

# Health Equity and Potential Solutions

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Courageous Conversations

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# What is health?

“Health is a state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity.”

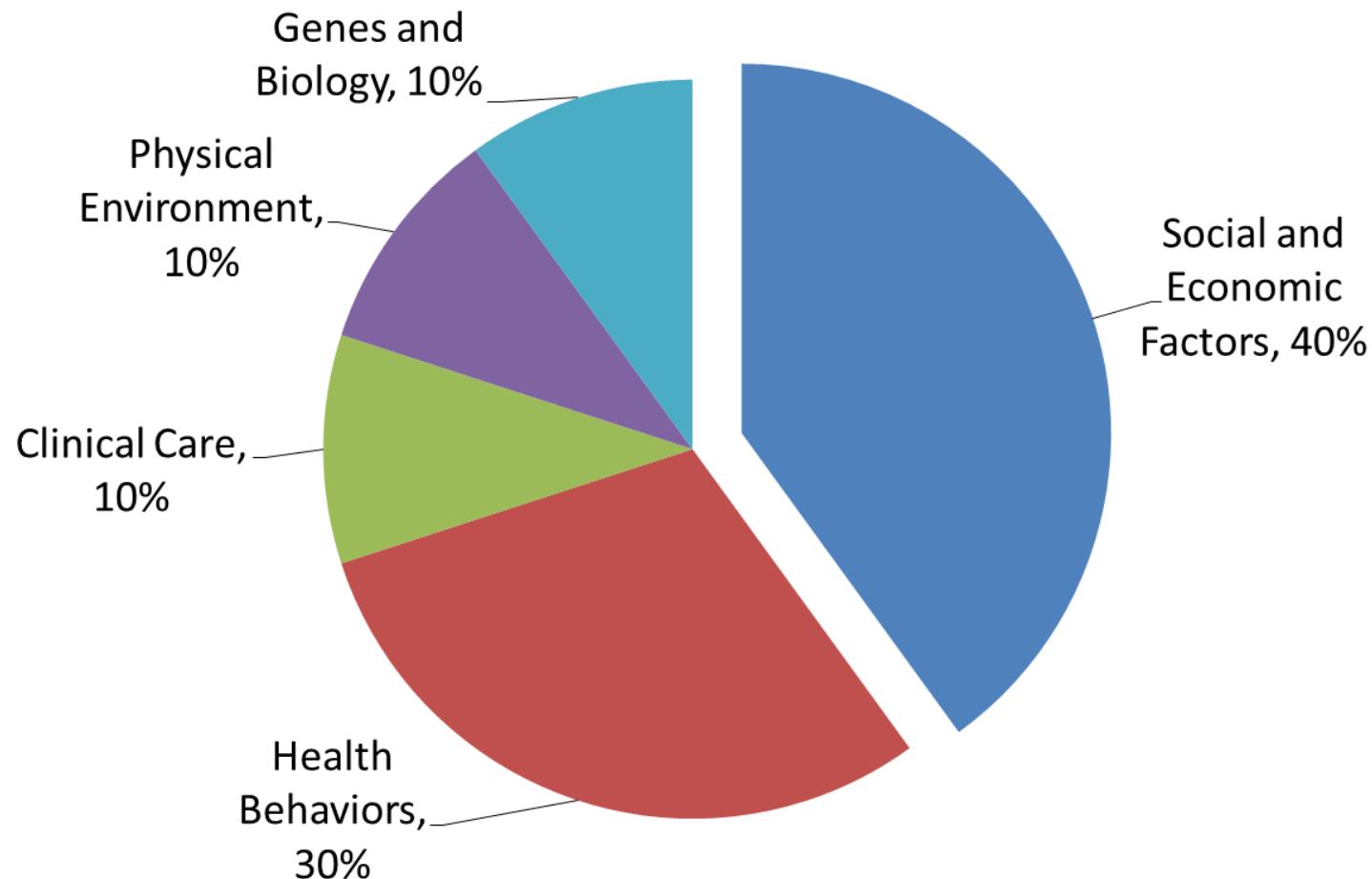
World Health Organization 1948

# Public Health

“Public health is what we, as a society, do collectively to assure the conditions in which (all) people can be healthy.”

