

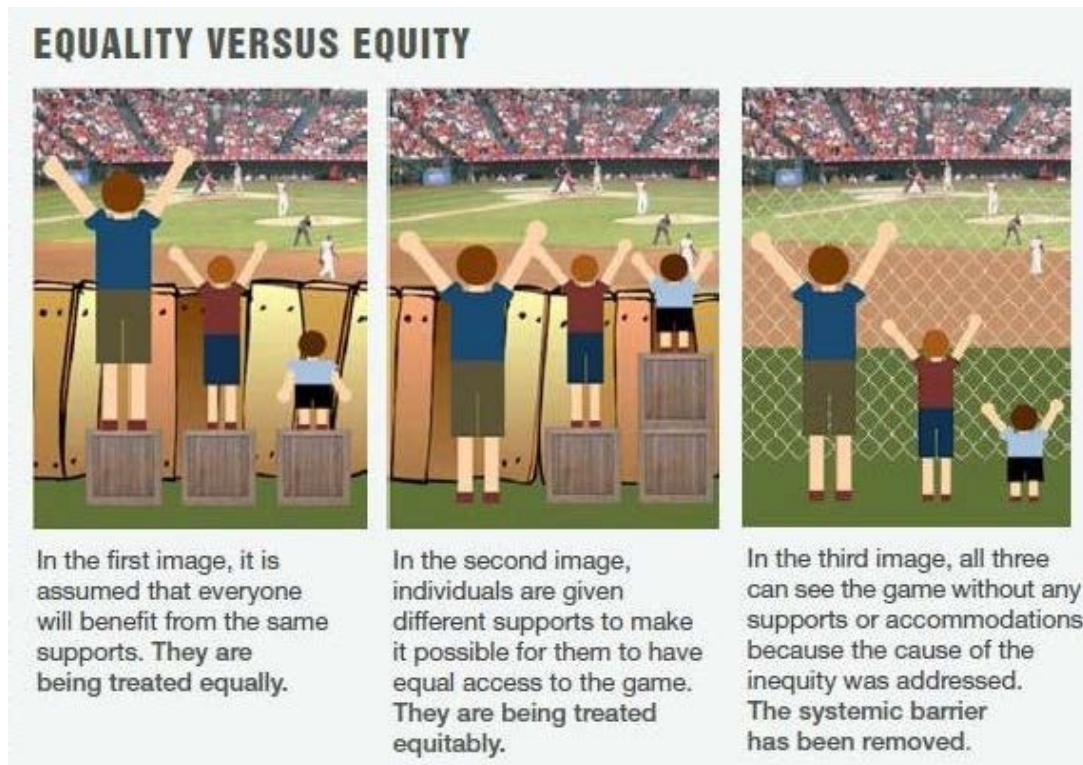
Definitions of Health & Health Equity Activity

Health: A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
–World Health Organization (WHO), 1948

Determinants of Health: Housing and economic stability, safety and cohesion within communities, access to quality education and child care, employment, access to and ability to navigate the health care system, childhood trauma, racial and gender injustice.

Health Disparity: A difference in health outcomes between two populations.

Health Equity



Health Equity: everyone has a fair opportunity to live a full, healthy life. To achieve health equity, we have to eliminate gaps in health outcomes between different social groups. These gaps are often due to race, ethnicity, gender, income, sexual orientation, neighborhood or other social condition.

Q: What is your 15% solution?

When facing complex problems, sometimes the best way to start is to consider your 15% solution. Instead of taking on a huge issue in its entirety, what could you do with your talents, skills, time and influence right now to move the needle on health equity by 15%? Take a few moments to identify an area of health equity that concerns you, and reflect on your 15% solution. Feel free to write on the back of this paper!

After a few minutes, you will share results with your group of 3-4 people.