

# Health Equity and Potential Solutions

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Courageous Conversations

February 10, 2022

# What is health?

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

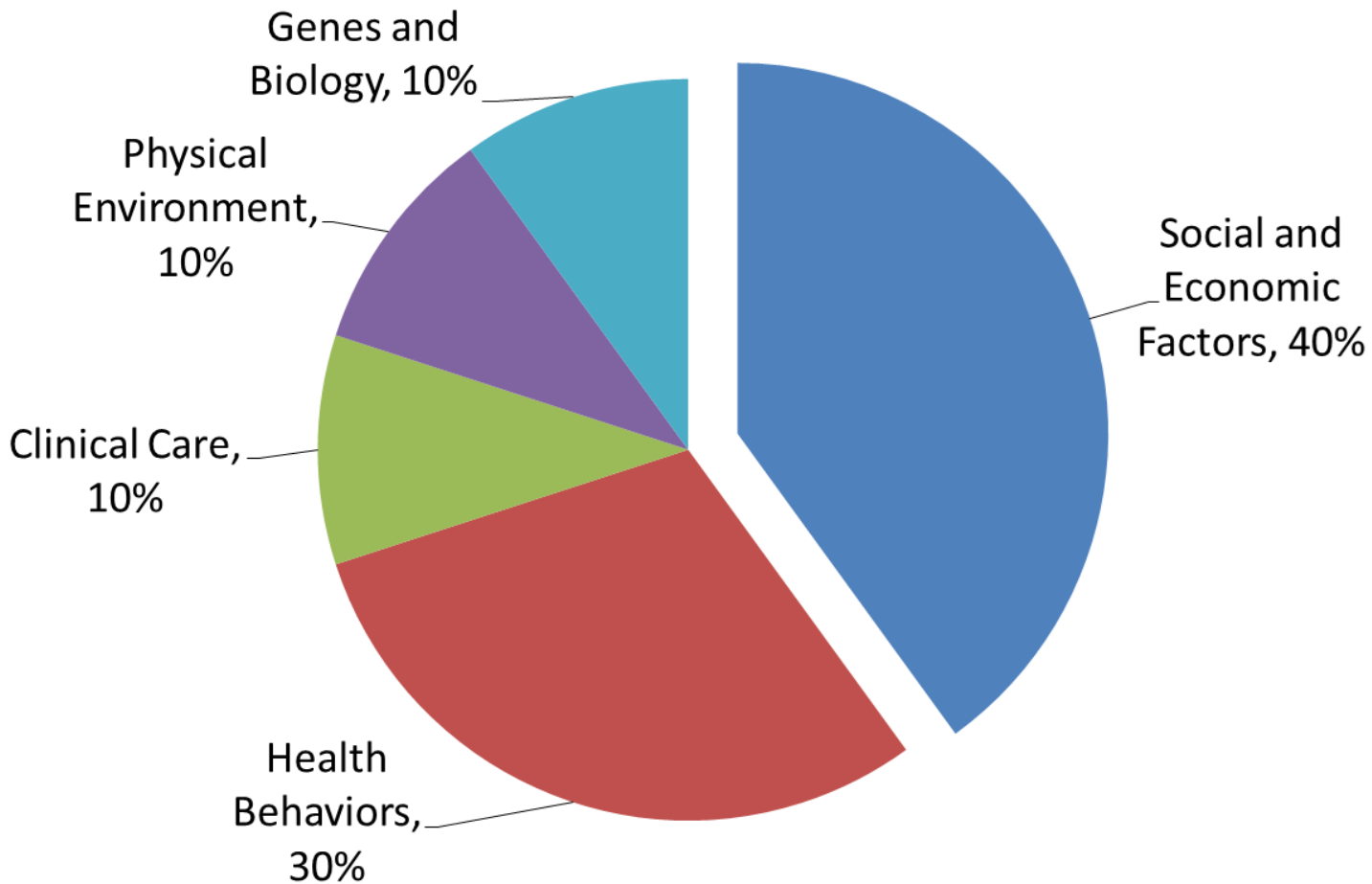
World Health Organization 1948

# 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

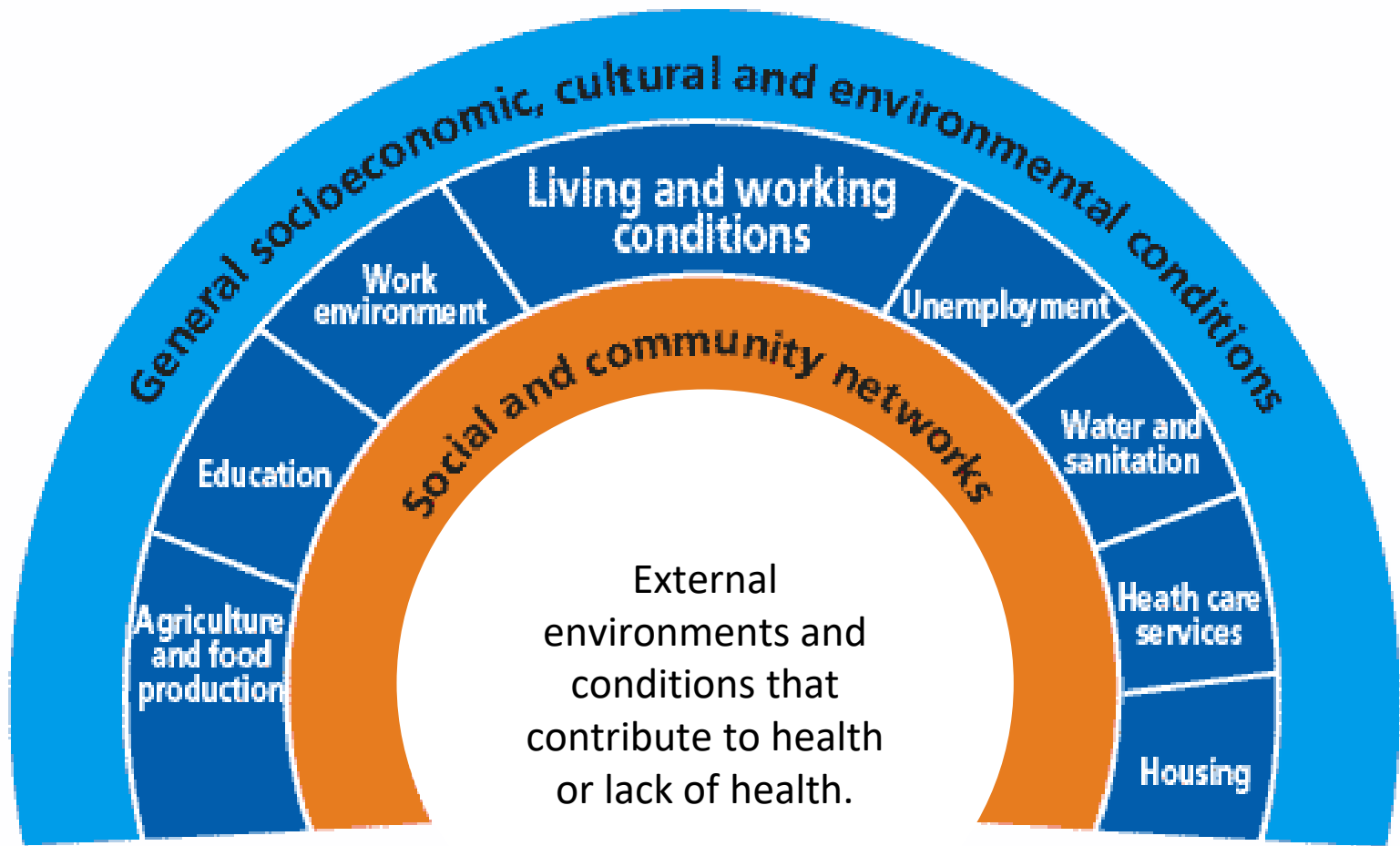