Institute of Medicine (1988), Future of Public Health

# Factors that determine health



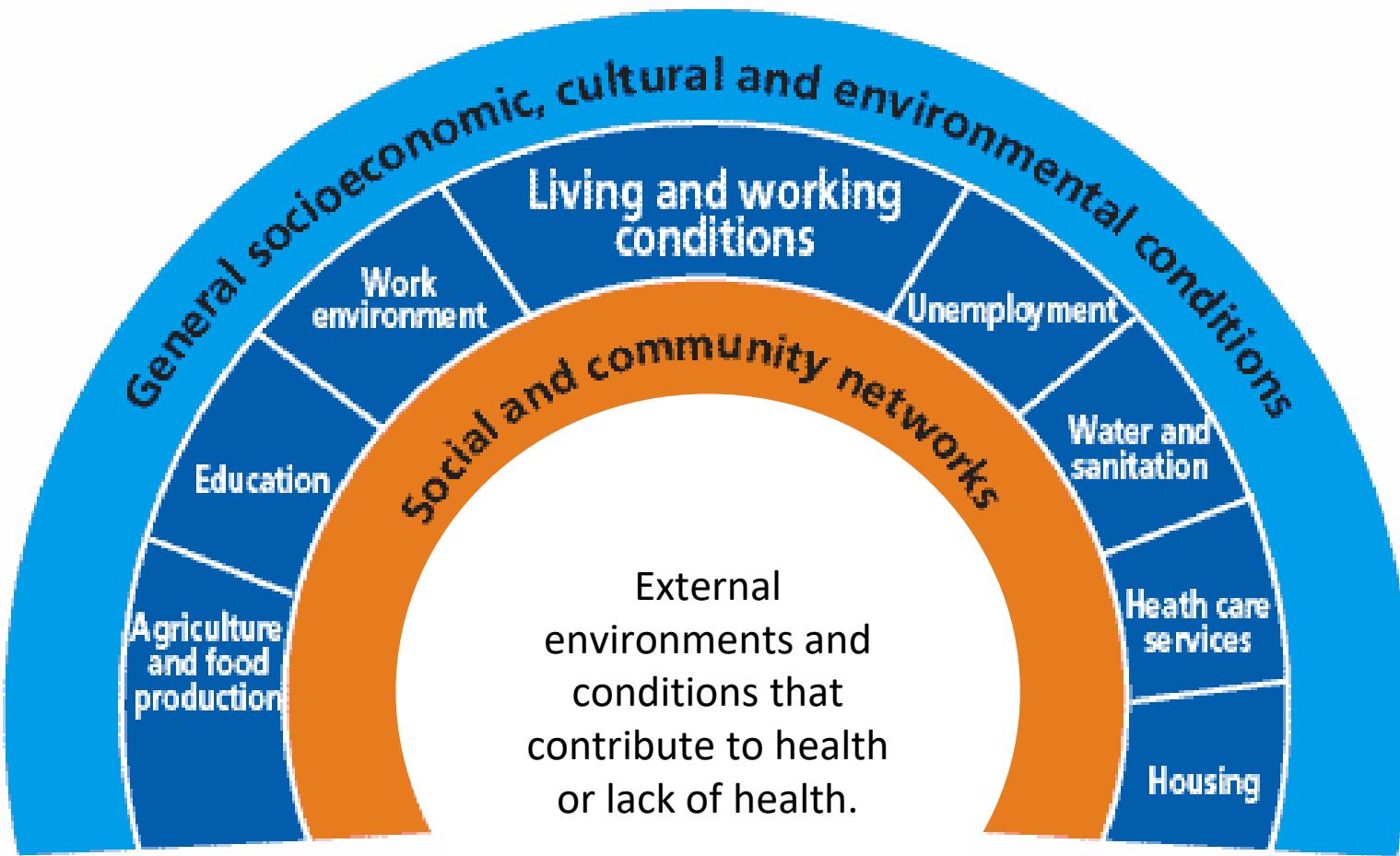
Tarlov AR. Public policy frameworks for improving population health.  
*Ann N Y Acad Sci* 1999; 896: 281-93.

# Necessary conditions for health

- Peace
- Shelter
- Education
- Food
- Income
- Stable eco-system
- Sustainable resources
- Social justice and equity

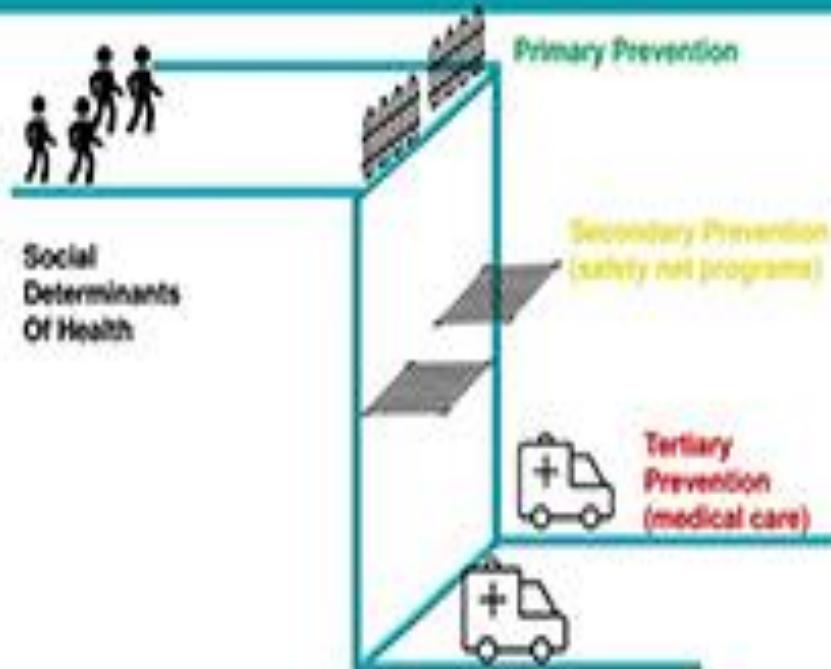
World Health Organization. Ottawa charter for health promotion. International Conference on Health Promotion: The Move Towards a New Public Health, November 17-21, 1986 Ottawa, Ontario, Canada, 1986. Accessed July 12, 2002 at <<http://www.who.int/hpr/archive/docs/ottawa.html>>.

