The background is a dark blue gradient with a subtle pattern of small white dots. Overlaid on this are several faint, light-colored circular elements. On the left side, there is a large circular scale with tick marks and numbers ranging from 140 to 260. Other circular elements include dashed lines, solid lines, and arrows, some pointing inwards and some outwards, creating a sense of movement and complexity.

# HEALTH EQUITY: WHAT IS IT AND HOW CAN WE MAKE A DIFFERENCE?

- What is health equity?
- What causes or determines health inequity?
- What role can our organizations and we play to address health inequity in our organizations and communities?

# WHAT IS “HEALTH”?

## CANADA

“a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” “Social well-being” is an important aspect of this definition that may not always occur to us in thinking about our health.

## WORLD HEALTH ORGANIZATION

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

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.



# WHAT MAKES CANADIANS SICK?

50%

## YOUR LIFE

- INCOME
- EARLY CHILDHOOD DEVELOPMENT
- DISABILITY
- EDUCATION
- SOCIAL EXCLUSION
- SOCIAL SAFETY NET
- GENDER
- EMPLOYMENT/WORKING CONDITIONS
- RACE
- ABORIGINAL STATUS
- SAFE AND NUTRITIOUS FOOD
- HOUSING/HOMELESSNESS
- COMMUNITY BELONGING

25%

## YOUR HEALTH CARE

- ACCESS TO HEALTH CARE
- HEALTH CARE SYSTEM
- WAIT TIMES

15%

## YOUR BIOLOGY

- BIOLOGY
- GENETICS

10%

## YOUR ENVIRONMENT

- AIR QUALITY
- CIVIC INFRASTRUCTURE

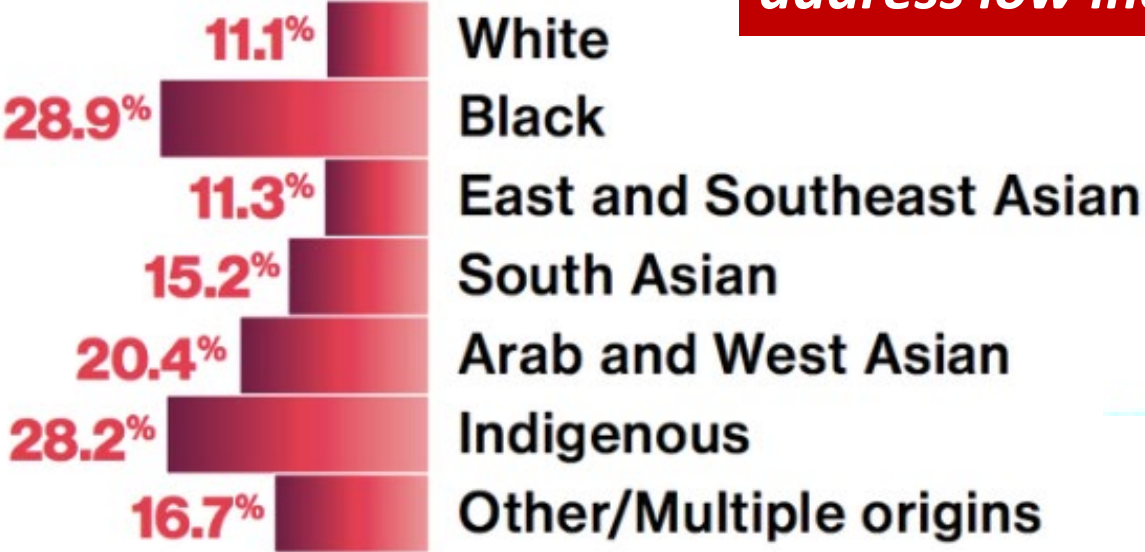


# HEALTH INEQUITIES (WHO)

- Health inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.
- Health inequities are unfair and preventable.
- Everyone has a role to play in reducing inequities.

