



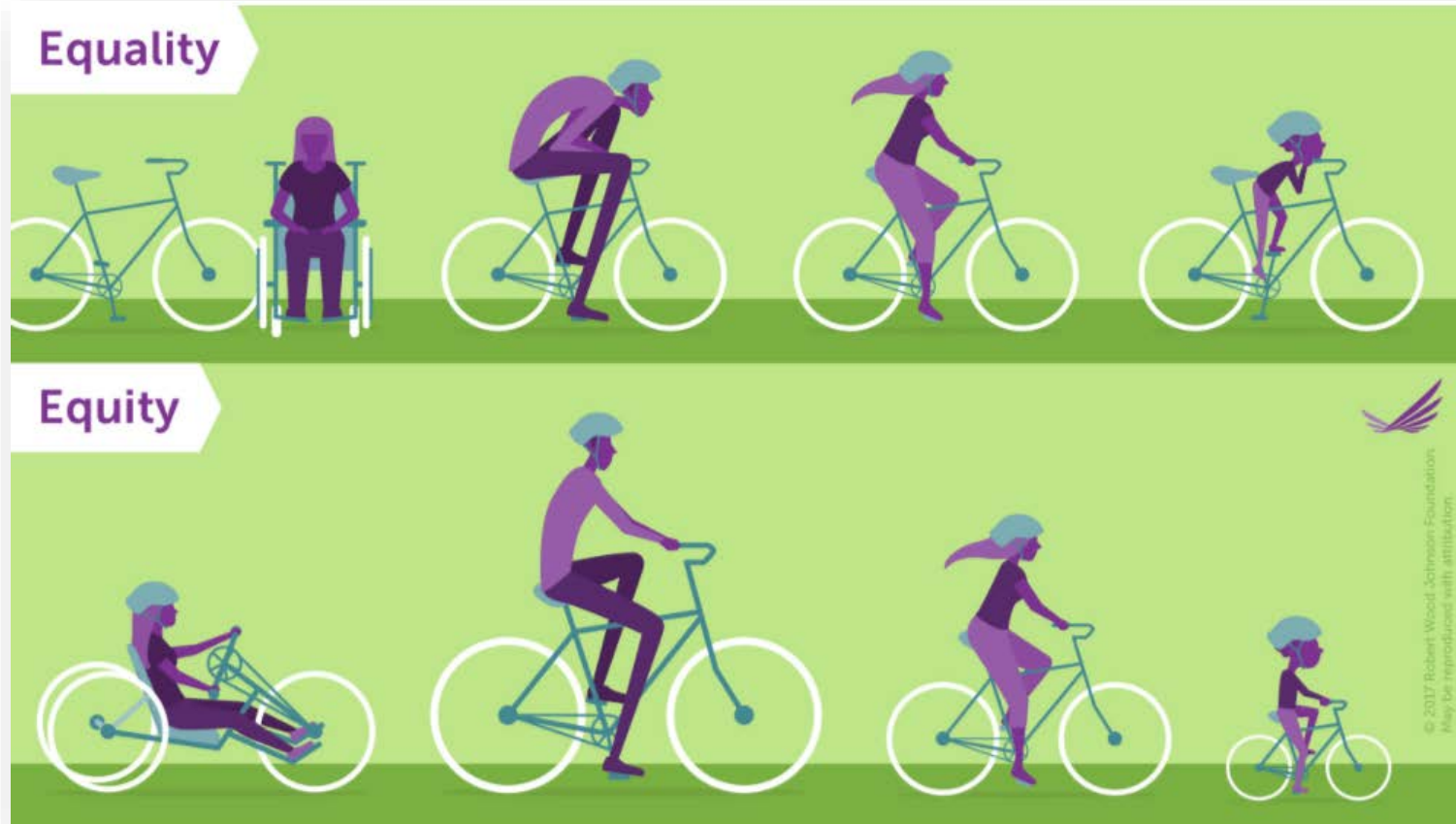
**Beyond Band-Aids: Building Networks for Sustainable Impact—Healthy San Gabriel Valley Annual Meeting**

