



# Health Equity

IN WASHINGTON COUNTY

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# WHAT IS HEALTH EQUITY?

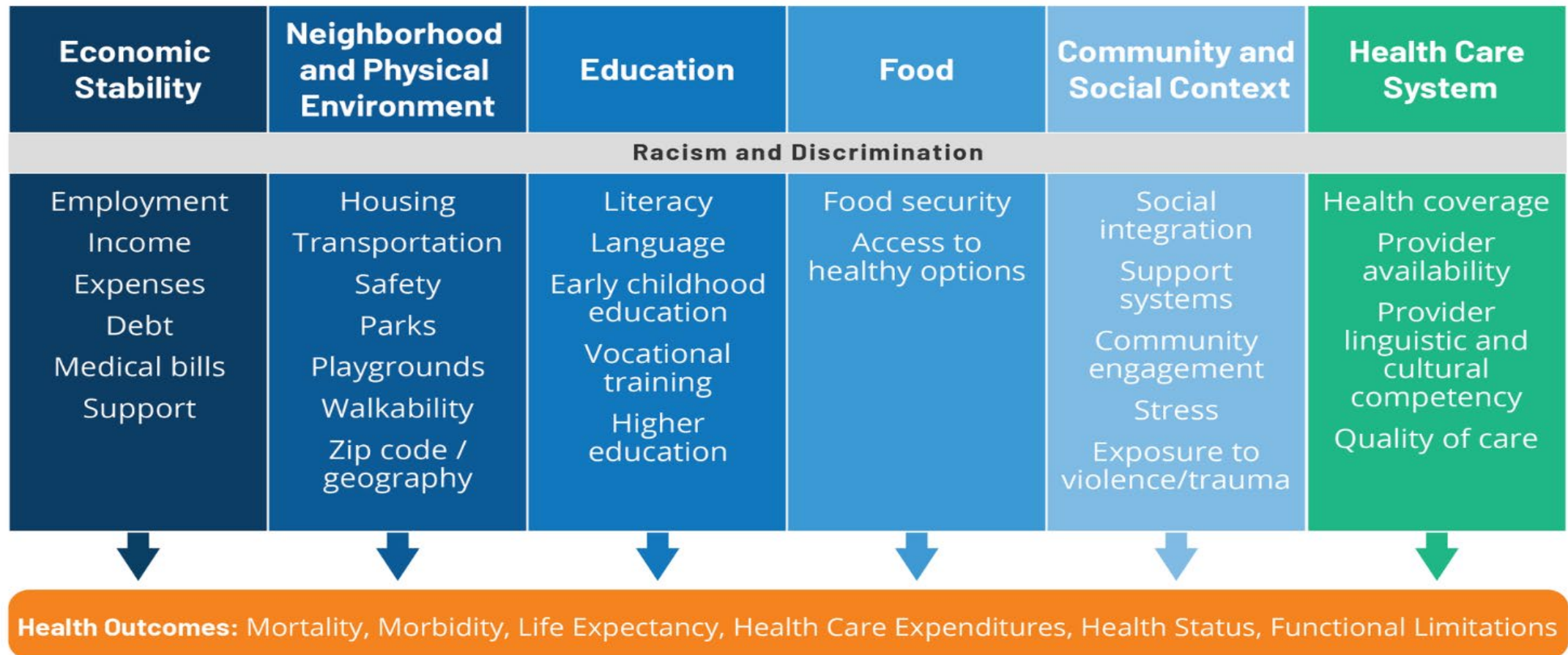
- CDC Definition - “The state in which everyone has a fair and just opportunity to attain their highest level of health.”
- WHO Definition - “The absence of unfair, avoidable, or remediable differences in health among population groups, defined by social, economic, demographic, or geographic circumstances.”



- Social Determinants of Health - Nonmedical factors that influence health outcomes
  - Conditions in which people are born, grow, work, live, worship, and age
  - Six Social Determinants per CDC
    - Social and Community Context
    - Healthcare Access and Use
    - Neighborhood and Physical Environment
    - Education
    - Income and Wealth Gaps
    - Workplace Conditions



## Social and Economic Factors Drive Health Outcomes



- Health Disparities - Preventable health differences that may occur among specific population groups
- Health Inequities - Systematic differences in the opportunities groups have to achieve optimal health, leading to unfair and avoidable differences in health outcomes (WHO, 2018)
  - Health disparities stemming from injustice or unfair practices are health inequities



