

Learning the Lingo: Health Equity is for All of Us

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EXTENSION

SESSION OUTCOMES:

- As a result of this session, participants will be able to:
 - Recognize how health is more than our individual decisions
 - Describe how health frameworks translate to local communities
 - Identify how this information can influence your AmeriCorps role



WE BELIEVE:

Service to others should not only strengthen the larger community but also strengthen individual volunteers

WHAT TO EXPECT TODAY

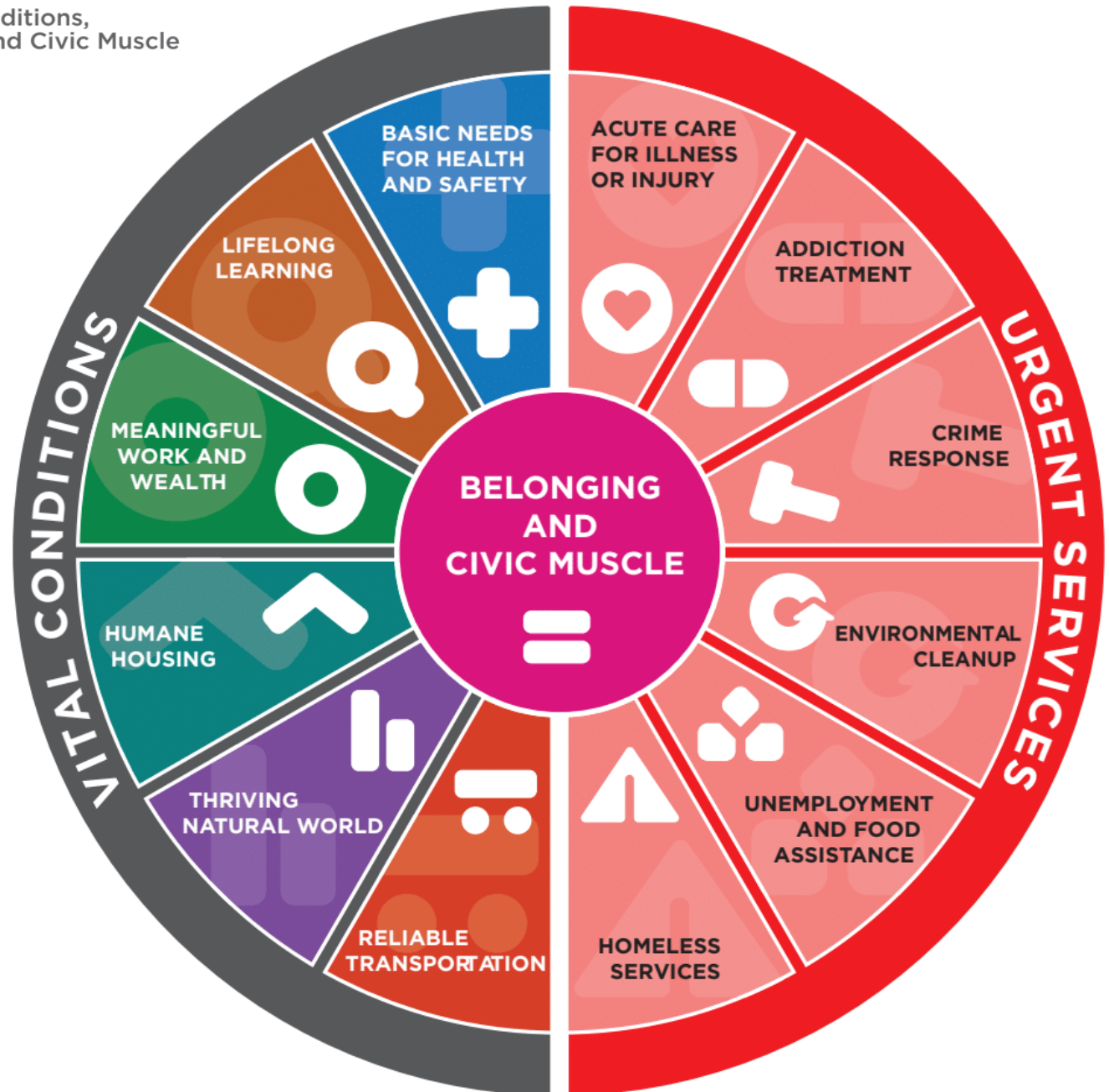
- **Short Activity** – where does your service align?
- **Brief Explanation** of the Vital Conditions for Health and Well-Being
- **Vocabulary** – common definitions, and visual models
 - Health Equity
 - Social Determinants of Health
- Group **discussion**
- Personal **goal setting**
- **Follow up** after today: access to materials (PPT and references, and handouts, etc.)