# **Building Health Equity**

**February 20, 2020**

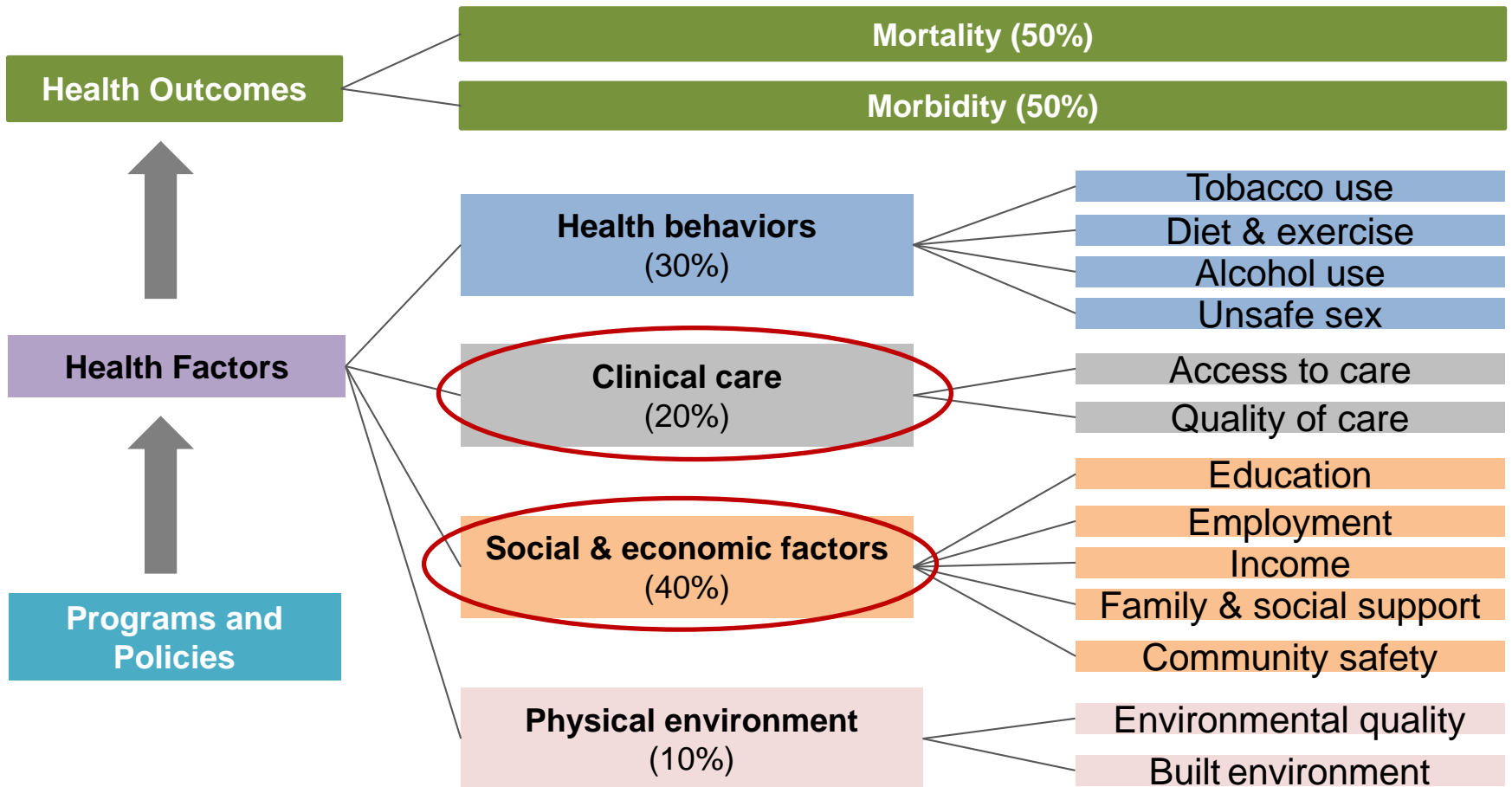
**Barbara Ferrer, PhD, MPH, MEd**

Director, Los Angeles County Department of Public Health



**Health Equity means that everyone has the opportunities and resources needed for optimal health and well-being**

# Factors that impact health outcomes



# What is a healthy community?

- A healthy community supports:
  - Opportunities and resources that ensure optimal health and well-being for all
  - Clean air, water, and soil
  - Social connections and civic engagement