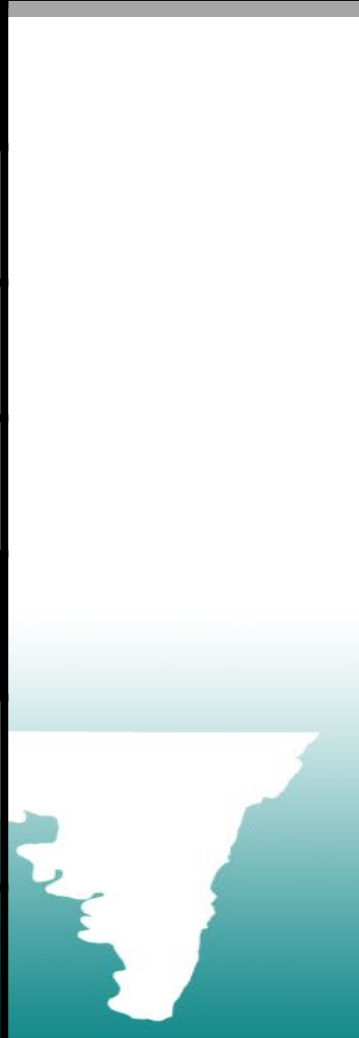
# WHAT ABOUT IN WASHINGTON COUNTY?

- Total Population - 155,590

Race/Ethnicity	Percentage
White, alone	74.7%
Black/African-American, alone	13.5%
Hispanic or Latino	7.2%
Two or More Races	3.5%
Asian, alone	2.1%
American Indian and Alaskan Native, alone	0.4%
Native Hawaiian and Other Pacific Islander, alone	0.1%

Age	Percentage
Persons Under 5 Years	5.5%
Persons Under 18 Years	21.5%
Persons 65 Years+	18.2%

Education	Percentage
High School Grad or Higher (Age 25+)	88.4%
Bachelor's Degree or Higher (Age 25+)	23.0%





# WHAT ABOUT IN WASHINGTON COUNTY?

Income	
Median Household Income	\$ 69,244
Persons Living in Poverty	11.7%
Health and Health Insurance	
Individuals in Poor or Fair Health	18 %
Persons under 65 without health insurance	6.8%
Language	
Language other than English spoken at home	7.3%

- 2023 County Health Ranking
  - Ranked amongst the **least healthy** counties in Maryland
    - **#19 out of 24**
  - Premature Death - Years of potential life lost before age 75
    - **9,500 years of life** were lost to deaths of people under age 75, per 100,000 people.
      - **Maryland Average - 7,500**
      - **National Average - 7,300**

### Disaggregation

Disaggregated by Race	Value	Error Margin
<b>Premature Death</b>	<b>9,500</b>	<b>8,900-10,100</b>
Black	12,200	10,400-14,000
Hispanic	3,800	2,500-5,500
White	9,600	9,000-10,300



# Health Inequities in Washington County



## Address historical and contemporary injustices

- Gain an understanding of what the community really needs
  - Obtain community input on your programs and initiatives
  - Establish trusting relationships with community members
- Commit to equitable practices within your workplace or organization
  - Develop an internal equity plan
  - Establish equity or DEI committees
  - Diversify your workplace
  - Routinely train staff on equity related topics
    - Ex. Cultural competency, trauma-informed care, implicit bias, group/community specific training

## Overcome economic, social, and other obstacles to health and health care

- Make your services accessible
  - Translation services
  - Make sure your spaces are inclusive and welcoming
  - Telehealth or Virtual Services
  - Meet people where they are!
    - Community or mobile outreach, offering transportation services, etc.
- Health Literacy
  - Are your resources and materials readable?
    - (Ex. medical jargon, pictures vs. words)
  - Communicate effectively with your patients and clients
    - (Encourage them to ask questions, if providing instruction make sure they fully understand)

## Eliminate preventable health disparities

- Identify health disparities
  - Use data AND community input!
    - Data does not always tell us the full story
    - Community members provide necessary insight that informs the data we see
- Creating initiatives to benefit our community
  - Form lasting and meaningful partnerships
    - Partner with community members and groups
      - Important for hard to reach groups or groups that may historically be mistrustful
    - Partner with other agencies to achieve similar goals
      - Where can we fill in service gaps?
  - Tailor your programs and initiatives to meet specific needs

