

COMMUNITY DEVELOPMENT WITH A HEALTH EQUITY LENS

Stephanie Catudal, Health Promotion Facilitator
Central Zone, Alberta Health Services

WHAT IS HEALTH?

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

(Constitution of the W.H.O., 1946)

WHAT ARE THE SOCIAL DETERMINANTS OF HEALTH?

The interrelated social, political and economic factors that create the conditions in which people live, learn, work and play.

Their intersection causes the conditions to shift and change over time, therefore impacting the health of individuals, groups and communities in different ways.

Social Determinants of Health

1. Education & Literacy
2. Social Support Networks
3. Employment/Work Conditions
4. Physical Environments
5. Biology & Genetic Endowment
6. Income & Social Status
7. Personal health & Coping Skills
8. Healthy Child Development
9. Health Services
10. Culture
11. Social Environments
12. Gender



EQUITY VS. EQUALITY

EQUITY: each person has different circumstances and allocates the exact resources and opportunities needed to reach an equal outcome.

EQUALITY: each individual or group of people is given the same resources or opportunities

HEALTH EQUITY AND HEALTH EQUALITY

HEALTH EQUALITY: Equal treatment and availability of health care services for all. The goal is to promote fairness, but everyone needs to start from the same place and needs the same things.

HEALTH EQUITY: Availability of health care while taking in to account other factors that influence health. It acknowledges that everyone does not start from the same place or need the same things.

[health_equity \(floridahealth.gov\)](https://www.floridahealth.gov/health-equity)

EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

PRACTICAL EXAMPLES

Advocating

- Advocating around health disparities for marginalized populations

Identifying and addressing

- Identifying and addressing unintended positive and negative health impacts of programs

REFLECTION

What are your thoughts about the Social Determinants of Health and Health Equity?

How are you incorporating them into your work?