Which of the
outer circle
wedges is
most relatable
to your
AmeriCorps
program?



Portfolio Elements

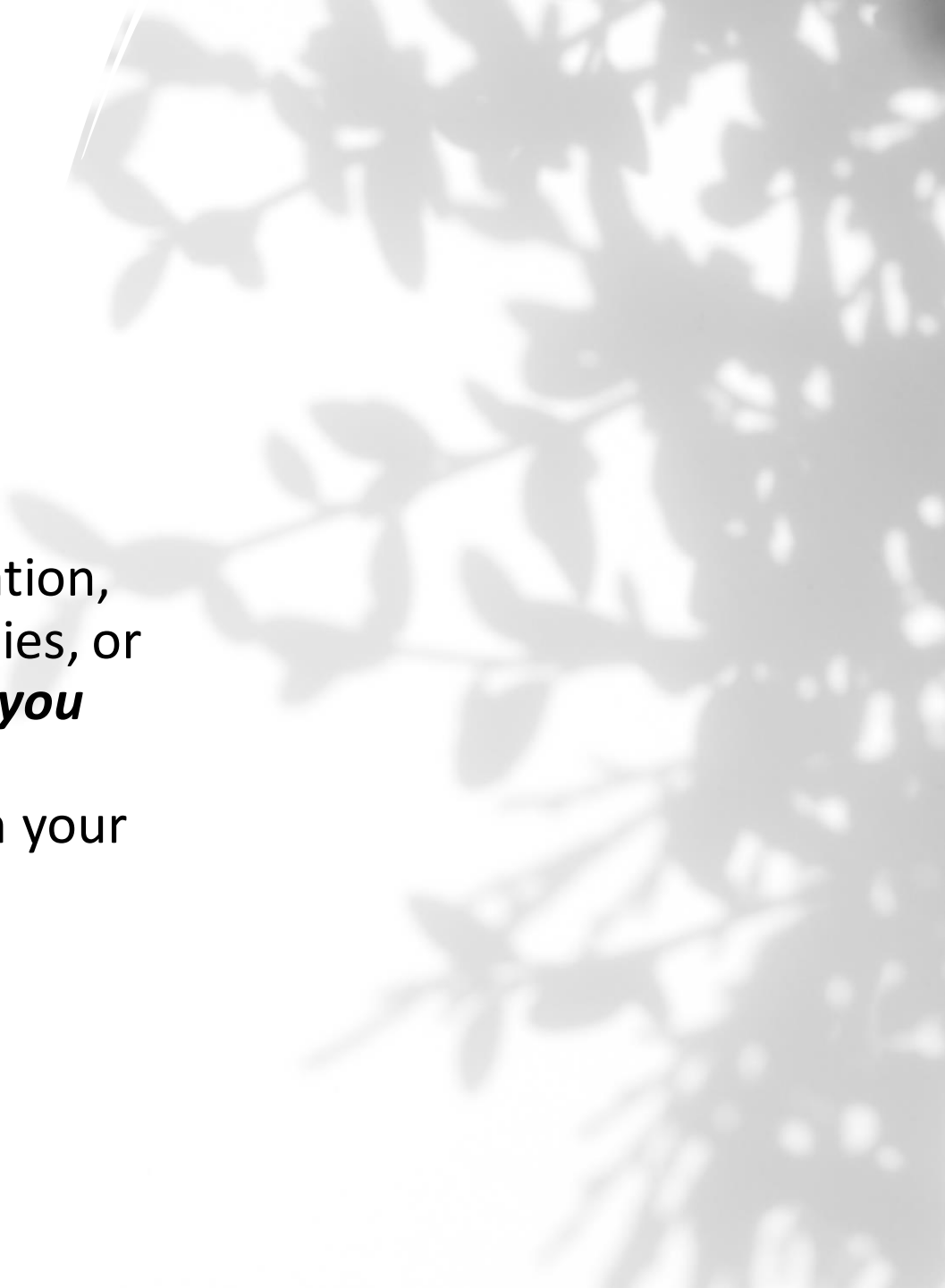
Investments in Vital Conditions, Urgent Services, & Belonging and Civic Muscle



WE BELIEVE:



Whether you focus on education, health, economic opportunities, or environmental stewardship, ***you are part of the solution*** to supporting vital conditions in your community



VOCABULARY



Health Equity

HEALTH EQUITY

The state in which everyone has a fair and just opportunity to attain their highest level of health.