# HEALTH EQUITY VS HEALTH EQUALITY

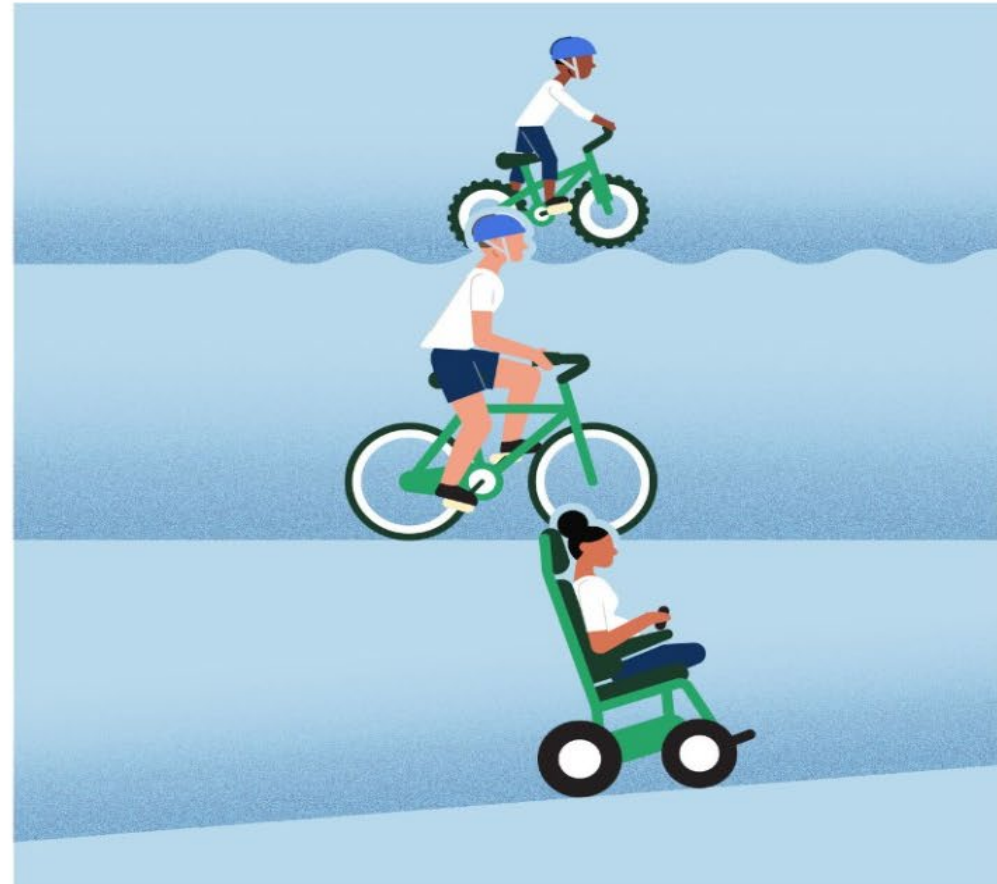
## EQUALITY:

Everyone gets the same—regardless if it's needed or right for them.



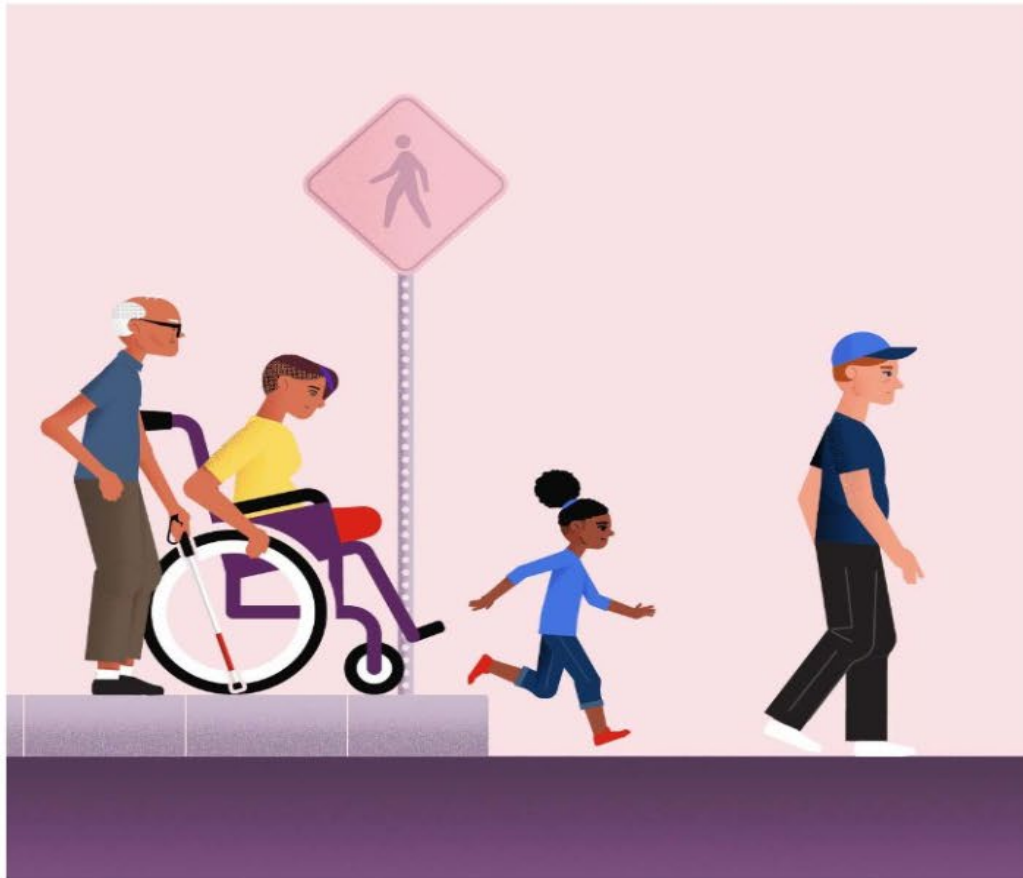
## EQUITY:

Everyone gets what they need—understanding the barriers, circumstances, and conditions.



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# Thank You!

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