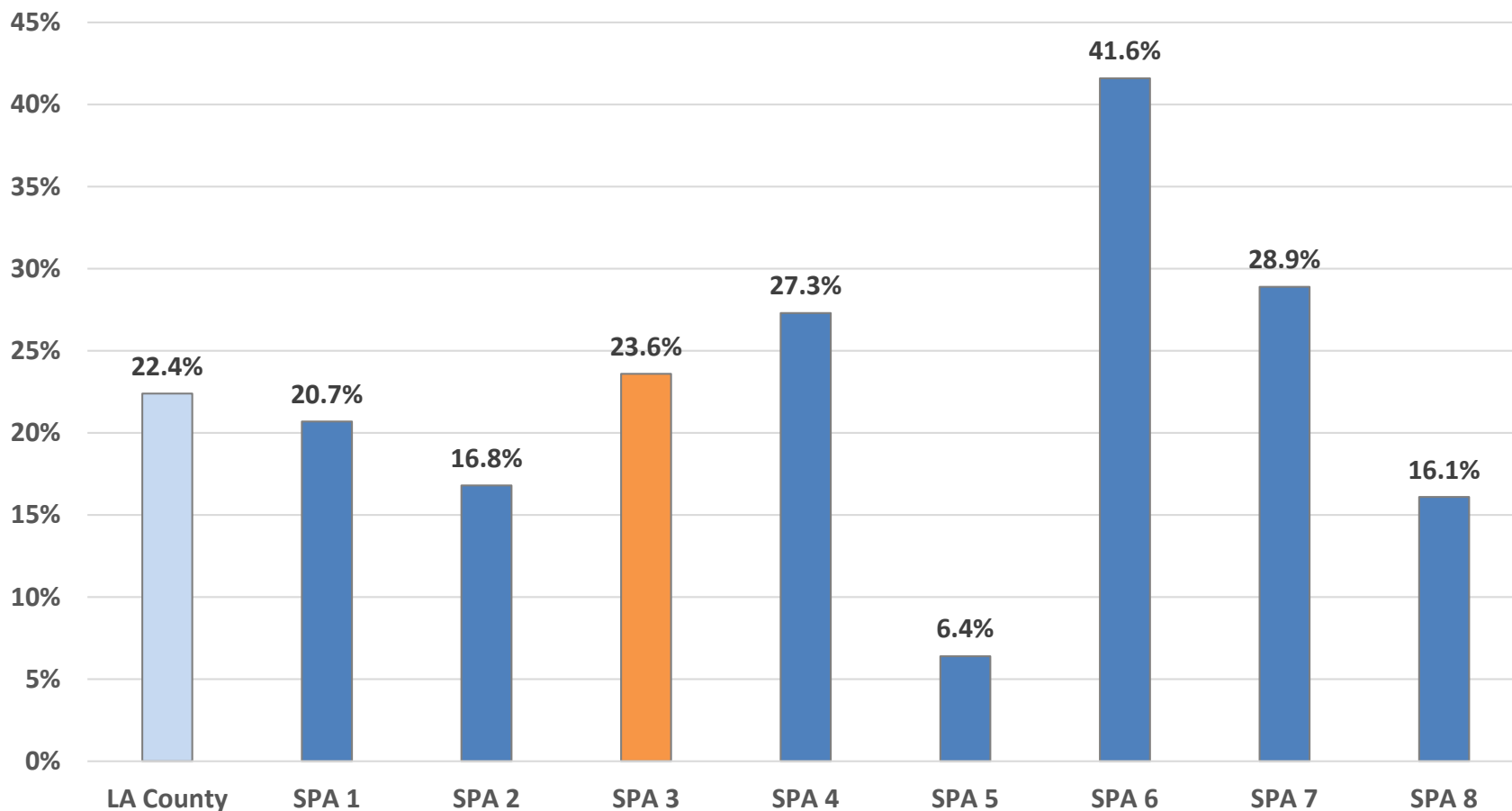


# Social Determinants of Health: 5 Domains

RACISM & DISCRIMINATION				
Economic Stability	Education	Health & Healthcare	Neighborhood & Built Environment	Social & Community Context
Poverty	High school graduation	Access to healthcare	Access to healthy food/safe parks	Social cohesion
Employment	Language & literacy	Access to primary care	Density of alcohol, tobacco, cannabis establishments	Civic participation
Food security	Early childhood education	Health literacy	Crime & violence	Incarceration
Housing stability	\$/per student	Health outcomes	Environmental exposures	Networks