HEALTH EQUITY

“**Health equity** is achieved when every person has the opportunity to attain their health potential, and **no one is disadvantaged** from achieving this potential because of social position or other socially determined circumstance.

Health inequities are reflected in differences in length of life; quality of life; rates of disease, disability, and death; severity of disease; and access to treatment” (CDC, 2020)

REQUIRES ONGOING SOCIETAL EFFORTS TO:

the state in which everyone has a fair and just opportunity to attain their highest level of health.

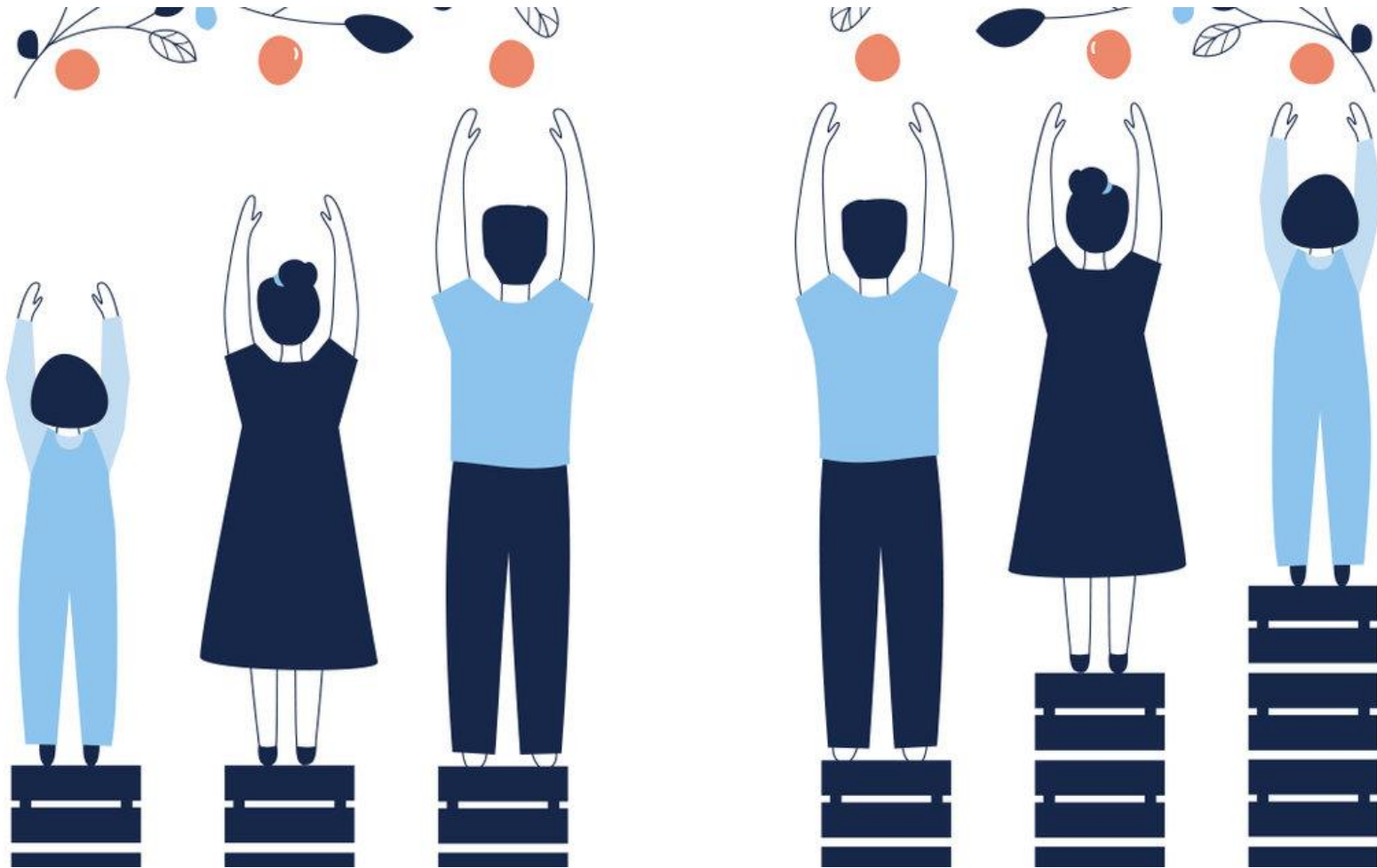
- Address historical and contemporary injustices
- Overcome economic, social, and other obstacles to health and health care
- Eliminate preventable health disparities