# Social Determinants of Health



FEATURED

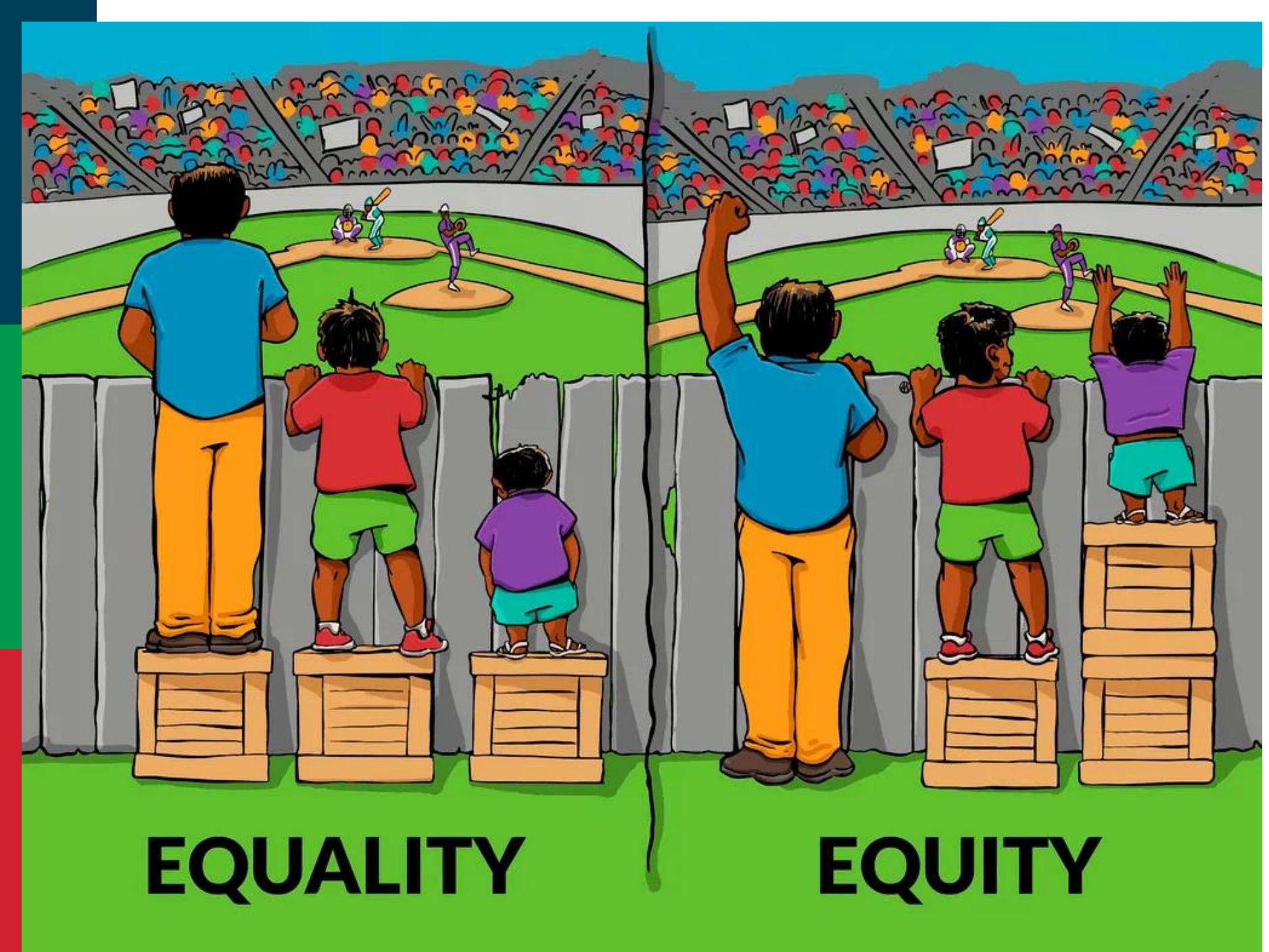
## Cliff Analogy



Source: D. P. A. Asaria, S. T. A. Reng, S. E. de Roodt, & J. A. Savvy. (2006). Addressing the Social Determinants of Violence in Health: A Cliff Analogy. *Journal of Health Care for the Poor and Underserved*, 17(2). The article's authors received Free Access through Project MUSE.