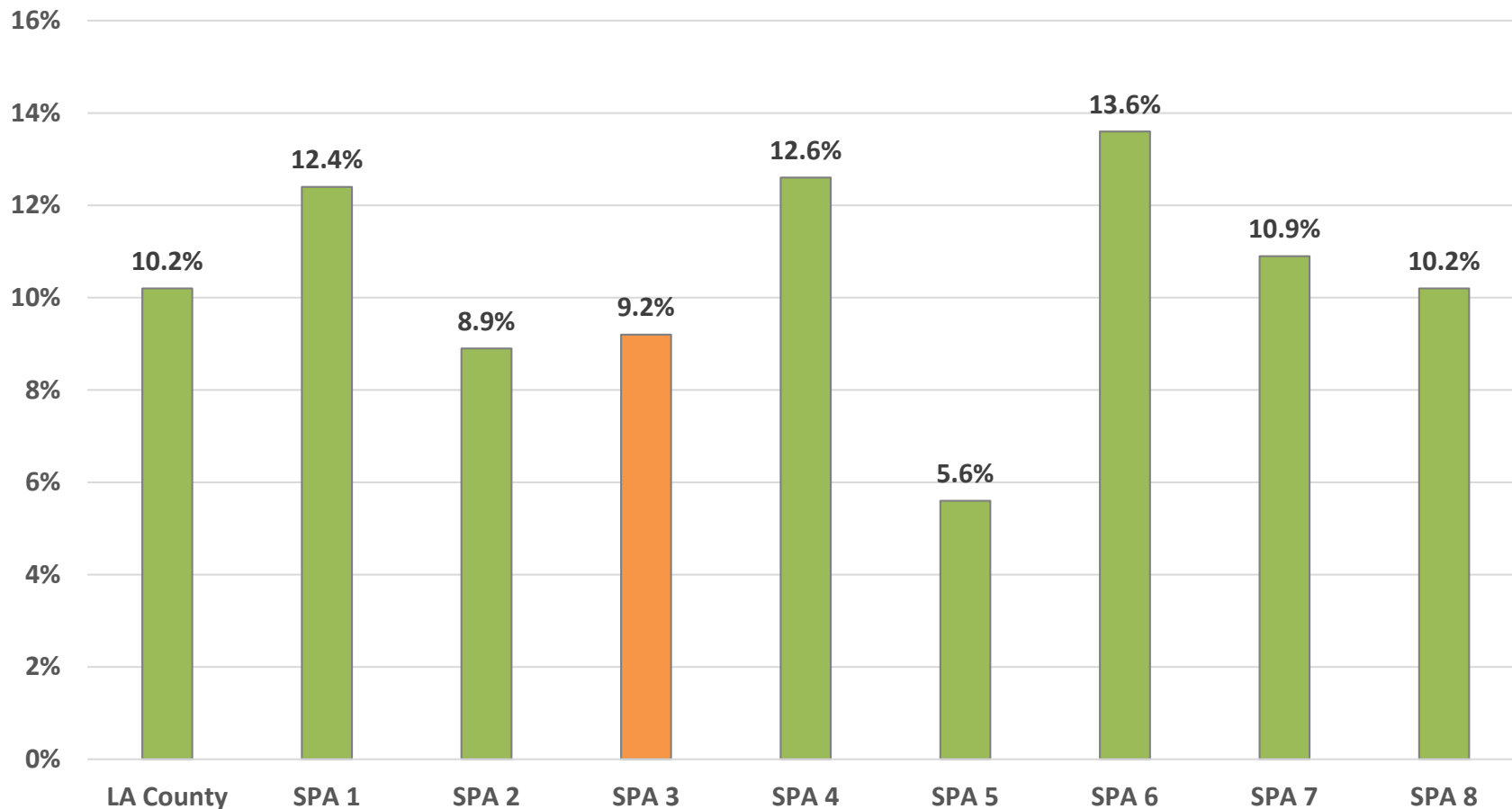
## Education

Percent of adults with less than a high school education



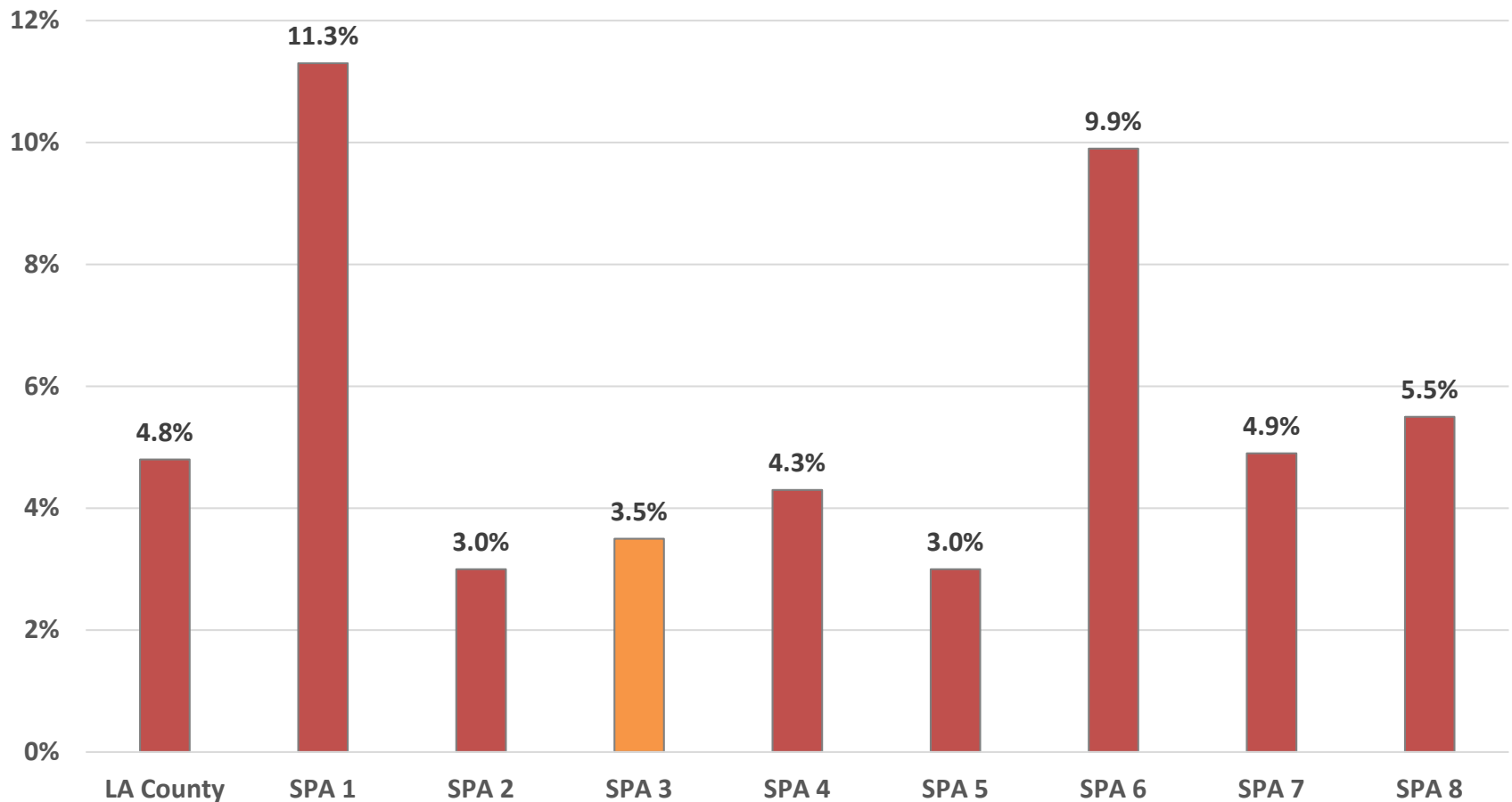
## Unemployment

Percent of adults who are unemployed (and looking for work)



## Housing Instability

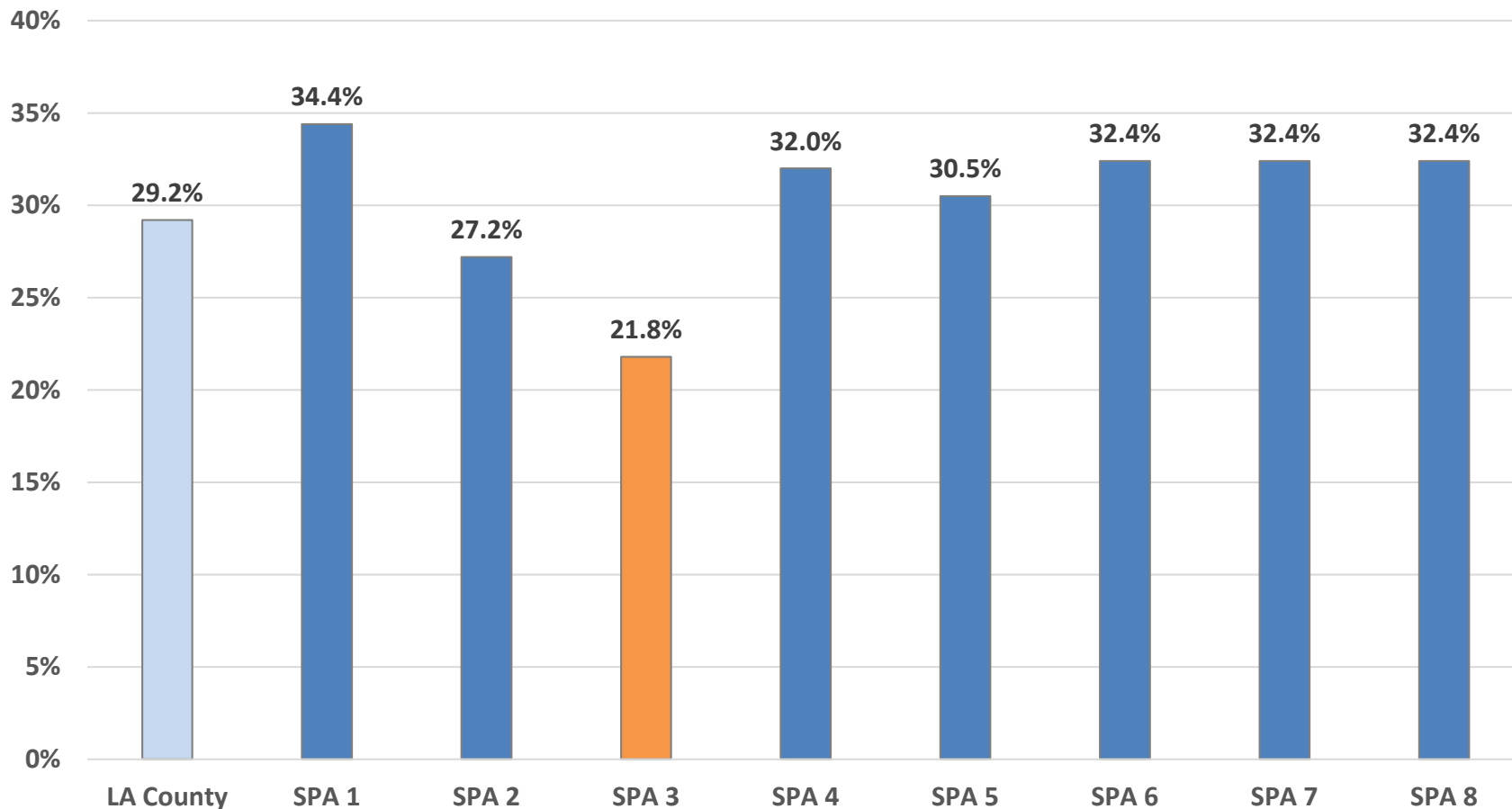
Percent of adults with housing instability in the past 5 years—  
Reported being homeless or not having their own place to live or sleep.





