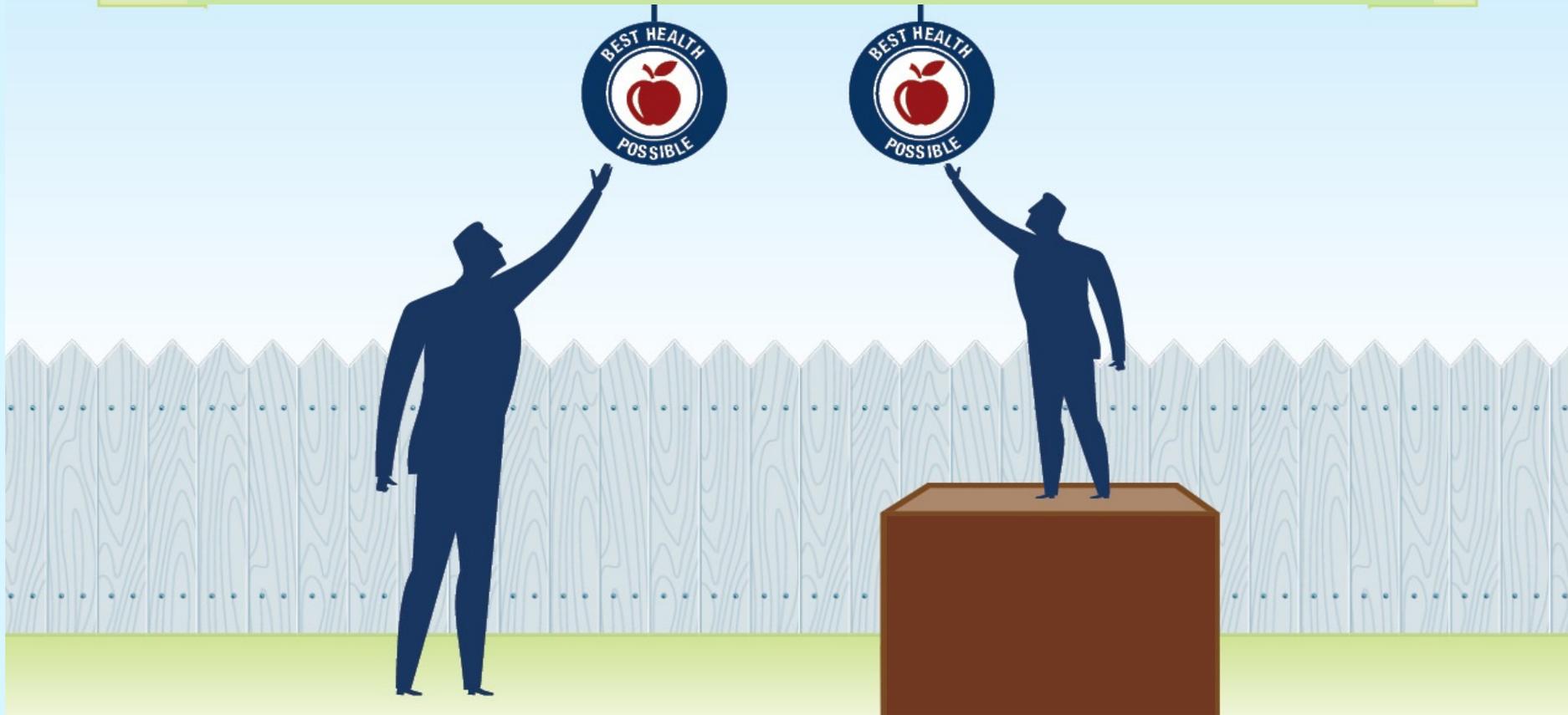
Office of the Director

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— REACHING FOR — *Health Equity*

A world where all people have the opportunity to attain the best health possible.



Imagine this...

- **Scenario:** There is a mid-size city of ~300,000 people in a state about 100 miles north of the Mason-Dixon line. The east side of the city is characterized by high rates of type 2 diabetes, obesity, HIV infection, and deaths due to heart disease and strokes. The median income is ~\$35,000/year, high school dropout rates are >60% for boys, and unemployment is >15% for all people living in this community.
- **Question 1:** Who lives in this community? (e.g., describe their race/ethnicity, age, household composition, other demographic variables)
- **Question 2:** How do you know?