# Necessary conditions for health

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

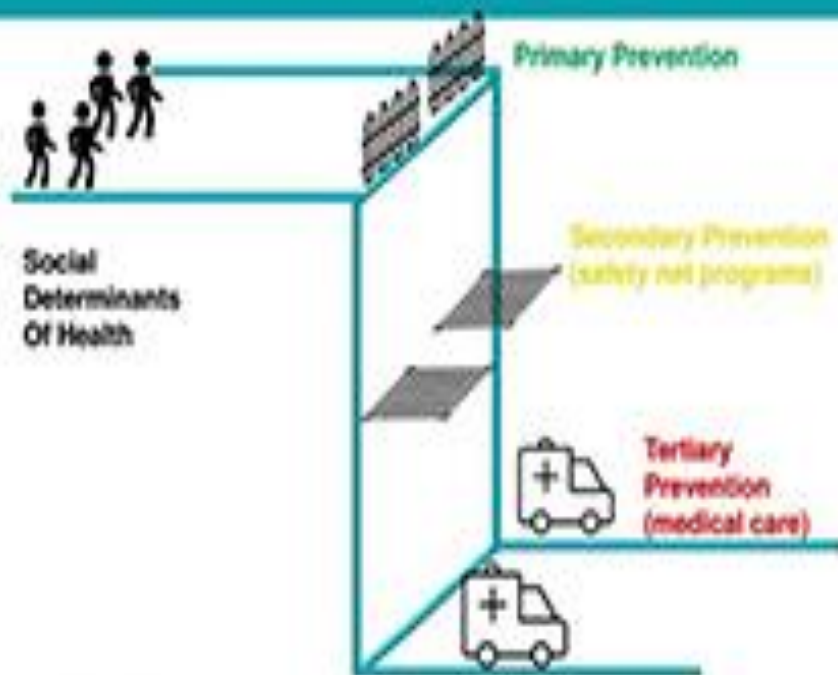
World Health Organization. Ottawa charter for health promotion. International Conference on Health Promotion: The Move Towards a New Public Health, November 17-21, 1986 Ottawa, Ontario, Canada, 1986. Accessed July 12, 2002 at <<http://www.who.int/hpr/archive/docs/ottawa.html>>.

