



National **MCH** Workforce
Development Center
Advancing Health Transformation

Health Equity Overview and Opportunities

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Meet the Health Equity Team



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Health Equity Team Goals

To:

- Offer health equity resources
- Offer consultation about the equity implications of your team's decisions and work
- Support your team's work in ways that make sense to you



Health



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

—World Health Organization



Health Equity

“The attainment of the **highest level of health for all people**. 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 health care disparities.”

- Healthy People 2020

Equality



Equity





Health Disparities

Health differences that reflect health inequity

“Differences in health that are unnecessary, avoidable, unfair, and unjust.”
– Whitehead, 1992

“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.” – Healthy People, 2020



Examples of Disparities

AMERICA'S
HEALTH RANKINGS
UNITED HEALTH FOUNDATION

Health of Women and Children Report 2019



30 YEARS

Analysis and Insights to
Build Healthier Communities

DISPARITIES

OBESITY among women 18-44



▲ 4.7x

higher among **American Indian/Alaska Native** (42.9%)
than **Asian** (9.1%) women



▲ 2.1x

higher among those with **less than a high school education** (41.0%)
than **college graduates** (20.0%)



▲ 2.2x

higher in **Arkansas** (40.2%)
than **Massachusetts** (18.5%)



Examples of Disparities

DISPARITIES

TEEN SUICIDE RATE



▲ 4.5x

higher among **American Indian/Alaska Native** (30.0 deaths per 100,000) than **black** (6.7) teens



▲ 7.3x

higher in **Alaska** (35.7 deaths per 100,000) than **Rhode Island** (4.9)



Social Determinants of Health

“The social determinants of health (SDH) are the conditions in which people are **born, grow, work, live, and age**, and the wider set of forces and systems shaping the conditions of daily life. These **forces and systems** include economic policies and systems, development agendas, social norms, social policies and political systems.”

World Health Organization (WHO)



Real-life Disparity Example

Mental Health Services for Children In Rural Areas

- About 15% of young children in the US have a parent-reported mental, behavioral, or developmental disorder (MBDD) diagnosis - similar rates for small rural and urban
- 61% of areas with a mental health professional shortage are rural or partially rural
- Higher poverty rates in rural areas
- Geographic isolation – transportation required

CDC Recommendations to address this disparity

- Increase telehealth services in rural areas
- Increase integration of behavioral and primary care services in rural areas
- Increase school-based health centers in rural areas



Reflect

1. Are there disparities in the outcomes your team is attempting to improve?
2. What are the social determinants that may be impacting the outcomes?
3. Can your team build an action plan that is responsive to the disparity and/or social determinants?
4. **What else do you need to learn?**



Health Equity Team Resources

We want to support your team

- Consultations and discussions
- 100+ curated online resources on MCH Navigator
- [10 Strategies for Promoting Health Equity in your State](#)





Resources - MCH Navigator

The screenshot shows a web browser window with the URL <https://www.mchnavigator.org/trainings/diversity-health-equity.php>. The page header includes "Georgetown University NCEMCH Health Information Group" and the "MCH NAVIGATOR" logo. A navigation menu contains links for ABOUT, HOW TO USE, TRAININGS, SELF-ASSESSMENT, MICROLEARNING, RESOURCES, and CONNECT. The main content area features a "TRAINING SPOTLIGHT" section with the title "Diversity and Health Equity". The text below the title reads: "Georgetown University's MCH Navigator, the National Maternal and Child Workforce Development Center, and the National Center for Education in Maternal and Child Health are pleased to present this spotlight of online trainings and resources for use by the Title V workforce in approaching diversity as a way to address health disparities, health equity, and removing barriers to care." To the right of the text is an image of hands joined in a circle. Below the text are icons for accessibility (screen reader, keyboard, magnifying glass, print, email) and a share icon.

<https://www.mchnavigator.org/trainings/diversity-health-equity.php>



Final Reflection

How will your team's project improve equity?