## Food Insecurity

Percent of households with incomes <300% FPL who are food insecure

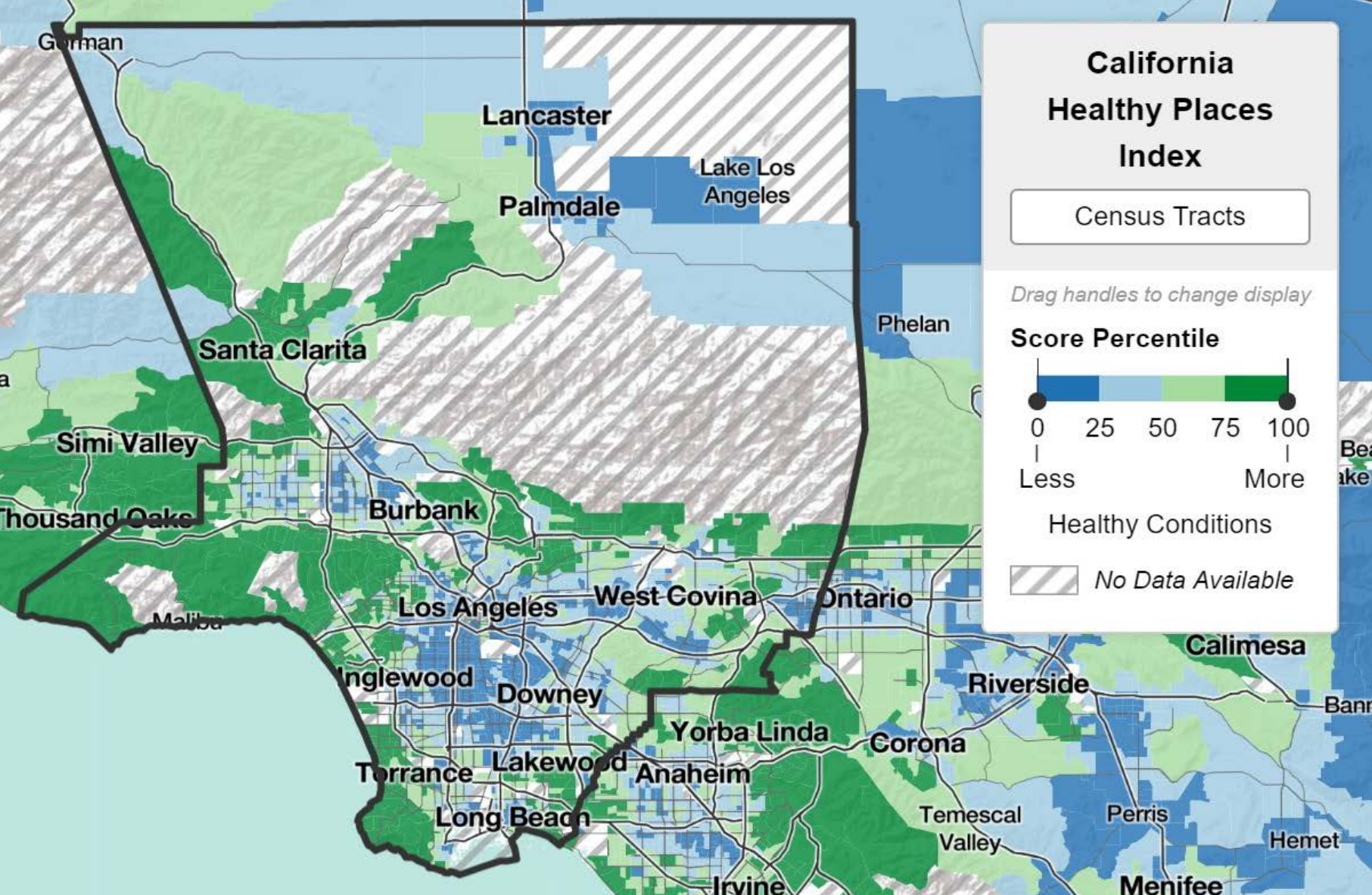


# Community Stress

Definition: Exposure to multiple physical and social stresses at the community level such as disinvestment, marginalization, discrimination, and social exclusion