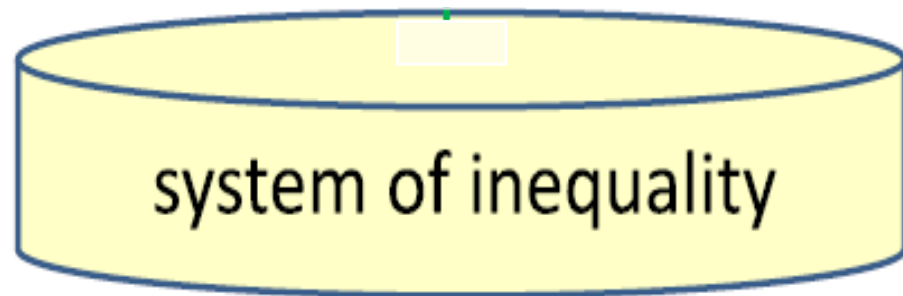
# Prevalence of Household Food Insecurity in Relation to *RACIAL/CULTURAL IDENTITY* & *INDIGENOUS STATUS*

*address low income*



**Data Source:** Statistics Canada, Canadian Community Health Survey (CCHS), 2017-18.

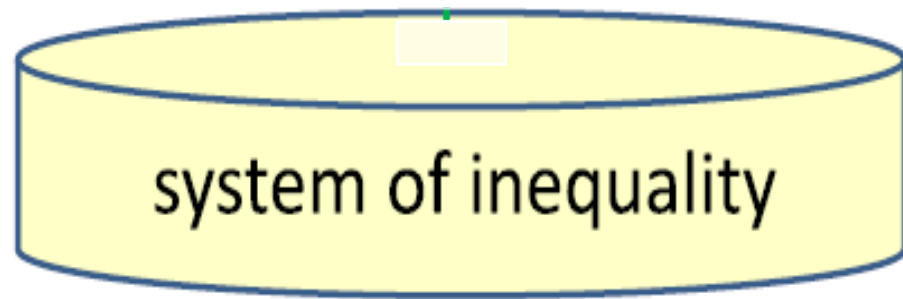
- diabetes*
- infant mortality*
- cancer*
- mental health*
- etc*



### The coin

- The social structure that produces and maintains inequality  
e.g., sexism, racism, ableism

**Fig. 1** The coin



oppression

### The coin

- The social structure that produces and maintains inequality  
e.g., sexism, racism, ableism