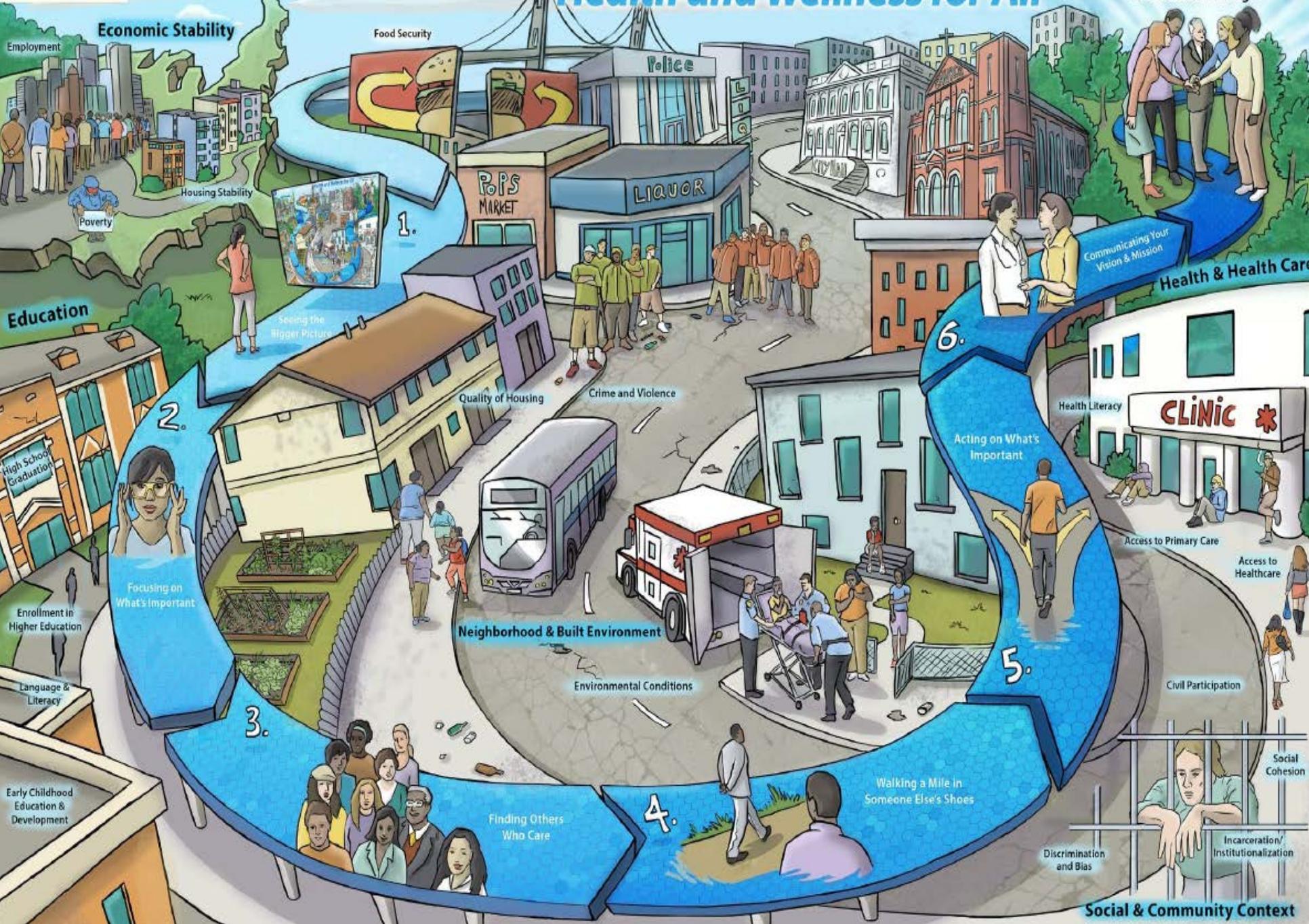
- **Scenario:** Your college roommate invites you to come to his house the weekend before the semester starts to share an “end of summer celebration.” You pack up your car, and head to his community in the southeastern part of the country. Just as you drive inside the city limits, you pass a Whole Foods Market on the left, a Caribou Coffee Shop on the right, and a shopping mall two blocks away with shops like Nordstrom’s, Neiman Marcus, and Saks Fifth Avenue. There are smoothie and frozen yogurt shops along the street. You notice that there is a bike lane to your right as several cyclists pass you. It is just after 4:00 pm and children are walking home from school. Moms and toddlers are playing in a small park circled by a walking trail across the street from the elementary school that just let out for the day. An elderly couple – holding hands as they take their daily walk, stop to chat with some of the children as they race home to an afternoon snack.
- Who lives in this community? Will they have a different health profile than the people in the first community?
- How do you know?