# Health Equity

Attainment of the highest level of health possible for all people. Achieving health equity requires **valuing everyone** with focused and **ongoing** societal efforts to address **avoidable** inequalities, **historical and contemporary** injustices, and the elimination of health disparities and health care disparities



**EQUALITY**

**EQUITY**

# Health Inequity

**Health Inequity**—Differences in health status between more and less socially and economically advantaged groups, caused by *systematic* differences in social conditions and processes that effectively determine health. Health inequities are *avoidable*, *unjust*, and therefore *actionable*.

# Structural inequities

- Structures or systems of society — such as finance, housing, transportation, education, social opportunities, etc. — that are structured in such a way that they benefit one population unfairly (whether intended or not).



# Who's affected by structural inequities in Massachusetts

- American Indians
- African Americans
- Children
- Persons with mental health challenges
- LGBTQ
- Immigrants
- Refugees
- Asian-Pacific Islanders
- Hispanics/Latinos
- Women
- Persons with disabilities
- And more...

# Health equity and structural racism:

- Structural racism is the normalization of an array of dynamics — historical, cultural, institutional and interpersonal — that routinely advantage white people while producing cumulative and chronic adverse outcomes for people of color and American Indians.



# **Health inequities in Massachusetts are significant and persistent, especially by race:**

In the United States, an African American man dies 7 years earlier than a white man.



Iheanyi  
Okoroafor

The Black man in the United States of America, is he an endangered species?

The plight of Black men and boys in America



## BLACK MEN'S HEALTH

**DID YOU KNOW?**

Black men have higher death rates than women for all leading causes of death.

- 12% of Black men die from heart disease.
- 80% of Black men die of cancer.
- 45% of Black men die from heart disease.
- 50% of Black men die from cancer.
- Black men die 5 years less than other racial groups.

Black men are 5 times more likely to die of HIV/AIDS.

**RISK FACTORS:**  
For more information, visit [www.cmmr.org](http://www.cmmr.org).  
To speak with a professional, call 1-800-422-4793.

This informational brochure is distributed by the Center for Health of Minority Men. If you have any questions, contact Dr. Martin A. Banegas at mbanegas@uab.edu or 205-934-4120.

**C-HMM**  
Center for Health of Minority Men



From

Black Men Earn Less on the Dollar Than Male Workers of Other Races

On average, black men in the U.S. earn 87 cents for every dollar earned by white men, based on data from a sample of 1.8 million employees surveyed between January 2017 and February 2019.



Source: PayScale



If we are not all healthy together,  
none of us is as healthy as we  
could be.

# Public Health

“Public health is what we, as a society, do collectively to assure the conditions in which (all) people can be healthy.”

Institute of Medicine (1988), Future of Public Health

# A community effort

- Health – and health equity - are created in the community by people working together to create just economic, social and environmental conditions that promote health.

# Everyone needs:

- Access to economic and educational opportunities  
*(high school graduation, access to jobs, transportation, etc.)...*
- The capacity to make decisions and effect change for ourselves, our families and our communities  
*(empowerment of women, community self-governance, opportunities for civic participation, etc.)...*

# Everyone needs (cont'd)...

- Social and environmental safety in the places we live, learn, work, worship and play (*housing conditions, crime rates, school climate, social norms and attitudes, etc.*) and
- Culturally-competent and appropriate services when the need arises (*access to health care, mental health care, financial assistance, etc.*)

# What needs to be done

- Achieving health equity and eliminating health disparities requires valuing everyone and making intentional, consistent efforts to address avoidable systematic inequalities, historical and contemporary injustices.

# To create change

- *Public understanding* – of what creates health
- *Public agenda* – create expectation that we can and will address these conditions
- *Public/political will* – to make tough choices- accountability for policies, programs

# Approach

- Continue to support work to factor in health in all policies
- Building the capacity of staff to understand and address health equity
  - Breaking down silos and asking questions
  - Thinking creatively on funding
    - Health equity work does not fit the traditional public health funding model
- Collaborating
  - Expanding our collaborative work to address health equity
  - Developing new relationship in the community
  - Strengthening existing relationships
  - Sharing data on health equity
  - Acknowledging solution will be collaboratively developed and implemented
  - Being patient

You must be the change you wish  
to see in the world. Ghandi



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# Questions