<https://www.cdc.gov/healthequity/whatis/index.html> (2022)

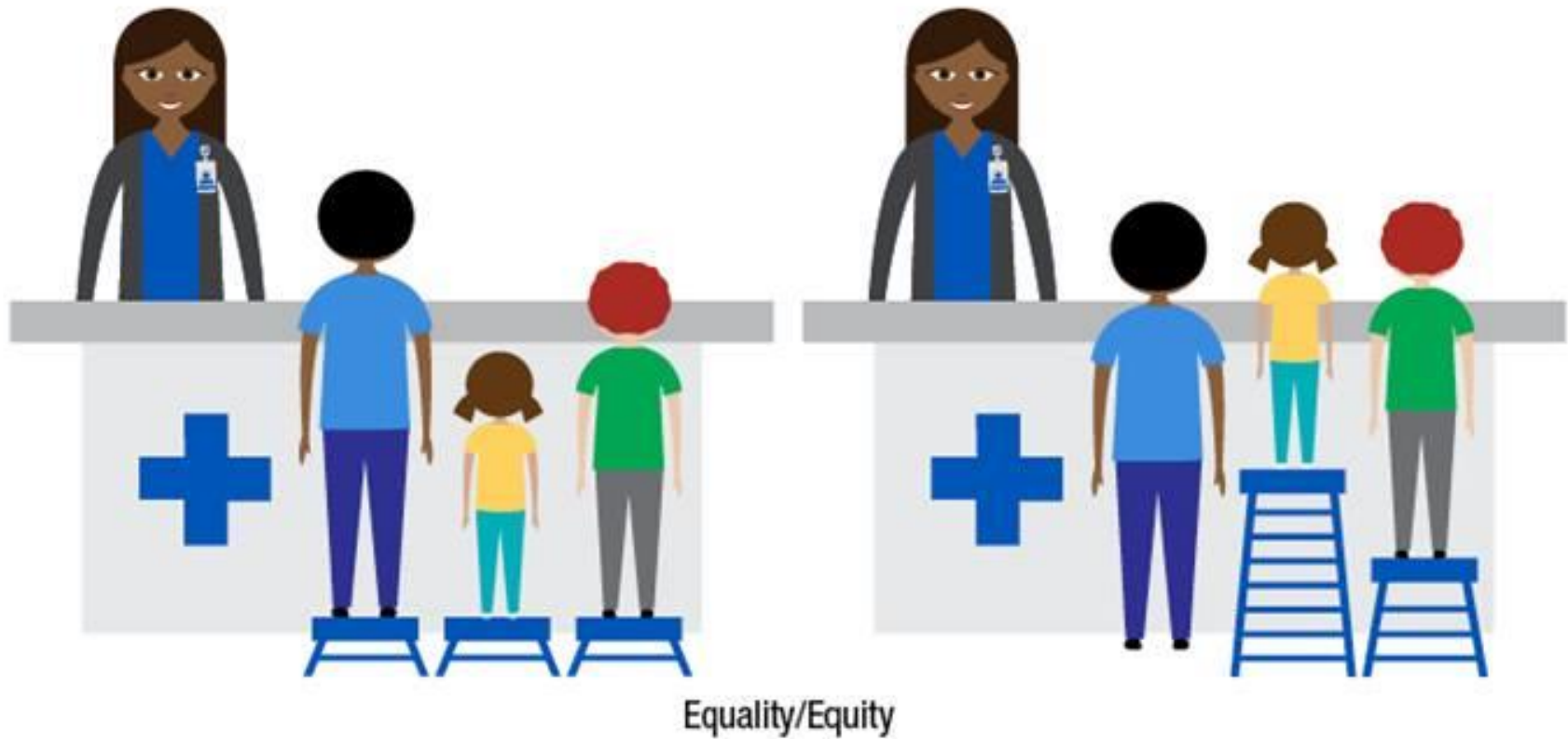
HEALTH EQUITY OR EQUALITY?