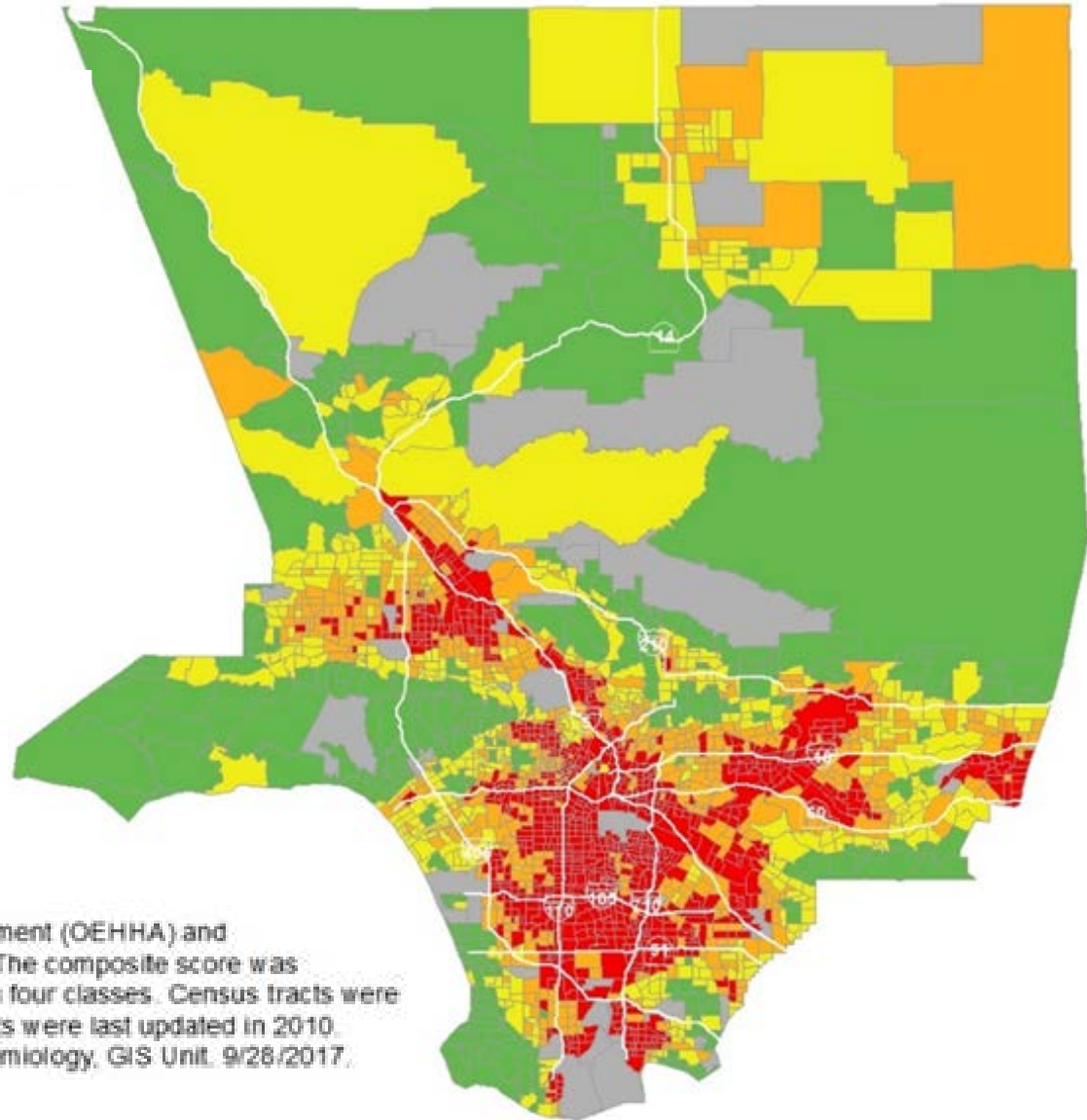
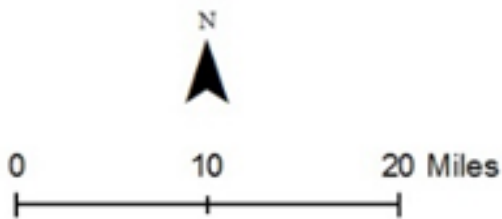
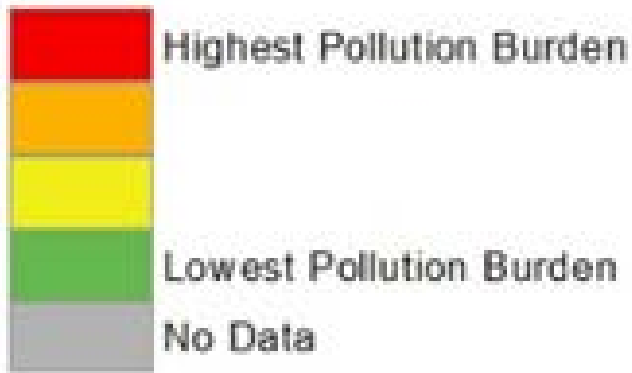
Manifestations: Deteriorated environment, housing instability, weak social networks, false narratives, institutional dysfunction/systemic fraudulence

