

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

www.facebook.com/michiganymca

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS

HEALTH EQUITY FRAMEWORK

What Is Health Equity? The Centers for Disease Control and Prevention defines health equity as "The condition in which everyone has the opportunity to 'attain their full health potential' and no one is 'disadvantaged from achieving this potential because of their social position or other socially determined circumstance'".

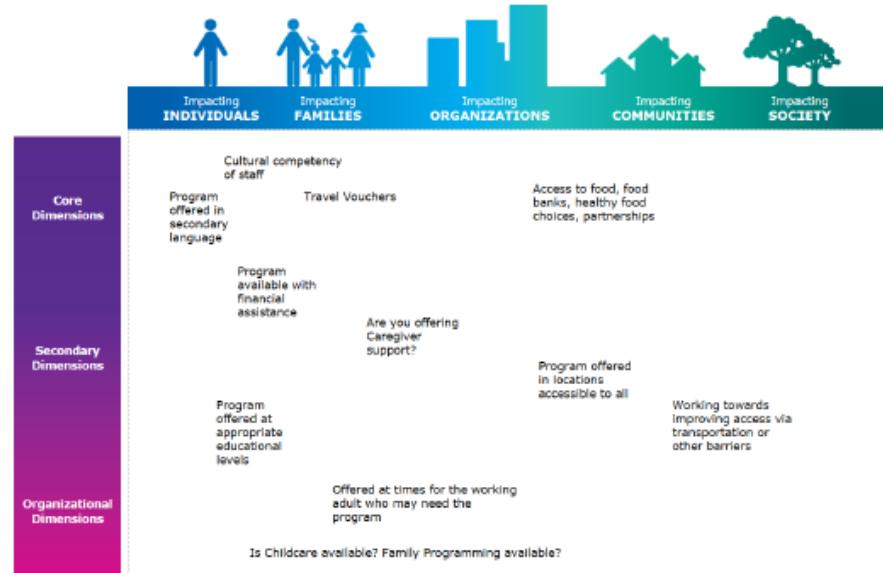
To help understand why we are focusing so much attention on equity, consider this: clinical care accounts for only 20% of factors that influence our health. Health is mostly determined by what occurs in our homes and communities and other social determinants of health.

When we use the term "health equity" in our work, we are referring to efforts to ensure access to quality health care, preventive services, quality food, health-promoting environments and resources, and quality living conditions. Access to these social determinants of health is important to individuals, families, and whole communities. When they are lacking, one's health and even life expectancy are often negatively affected. In fact, because of the uneven distribution of these health-promoting assets, someone's zip code can be a better predictor of life expectancy than their genetic code.

Working to address health equity challenges requires use of common language and definitions. Working off a common language platform will foster understanding and leverage the power of idea-sharing among Ys and their partner organizations (more terms can be found in the glossary downloadable from the Health Equity page on Y Exchange). What follows are two of the most important terms and their standard definitions.

Health inequities – Systemic and unjust distribution of social, economic and environmental conditions needed for health (these conditions are also known as social determinants of health):

HEALTH EQUITY FRAMEWORK



For more information on Advancing Health Equity, visit the [Y Exchange](#) and read the Health Equity Resource Guide.

- Access to health care
- Geographic location
- Work experience
- Educational background
- Income
- Housing
- Transportation

- Human services
- Public safety
- Positive social status
- Freedom from discrimination
- Access to resources (such as fresh produce)

Health disparities – differences in the incidence and prevalence of health conditions and health status between groups are based on:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Race • Ethnicity • Gender • Socio-economic status | <ul style="list-style-type: none"> • Diverse abilities/disabilities • Geographic location • Any combination of the above |
|--|---|

The term “disparity” implies differences between individuals and population groups (e.g., significant diabetes disparities exist between blacks and whites).

The term “inequity” refers to differences that are unnecessary and avoidable and are also considered unfair and unjust (e.g., individuals in community B suffer higher rates of asthma, obesity and chronic illness than individuals in community A because of a lack of fresh produce, lack of places for physical activity, and higher levels of air pollution).

What it means to **advance health equity** is to ensure everyone has opportunities to attain his or her full health potential and no one is disadvantaged from achieving this potential because of his or her social position or other socially determined circumstances.

To help Ys think about how focused their programs are on advancing health equity, the work group developed a framework (similar to the Healthy Living Framework) to help identify potential gaps or opportunities to improve the health in your program and ultimately in your community.

The goal of this framework is to help you start thinking about how you are addressing the needs in your community. These needs may be similar or different than these listed here, but these are areas and scenarios that Ys have mentioned as potential areas for improvement and can help you start thinking along the lines of providing a program that not only focuses on improving physical well-being of some, but providing the same opportunity for all.

To see the full Health Equity Framework please check out the latest EnhanceFitness Leading Practices Guide on yexchange.org.

APRIL IS CHILD ABUSE PREVENTION MONTH

It's everyone's responsibility to protect our youth. Giving kids safe environments where they can learn, grow and thrive is a critical part of any healthy youth development journey. The YMCA Guardians for Child Protection invite your Y to raise awareness about child sexual abuse and how adults can take action to prevent it by participating in the Five Days of Action campaign, April 16-20. Find campaign resources and register at www.FiveDaysofAction.org.

UPCOMING EVENTS

- **Regional Training**

Event: Fort Wayne, IN

EnhanceFitness -
March 5 & 6

Facilitating Change in
Small Groups - March
14 & 15

- **Regional Training**

Event: Southeast MI

Introduction to Lead-
ing Others - April 12 &
13 (Monroe YMCA)

EnhanceFitness - TBD

Moving For Better
Balance - TBD

More to come!

- **Michigan Diabetes Prevention Network Meeting**

Wednesday, March 21
at the Michigan Public Health Institute 2436
Woodlake Circle Suite
300 Okemos, MI
48864

- **Michigan Cancer Consortium Meeting**

Wednesday, March 28
12-3pm at the
Michigan Public Health Institute, 2436
Woodlake Circle Suite
300, Okemos, MI
48864

- **Statewide EnhanceFitness Conference - Save the date**

Thursday, June 14th at
the Lansing Community College