EQUALITY VS EQUITY IN HEALTHCARE: BOTH ARE IMPORTANT



WHAT IS HEALTH EQUITY AND WHY IS IT SO IMPORTANT?



EQUITY VS EQUALITY – DIVERSITY IN THE CLASSROOM

Equality



Equity



QUESTION ...

How does the concept of health equity connect to your AmeriCorps role?

VOCABULARY



Social Determinants of Health

SDOH or SDoH

SOCIAL DETERMINANTS OF HEALTH

- “Conditions in the places where people live, learn, work, and play that affect a wide range of **health and quality-of life-risks and outcomes**” Centers for Disease Control and Prevention (CDC)
- “Social and environmental determinants of health are the full set of social and physical conditions in which people live and work, including socioeconomic, demographic, environmental and cultural factors, **along with the health system**” (World Health Organization, 2012)

Social Determinants of Health

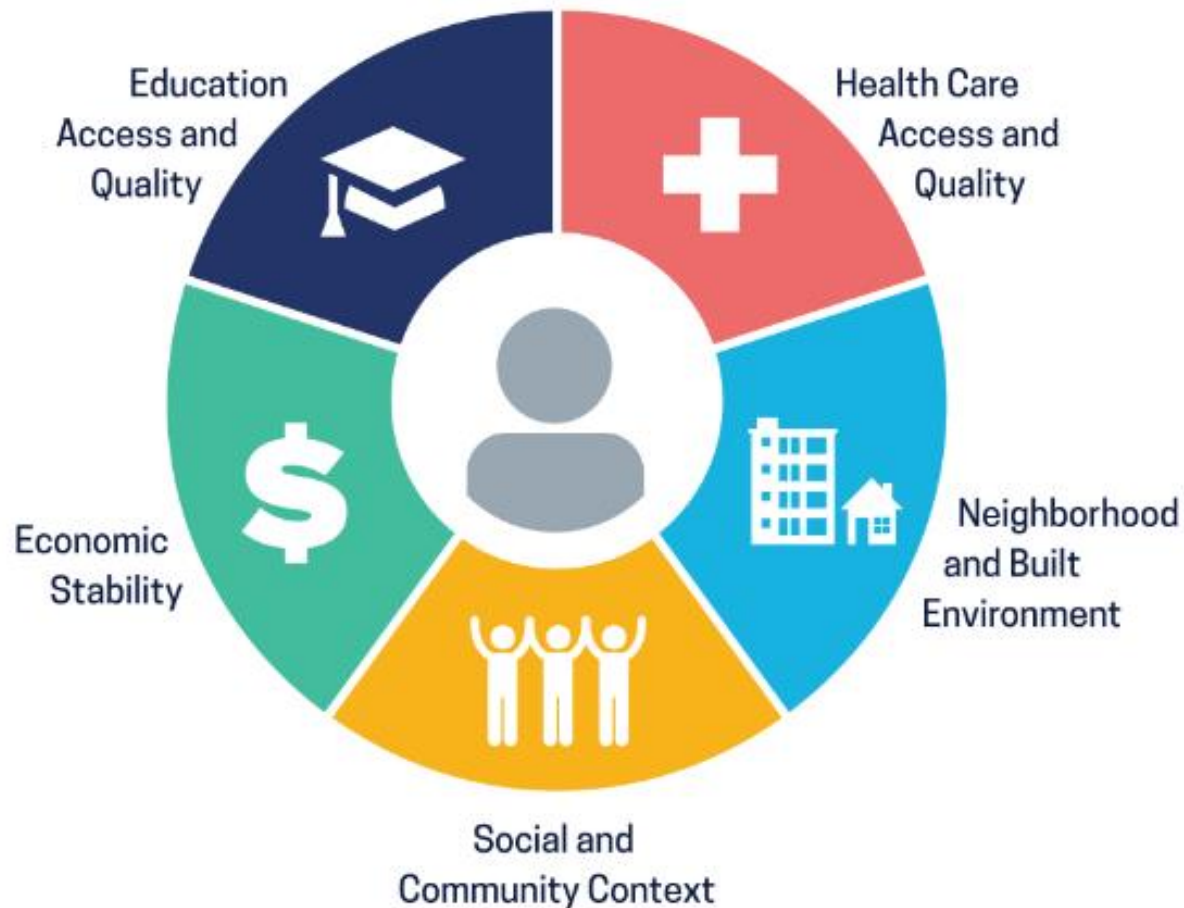


Figure 1

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

LIMITATIONS OF SOCIAL DETERMINANTS OF HEALTH

- **Complexity** - the abundance of information can be overwhelming.
- With so many different lists and a **seemingly endless number** of proposed determinants, it can be **difficult to build consensus and align** around specific courses of action.



Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for equitable success in every other kind of work.



THRIVING NATURAL WORLD

Sustainable resources, contact with nature, freedom from hazards

Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens



BASIC NEEDS FOR HEALTH + SAFETY

Basic requirements for health and safety

Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health



HUMANE HOUSING

Humane, consistent housing

Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature



MEANINGFUL WORK + WEALTH

Rewarding work, careers, and standards of living

Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt



LIFELONG LEARNING

Continuous learning, education, and literacy

Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education



RELIABLE TRANSPORTATION

Reliable, safe, and accessible transportation

Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards



BELONGING + CIVIC MUSCLE

Sense of belonging and power to shape a common world

Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)

ADVANTAGES

- **The vital conditions framework presents an actionable, asset-based approach** to address and *advance beyond* social determinants of health and inequities.
- The framework identifies the **core elements needed to create a thriving community** rather than measures of productivity or descriptions of *vulnerabilities or negative determinants* in a community.
- Finally, the vital conditions resonate with all sectors in a community and **naturally demonstrate the central role of sectors** that address housing, employment, transportation, climate sustainability, economic development, health, and more to facilitate thriving.