# Healthy Places Index Results, LA County



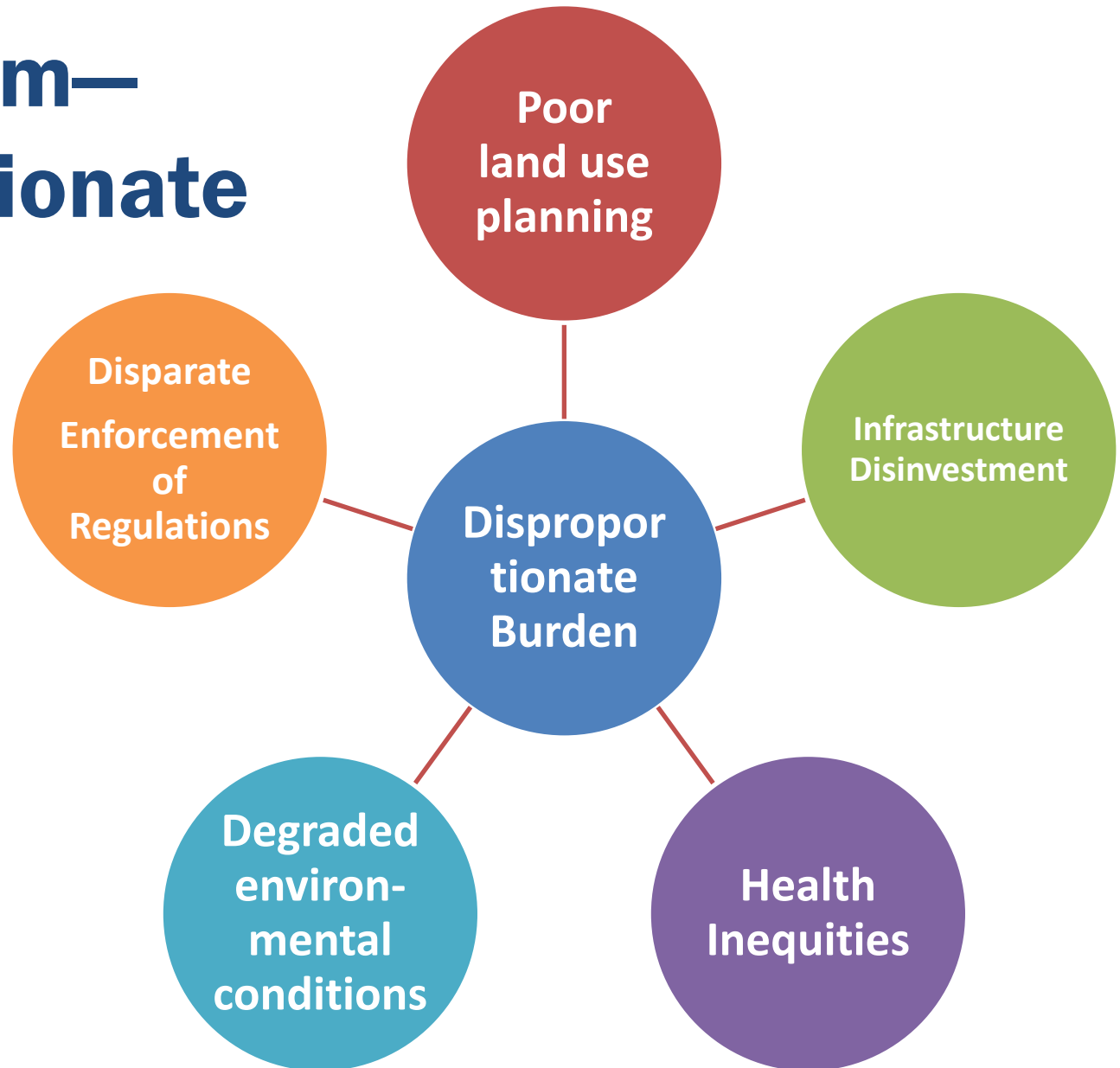
Source: The California Healthy Places Index. Public Health Alliance of Southern California. California Department of Public Health. <https://map.healthyplacesindex.org/>

## Scores for LA County

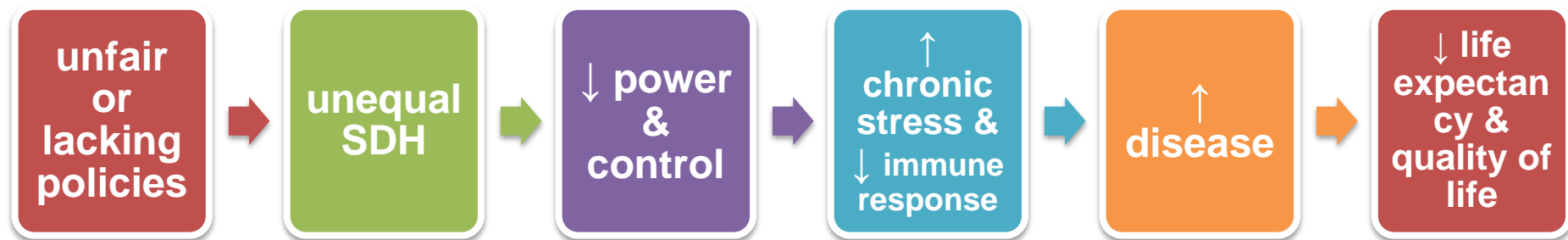


Source: Office of Environmental Health Hazard Assessment (OEHHA) and California Environmental Protection Agency (CalEPA). The composite score was broken down using the Natural Jenks methodology with four classes. Census tracts were obtained from the US Census Bureau. The census tracts were last updated in 2010. Created by The Office of Health Assessment and Epidemiology, GIS Unit. 9/28/2017.