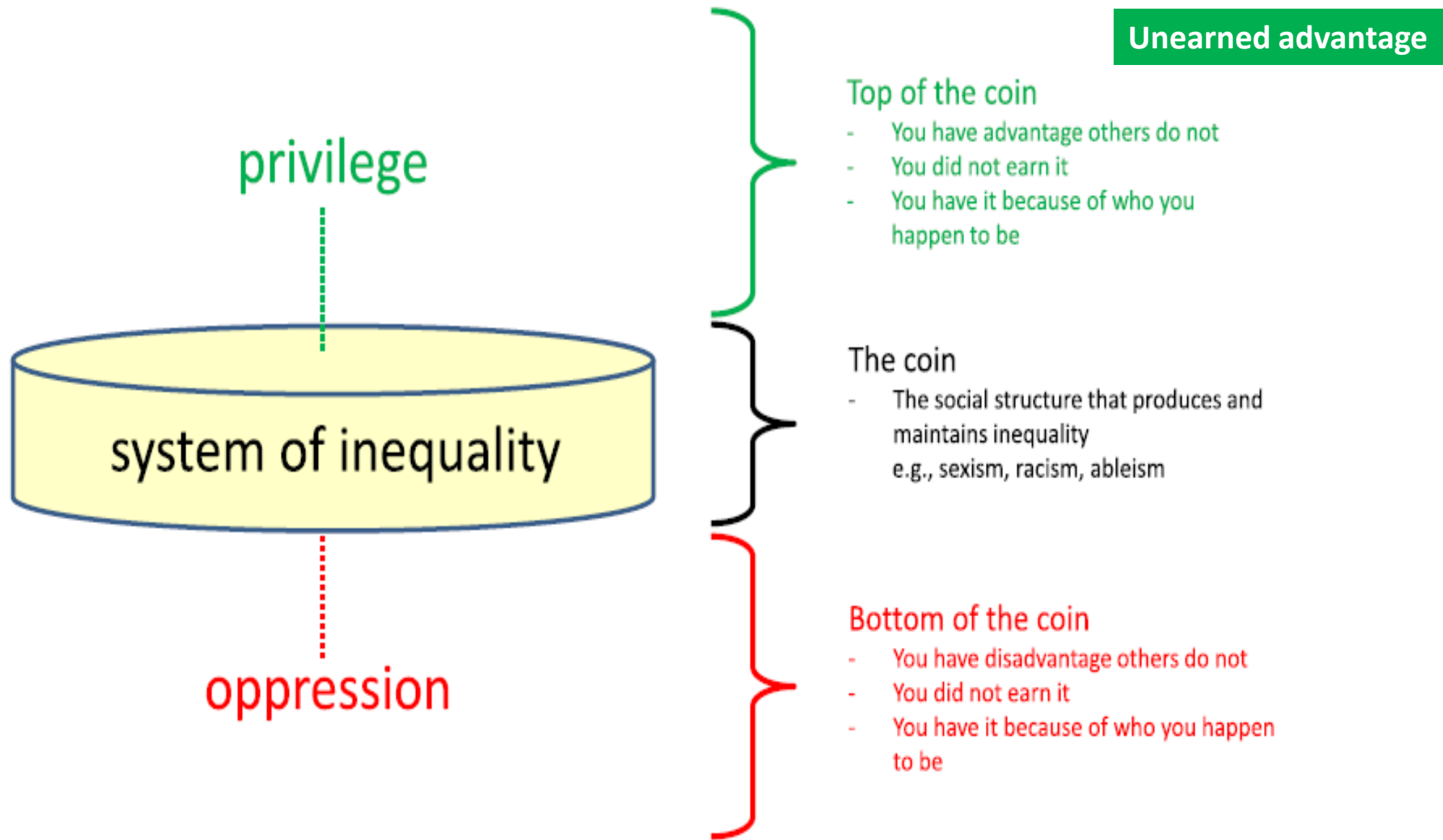
### Bottom of the coin

- You have disadvantage others do not
- You did not earn it
- You have it because of who you happen to be

