Equity: the existence of conditions where all people can reach their full potential.

From the APHA “Better Health Through Equity Report” (March, 2015):

“Health equity means social justice in health (i.e., no one is denied the possibility to be healthy for belonging to a group that has historically been economically/socially disadvantaged)” (Bravement, 2014)

Health disparities are the ways we measure progress toward achieving health equity. If we can show that we are reducing health disparities, we have evidence that we are moving toward greater health equity. (Bravemen, 2014)

(www.publichealthreports.org/issueopen.cfm?articleID=3074)
The social determinants of health are the conditions in which people are born, grow, live, work, and age. These circumstances are shaped by the distribution of money, power, and resources at the global, national, and local levels. Examples of resources include employment, housing, education, health care, public safety, and food access.

(www.who.int/social_determinants/sdh_definition/en/index.html)
Healthy Eating Strategies

- Increase access to and demand for healthy, local foods
- Increase availability of healthy, local foods through institutions
- Increase access to medical, dental, and mental health care
- Improve connection between clinical and community–based programs and services

Intervening Variables

- Consumption of fruits and vegetables increases
- Consumption of sugar-sweetened beverages decreases
- Physical activity increases
- Increased use of Community Health Center and Community-based programs and services

Behaviors

- Improved health equity
- Reduced rates of diabetes, heart disease and stroke
- Improved academic performance
- Decrease in preventable hospitalizations

Active Living Strategies

- Implement Healthy Retail initiatives
- Promote Farm to Institution activities
- Facilitate improvements in hospital nutrition standards
- Map and promote walking trails and paths
- Promote Complete Streets
- Promote Community Use of public spaces
- Promote walking, biking and public transportation for recreation and utilitarian uses
- Promote physical activity strategies in schools
- Promote workplace wellness
- Provide health care services
- Provide health insurance navigation services
- Provide Community Health Worker services
- Make referrals to community-based behavior change programs and basic needs services
- Screen for pre-diabetes and hypertension
- Ensure two-way communication between clinical and community services

Clinical and Community Connections

- Improve two-way communication between clinical and community services