# Social Determinants of Health



FEATURED

## Cliff Analogy

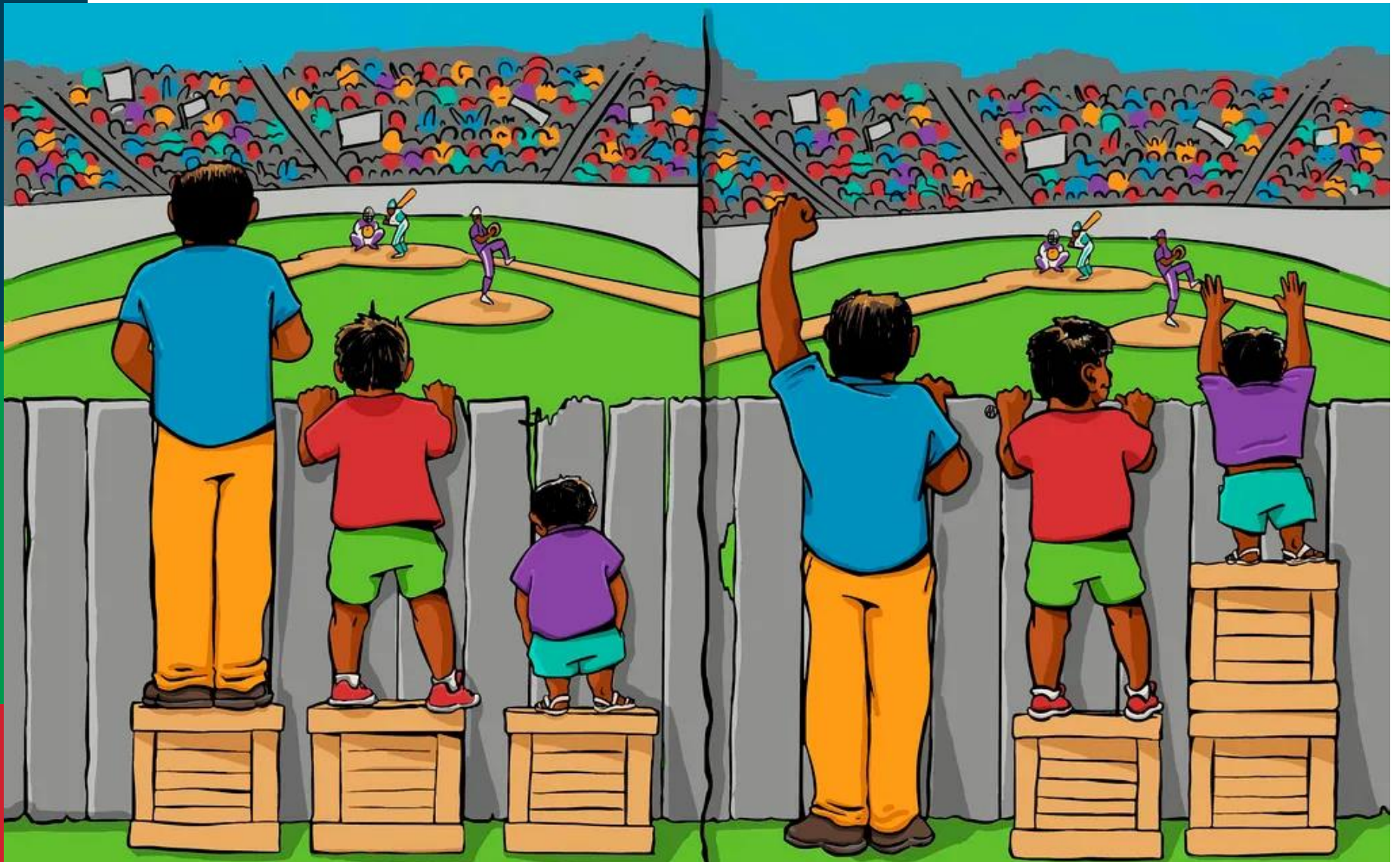


Johnson, S. P., & Smith, S. T. & Perry, S. B. & Bentley, R. & Smith, C. A. (2008). Addressing the Social Determinants of Chronic Health: A Cliff Analogy. *Journal of Health Care for the Poor and Underserved*, 19(1). The Johns Hopkins University Press. Retrieved from 10.1177/1075426808318306

# 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 are Massachusetts 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

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**BLACK MENTAL HEALTH MATTERS**

A MENTAL HEALTH JOURNAL

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**BLACK MEN'S HEALTH**

There are approximately 21 million Black men in the United States. Black men suffer far more health risks than any other racial group in America. There are a number of reasons for this, including racial discrimination, a lack of affordable health services, poor health education, cultural barriers, poverty, and employment that does not carry health insurance, and insufficient medical and social services catering for Black men.