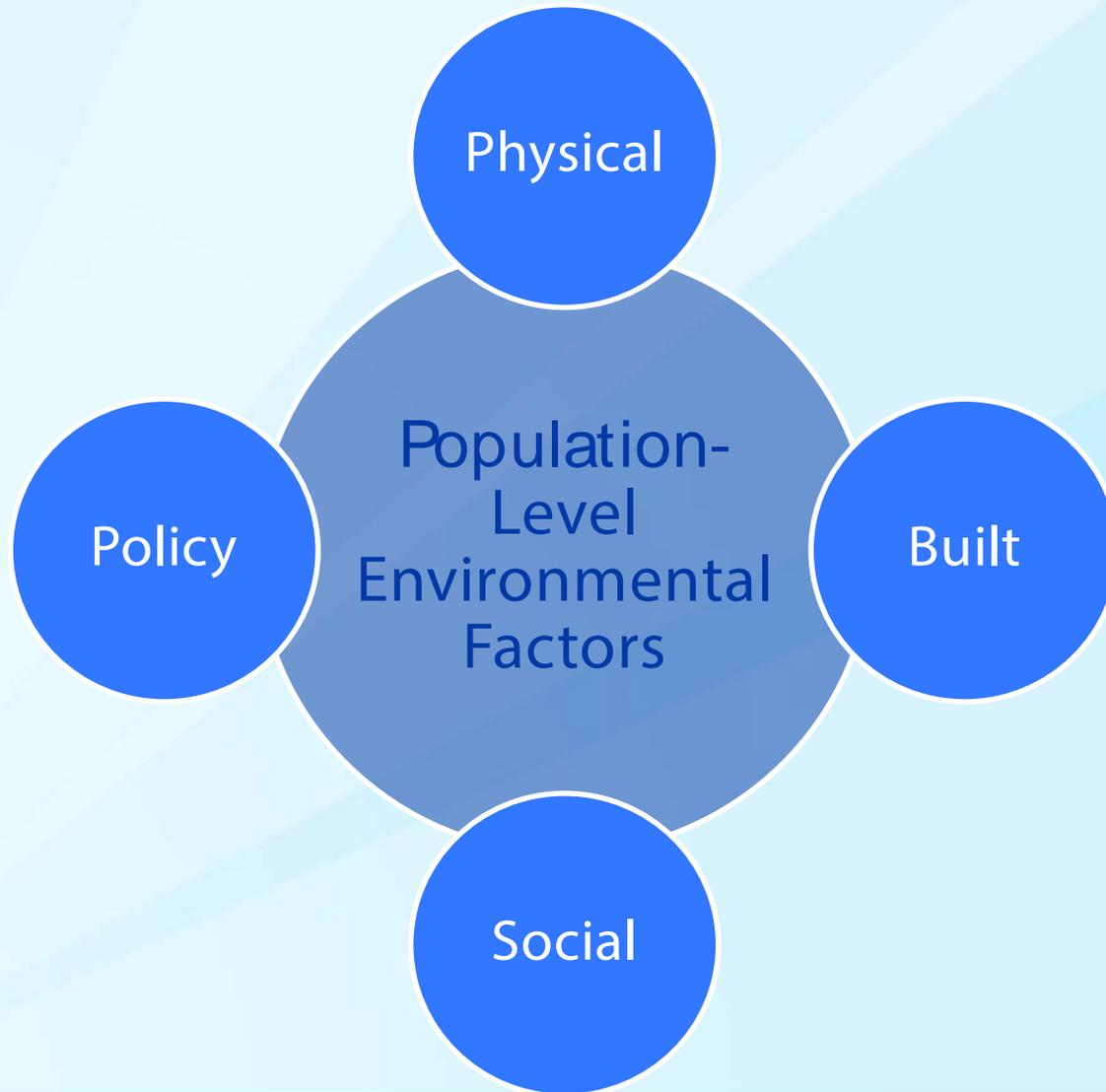
**SO, WHAT DO THESE SCENARIOS
HAVE TO DO WITH HEALTH EQUITY?**

Health and Wellness for All

Coming together for action & sustainable change



Framing Health Equity



Defining Health Equity

Health Equity is attainment of the
highest level of health
for all people.

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Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and healthcare disparities.

Defining Health Equity

Equity in health is widespread, achievable, equality in health AND in the major social determinants of health among all principal social divisions of a population.

(The intermediate goal is the improvement of the health of economically-challenged and minority populations.)

Defining Social Determinants of Health

Social determinants of health reflect social factors and the physical conditions in the environment in which people are born, live, learn, play, work , and age.

Also known as social and physical determinants of health, they impact a wide range of health, functioning and quality of life outcomes.

Defining Health Inequities

A health inequity* is a health difference or disparity that is *systematic, unfair, and avoidable*.

*“Inequity” is a distinct concept from “inequality”.

Defining Health Disparities

Health disparities are differences in health outcomes and their determinants between segments of the population, as defined by social, demographic, environmental, and geographic attributes.

Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their:

- racial or ethnic group;
- religion;
- socioeconomic status;
- gender;
- age;
- mental health;
- cognitive, sensory, or physical disability;
- sexual orientation or gender identity;
- geographic location;
- or other characteristics historically linked to discrimination or exclusion.

Arriving at Health Equity



Let's work together to
achieve health equity.