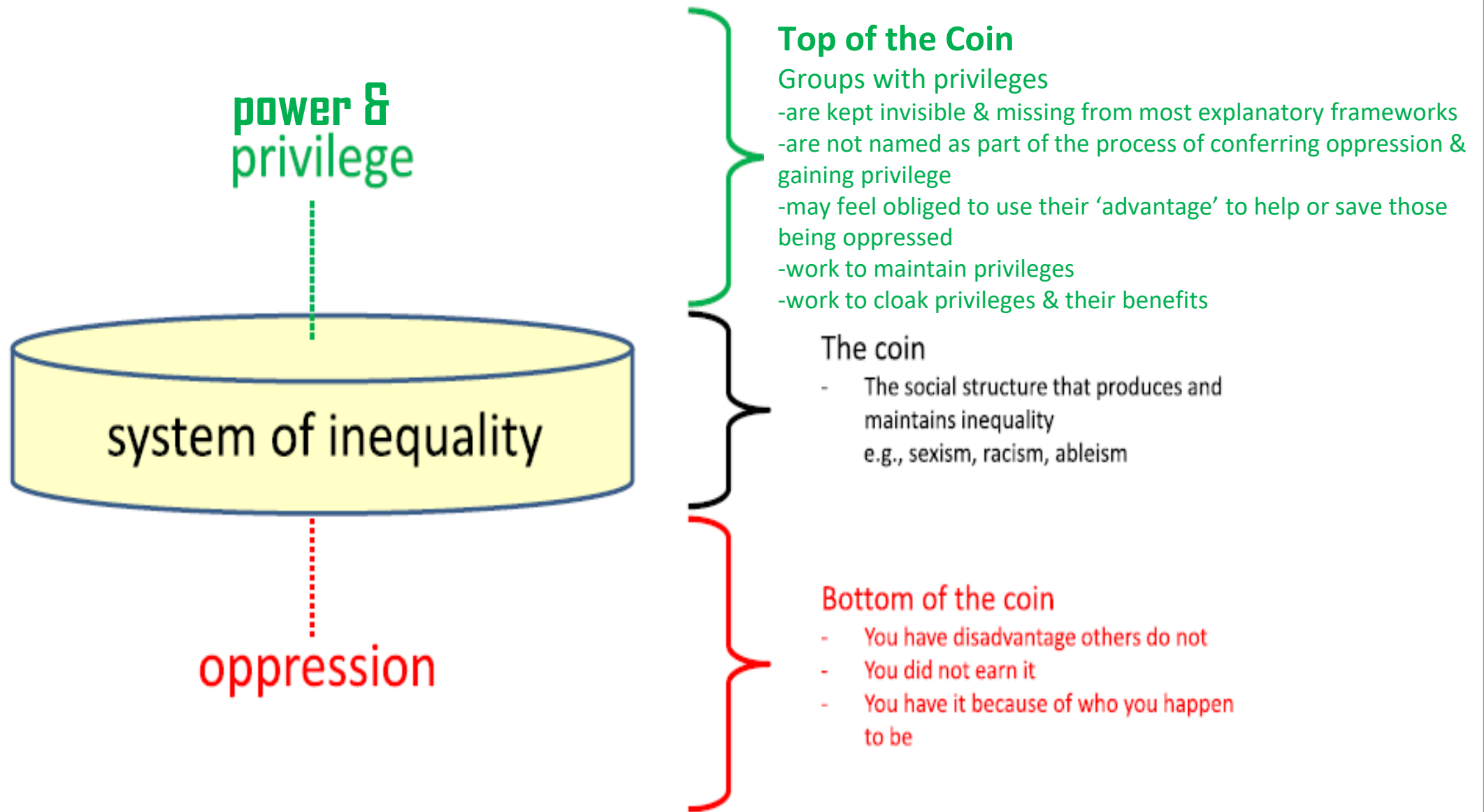
**Unearned disadvantage**

**Fig. 1** The coin

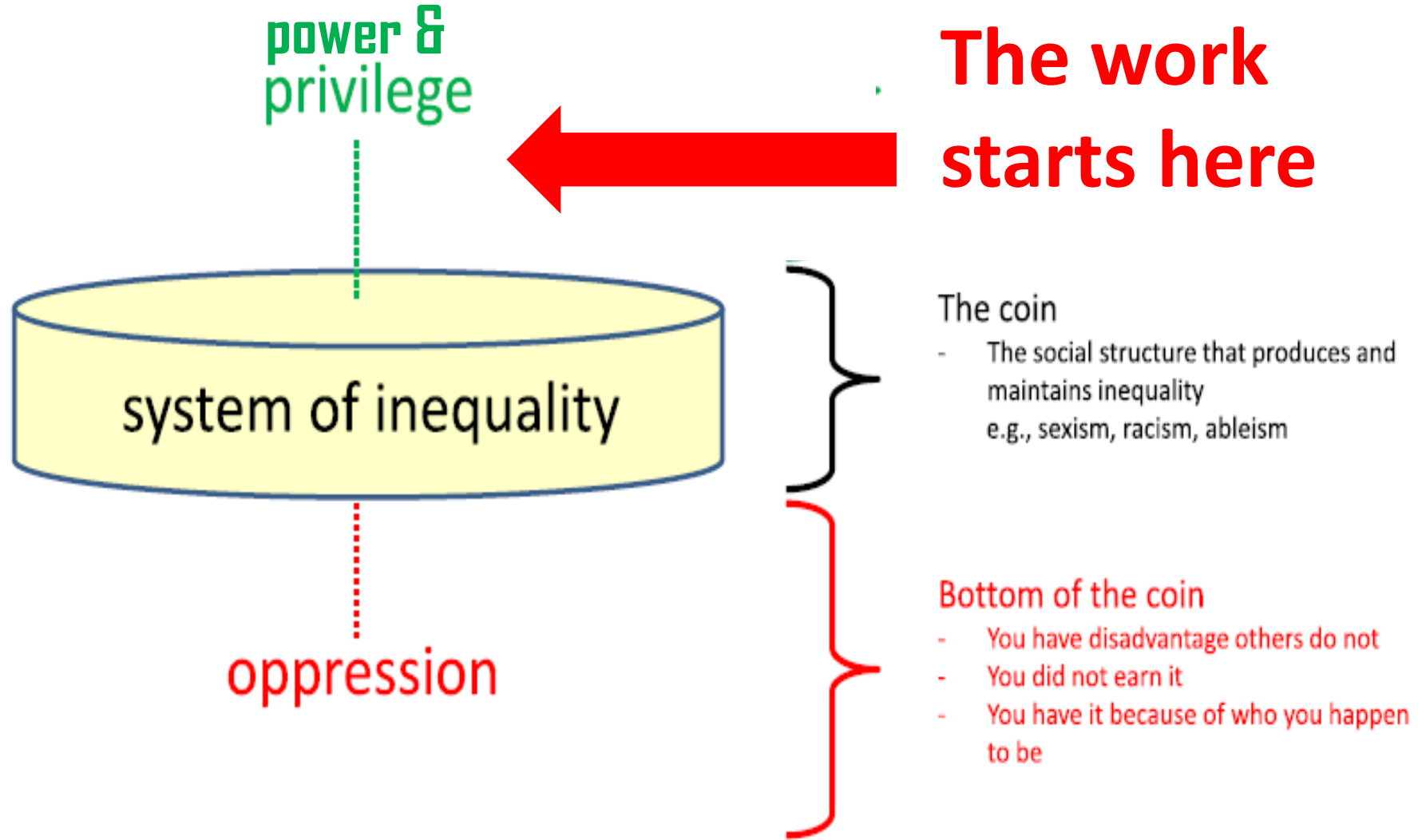




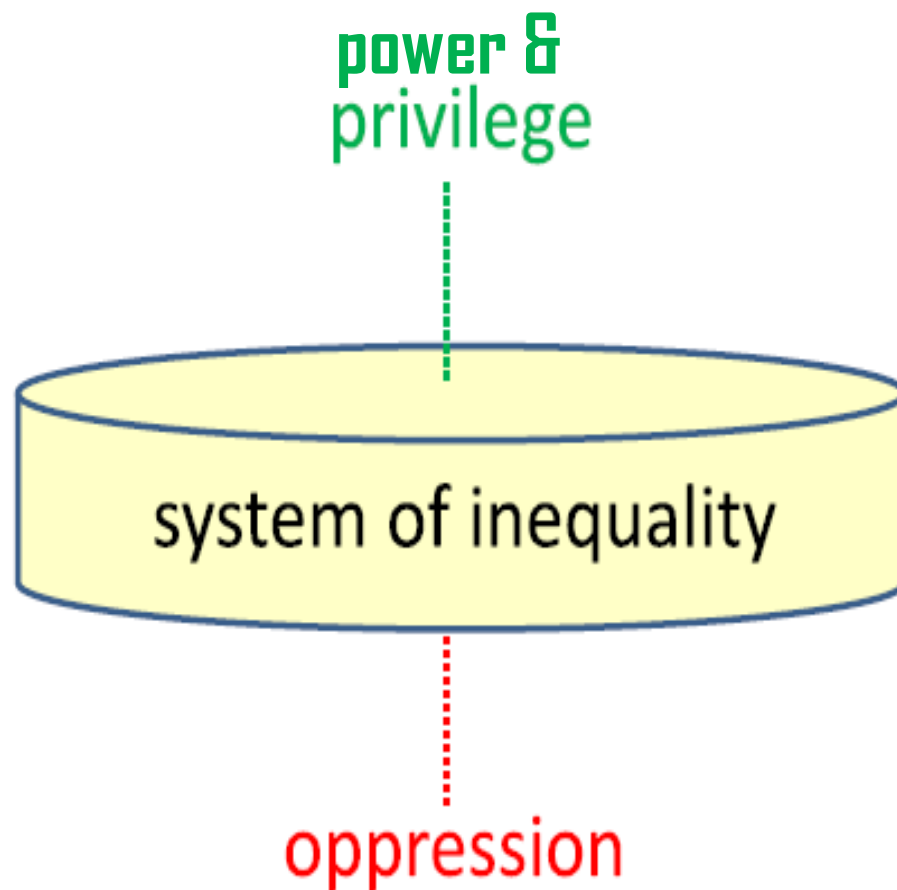
**Fig. 1** The coin



**Fig. 1** The coin



**Fig. 1** The coin



- Actively work to dismantle power/privilege
- Talk about those who hold power and privilege, they are not innocent bystanders
- Talk about the privilege conferred to them because of the system
- Learn about how the system of inequality is maintained, in order to lead the effort to dismantle it.
- Work with and enable oppressed communities to share power in this work of dismantling

#### The coin

- The social structure that produces and maintains inequality  
e.g., sexism, racism, ableism

#### Bottom of the coin

- You have disadvantage others do not
- You did not earn it
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Fig. 1 The coin