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

- 23% of Black men 19 years of age & over smoke cigarettes.
- 80% of Black men 20 years of age & over have hypertension.
- 43% of Black men are overweight - four times higher than those of the 21% of white men.
- 70% of Black men 20 years of age & over are obese.

**Black men are 5 times more likely to die of BPD, AIDS.**

**RECOMMEND:**  
For more information, visit [www.blackmen.org.uk](http://www.blackmen.org.uk) or contact our health line on 0114 2761111.

This informational leaflet is distributed by the Center for Health of Minority Men. If you have any questions, contact Dr. Marwan & Bassem at [info@centerforhealthofminoritymen.org](mailto:info@centerforhealthofminoritymen.org) or 888-999-1432.

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

STRONGER MIND + STRONGER BODY

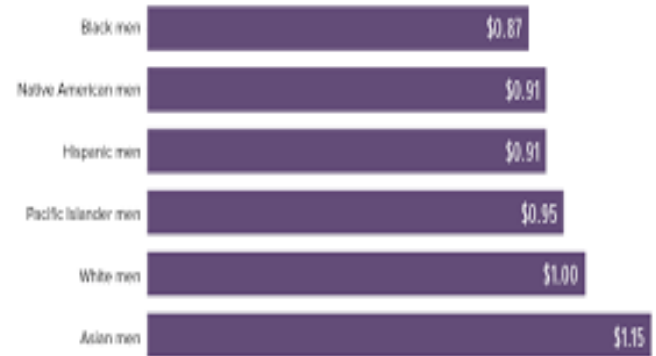
**Men's Health**

**SPECIAL REPORT RACE, RACISM & BLACK MEN'S HEALTH**

From [Image of a Black man]

**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 2018.



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. Gandhi

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# Questions