BRIEF ACTIVITY

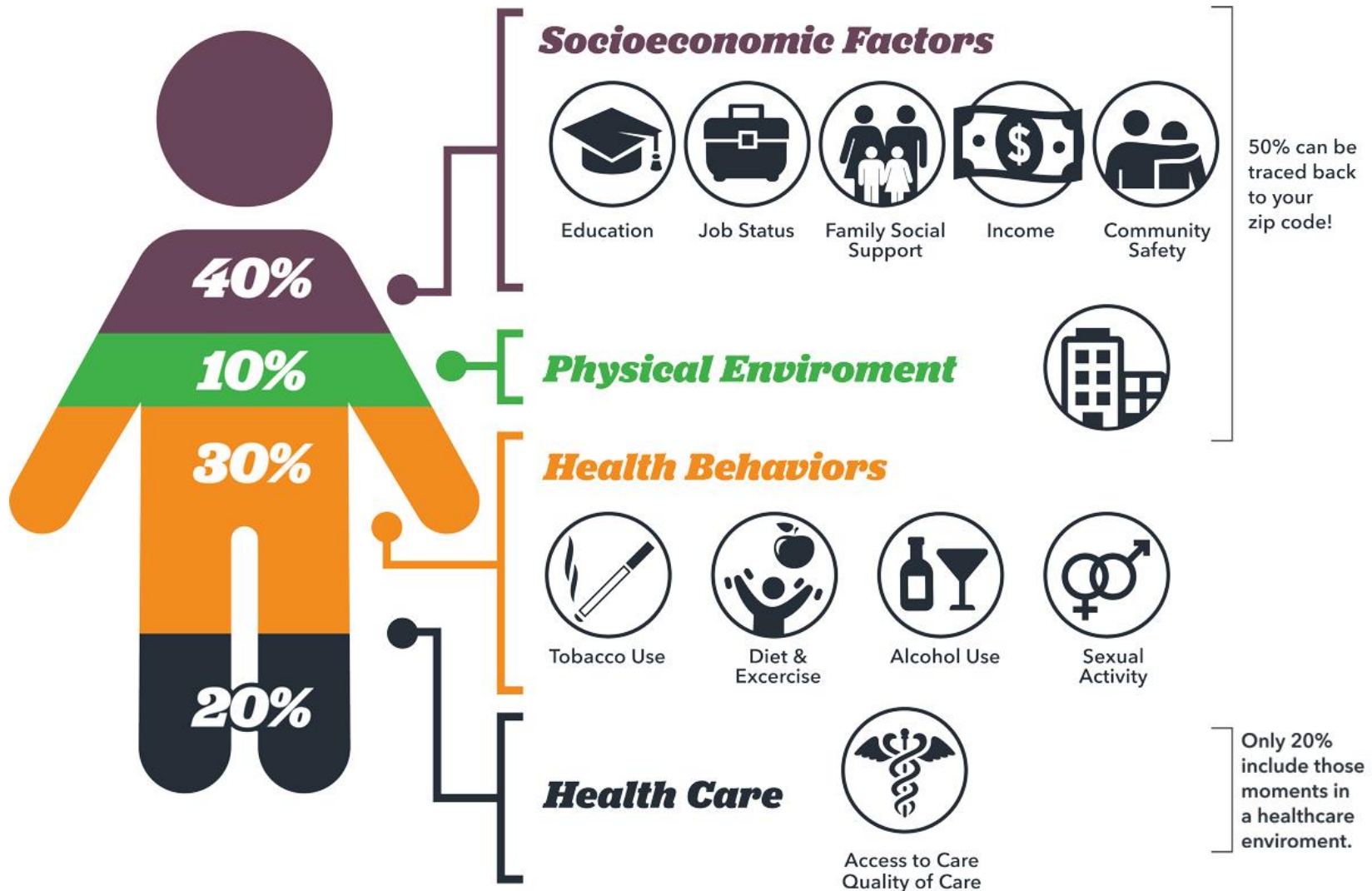
THE SIMPLE TOUCH

- This community service is so valuable
- May I be strong
- May I be safe
- May I be healthy

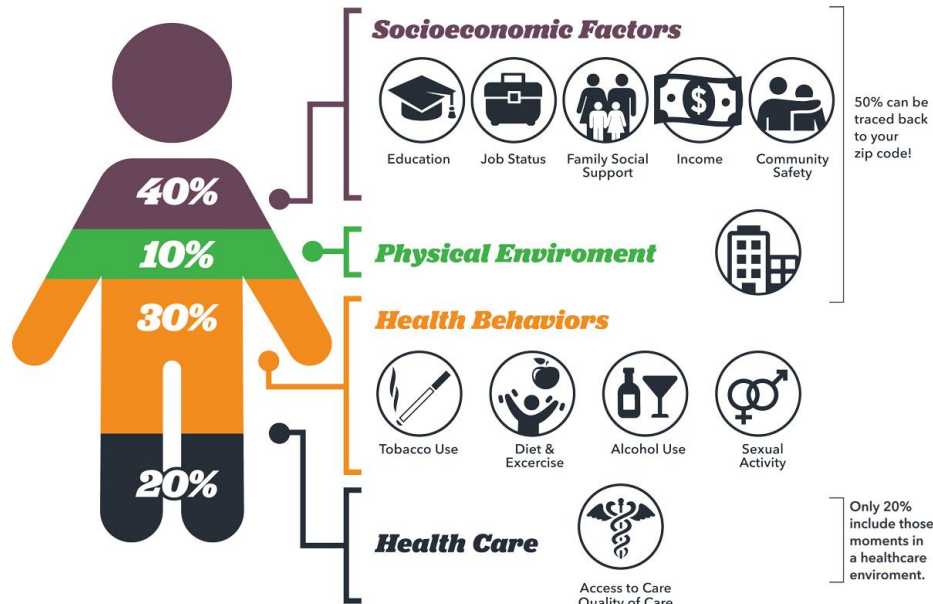
(Handout has other phrases, we adapted them for today)



WHAT MAKES UP OUR HEALTH?



HEALTHY BEHAVIORS + VITAL CONDITIONS



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)



= THRIVING COMMUNITIES

QUESTIONS

- What is an example of how health is more than our individual decisions or more than a health care clinic in the neighborhood?
- Can you use the Vital Conditions of Health in partnership with anyone in your local community?
- How will you use any of this information in your service role?

GO.OSU.EDU/VITAL

- Presentation
- Handouts
- All references
- Contact information



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