

BUILDING A CULTURE OF HEALTH IN FRANKLIN COUNTY

Health Equity Challenge

My Name: _____

Contact Info (email/phone/FB messenger, etc): _____

For the next 30 days, I commit to completing at least 3 of the options I've chosen below and to be in touch with my accountability partner to discuss our experiences and progress at least twice.

(see expanded suggestions on the other side)

- Read an article, watch a youtube or webinar, or listen to a podcast about health equity-and **share** it with someone
- Read an article, watch a youtube or webinar, or listen to a podcast about the social determinants of health-and **share** it with someone
- Read the 2018-2019 Summit Health/WellSpan Community Health Needs Assessment
- Attend one of the Healthy Franklin County Task Force meetings
- Attend and/or host a poverty simulation facilitated by the South Central Community Action Program
- Watch a documentary about health equity/inequity
- Take the health equity quiz at https://www.unnaturalcauses.org/interactivities_01-1.php
- Review policies at an organization that you are affiliated with (work for, volunteer for or are a member of) and identify ways to make changes to improve health equity (examples non-discrimination policy, food policy, health and wellness policy, etc)
- Identify a community-scale policy that could be implemented to improve health equity
- Identify a systems-scale policy that could be implemented to improve health equity

My Partners Name: _____

Contact Info (email/phone/FB messenger, etc): _____

- Read an article, watch a youtube or webinar or listen to a podcast about health equity-and **share** it with someone
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Share your reflections and comments about the accountability challenge on the "Building a Culture of Health" page at www.healthyfranklincounty.org.

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Additional resources to learn about the social determinants of health and health equity.

- Robert Wood Johnson Foundation
 - www.rwjf.org/en/our-focus-areas/topics/social-determinants-of-health.html
 - www.rwjf.org/en/library/research/2017/05/what-is-health-equity-.html
- Centers for Disease Control and Prevention
 - www.cdc.gov/chronicdisease/healthequity/index.htm
- American Public Health Association
 - www.apha.org/topics-and-issues/health-equity
- Institute for Healthcare Improvement
 - www.ihl.org/education/IHIOpenSchool/resources/Pages/AudioandVideo/David-Williams-Don-Berwick-What-Is-Health-Equity-and-Why-Does-It-Matter.aspx (8 Part video series health equity and why we haven't made much progress)
- American Planning Association
 - www.planning.org/blog/blogpost/9104610/ (Triple Aim of Health Equity)
 - www.planning.org/research/publichealth/ (How local governments can incorporate public health into community planning efforts)
- UnNatural Causes....is inequality making us sick? (7-part PBS documentary series exploring racial and socioeconomic inequalities in health). Includes education, policy and advocacy toolkits.
 - www.unnaturalcauses.org
- Roots of Health Inequity (A web-based course for the public health workforce and advocates).
 - www.rootsofhealthinequity.org
- Healthy Franklin County
 - www.healthyfranklincounty.org

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