

FAMILY ACTIVITY

Community Education and Action

DRIVING QUESTION

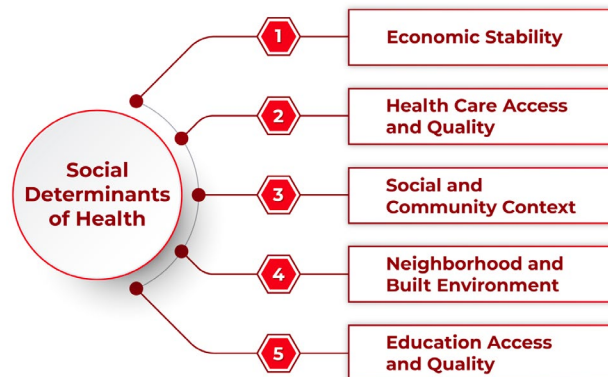
How can we address health equity in our community?

MATERIALS

- Digital device with internet connection
- Betterhealthinaction.com
- Community Impact capture sheet

OVERVIEW

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.¹ There are contributing non-medical factors that impact the overall health and well-being of individuals around the world. These factors are called social determinants of health (SDOH). SDOH impact the environment in which people are born, learn, live, work, play, worship, and age. Visit www.betterhealthinaction.com/health-equity to learn more about health equity and SDOH.



Did you know that social determinants of health can directly impact your health and life expectancy? For instance, some racial and ethnic minority groups experience higher rates of diabetes, heart disease, cancer, and preterm birth. You and your family can discover more by completing this interactive, self-paced module together. After completing the module, your family will consider ways to address health inequities in your community.

¹ Center for Disease Control and Prevention

<https://www.cdc.gov/healthequity/whatis/index.html#:~:text=Health%20equity%20is%20the%20state,their%20highest%20level%20of%20health>

Visit <https://www.betterhealthinaction.com/self-paced-module> to uncover the key factors necessary for achieving health equity. This module will take between 15–20 minutes to complete.

PREPARATION

- Visit <https://www.betterhealthinaction.com/self-paced-module> and complete the interactive module together.

ENGAGE

Get started by having a family discussion about how SDOH impacts people in your community. Think about ways you, your family, and/or your community are impacted by health inequities.

Here are a few questions that can help you begin the discussion:

- Is safe and affordable housing available to everyone in your community?
- Do people in your community have access to clean water?
- What is the air quality in your community?
- How far is a grocery store that sells fresh fruits and vegetables?
- Where is the closest hospital?

EXPLORE

Next, visit www.betterhealthinaction.com/health-equity to learn more about SDOH, local challenges, and how you can take local action in your community. Use the *Community Impact capture sheet* to record how the various SDOH impact your community. Ask the following questions: :

- Which SDOH impact my community?
- Are there specific people or groups of people within my community that are impacted by the SDOH at a greater rate than others?
- What are some possible ways to help address SDOH and health equity?
- Which health issue can I raise awareness around about in my community?

As a family visit: <https://www.betterhealthinaction.com/self-paced-module> to learn more about the various factors that impact health and wellness. After completing the module, have a discussion to determine if you would like to edit what you recorded on your *Community Impact capture sheet*.

INVESTIGATE

Using your *Community Impact capture sheet*, choose one of the SDOH you would like to address in your community. Consider the various ways you can bring awareness or action to where you live, study, work, and grow:

- Create a video to inform others about health disparities or SDOH.
- Work with your school or community center to create a Family Night, where health professionals, community partners, and other volunteers come together to educate the community about health issues and concerns.
- Gather community members and leaders in the community to address SDOH, health disparities, or other health/safety concerns.

REFLECT

Achieving health equity will take all of us working together. It all begins with educating our community and speaking up about changes that need to be made in our community. The more you learn about SDOH and health disparities, the better you'll be at educating community members and becoming an advocate to champion health equity in your community.

Discuss as a family what you have learned about SDOH, health equity, and the impacts on your community. Are there community organizations you could volunteer with? Are there ways you can work with your school to educate community members or host health events?

Learn more about leaders working towards health equity: <https://www.betterhealthinaction.com/career-profiles>. Consider what career field you might want to enter if you are interested in a job that addresses SDOH and working towards achieving health equity.

What are social determinants of health (SDOH)? Most of what contributes to overall health is based on five areas called social determinants of health. SDOH impact the environment in which people are born, learn, live, work, play, worship, and age.

Use the space below to record how each SDOH impacts your community.

Social Determinants of Health	Challenges in Your Community	Possible Actions
Economic Stability		
Health Care Access and Quality		
Social and Community Context		
Neighborhood and Built Environment		
Education Access and Quality		