# The Problem— Disproportionate Burden



# How do social determinants affect health?



# Science suggests a biological pathway

- Adverse social experience
- Psychological stress
  - Fight or flight
  - Cumulative stress
    - Adverse health outcomes,

# Everyone deserves...

	<b>Good schools</b>		<b>A thriving and inclusive economy</b>
	<b>Safe and supportive neighborhoods</b>		<b>Strong social connections</b>
	<b>Quality healthcare</b>		<b>Sustainable, healthy environments</b>

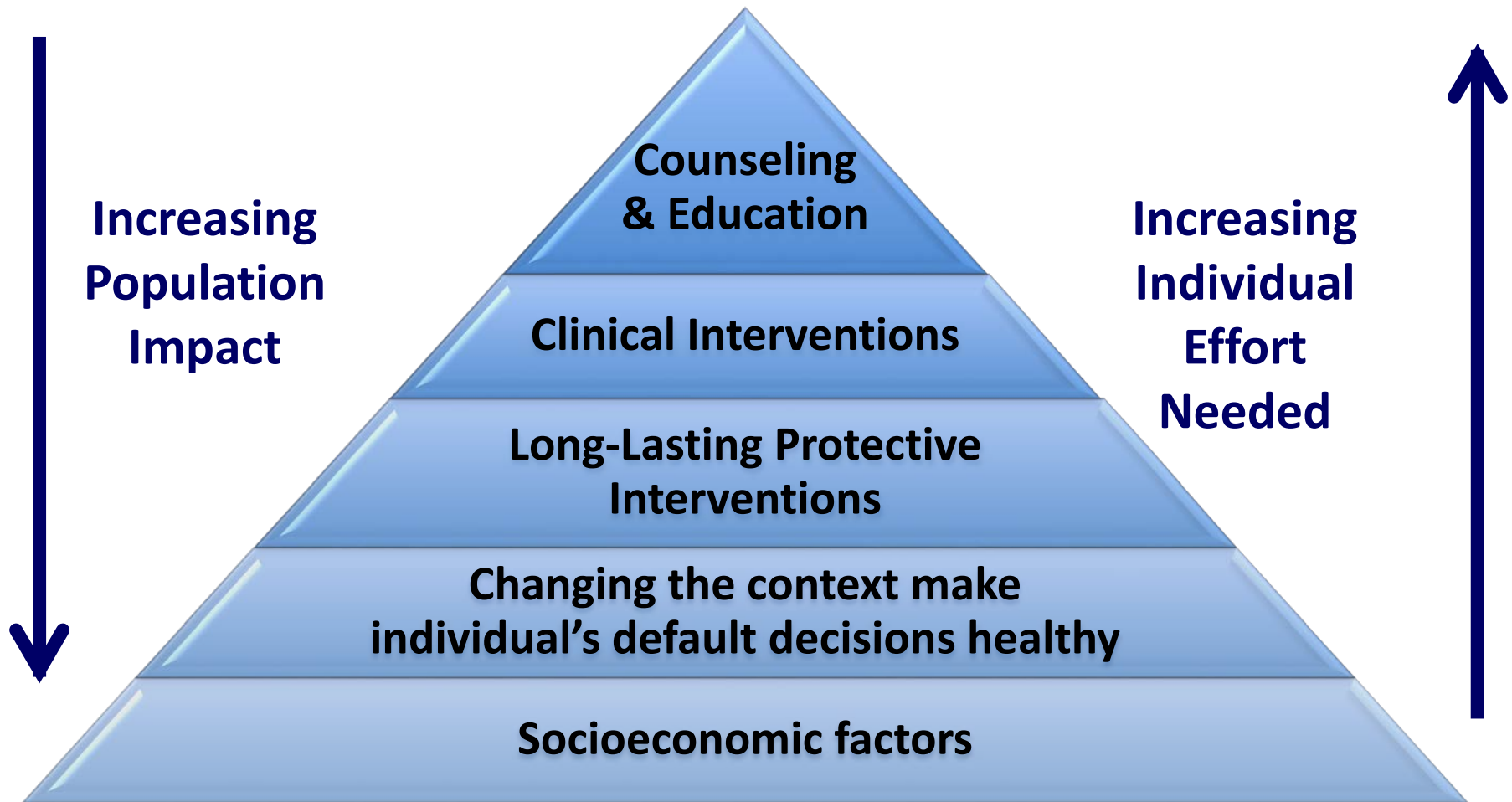


# Partnership is Critical

- Building health equity takes all of us.
- A multi-sector approach will allow us to align systems, policies and practices.



# What strategies work to improve health?



# Framework for Promoting Health Equity

- 1) Develop **institutional competency** to engage in sustained efforts to identify and eliminate inequities
- 2) Support/build **community capacity** to lead and engage in efforts to eliminate inequities
- 3) Identify **partnership opportunities** to enhance and promote efforts that result in equitable health outcomes
- 4) Align **resources** to the work

# Achieving Health Equity: Systems, Policy and Practice Change

- **Core Strategies:**

- Data gathering & information sharing (communications)
- Community Investment
- Shared leadership

- **Guiding Principles**

- Accountability to the community
- Integrity in our internal and external processes
- Collaboration and shared learning
- Commitment to racial justice and social change



# Reframe Using an Equity Lens

Conventional Question	Health Equity Question
How can we promote healthy behavior?	<b>How can we target dangerous conditions and reorganize land use and transportation policies to ensure healthy spaces and places?</b>
How can we reduce disparities in the distribution of disease and illness?	<b>How can we eliminate inequities in the distribution of resources and power that shape health outcomes?</b>
What social programs and services are needed to address health disparities?	<b>What types of institutional and social changes are necessary to tackle health inequities?</b>
How can individuals protect themselves against health disparities?	<b>What kinds of community organizing and alliance building are necessary to protect communities?</b>

# Strategic Opportunities

- Ensure access to enhanced systems of care
  - Reproductive health
  - Culturally responsive healthcare services
  - Coordinated/integrated care
- Improve environments in which individuals and families live
  - Environmental justice
  - Built environment
- Strengthen community support systems for individuals and families
  - Parenting support
  - Trauma support/recovery services
  - Supports for other social/economic needs (e.g. transportation, housing)
- Advocate for policy changes that improve lives
  - Educational investments
  - Economic opportunities (paid leave)
  - Reproductive rights

# Any Questions?





# THANK YOU!

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