Health Equity Initiative

College Toolkit

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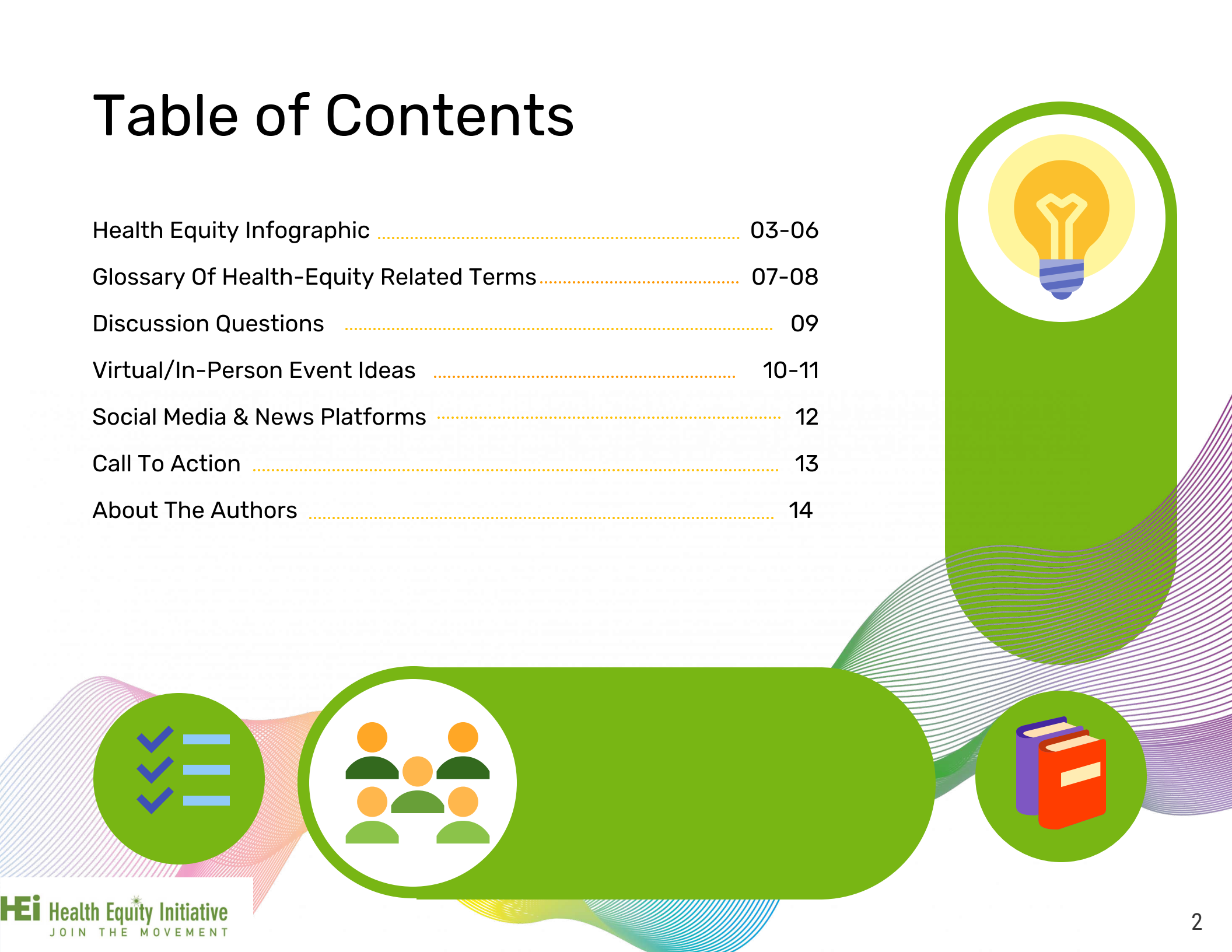

Health Equity Initiative's College Toolkit

BRING HEALTH EQUITY TO YOUR CAMPUS

Health Equity Initiative

What is Health Equity Initiative ?

Health Equity Initiative (HEI) is a non-profit membership organization dedicated to build and sustain a global community that engages across sectors to advance health equity.

Why Join HEI ?

CONNECT with community leaders and professionals across sectors.
Join a global COMMUNITY that shares your passion to address health disparities.
Gain access to member-only BENEFITS that can help make a difference in your work or your efforts to advance health equity.
REFUEL your passion for social change and health equity.

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Health Equity in Your Career

No matter what career path you go into, having knowledge and experience with the ideas and practices of health equity is beneficial.

Health Equity Initiative has member-run committees that provide real world experience and skills that can be beneficial in landing an internship or future job.

- Membership
- Communication
- Professional Development
- Fundraising

Sample Internship Programs Involving Health Equity

- Health Equity Initiative
- The Division of Community Advocacy & Intergovernmental Relations (DCAIR)
- John Hopkins
- The Urban Institute
- Association of State Public Health Nutritionists
- Department of Health
- Health Rights International
- Columbia University Medical Center
- Global Health Corps

Health Equity in General

- **Health Equity** is providing every person with the same opportunity to stay healthy and/or effectively cope with disease and crisis - regardless of their socio-economic conditions, race, gender, ethnicity, age, social status, and other socially determined factors - by identifying and addressing community- and group-specific barriers that prevent people from leading healthy and productive lives.

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The Benefit of Using this Toolkit

- **Membership Raffle:** Students or student organizations will enter a bi-monthly raffle after submitting pictures to the form on our website and tagging HEI in a picture of an event relating to health equity and/or creating a promotional post for health equity on social media. The winner of the raffles will receive up to 5 student memberships and have the opportunity to present their event at one of our quarterly socials.

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To enter the raffle, go to www.healthequityinitiative.com and go to the resources tab and click on toolkits. There will be a form under College Toolkit where you can send in your submission.

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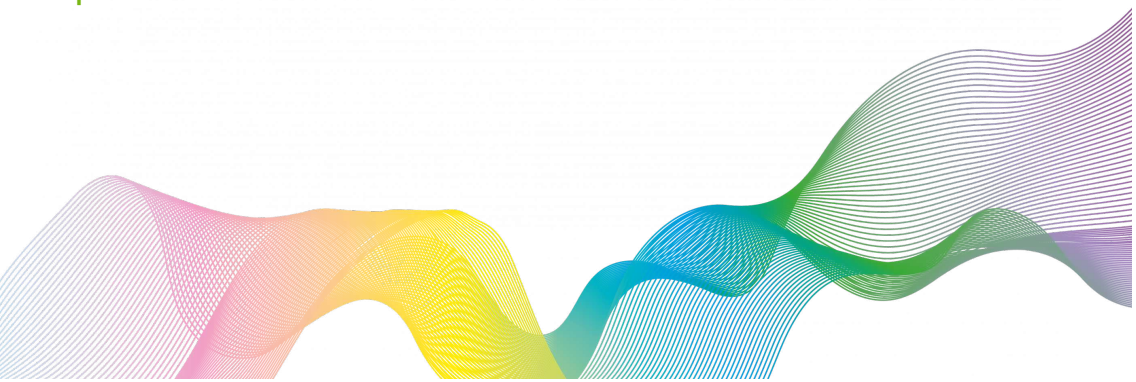
Glossary of Health-Equity Related Terms

Health Equity
"Providing every person with the same opportunity to stay healthy and/or effectively cope with disease and crisis—regardless of their socio-economic conditions, race, gender, ethnicity, age, social status, and other socially determined factors—by identifying and addressing community- and group-specific barriers that prevent people from leading healthy and productive lives."(1)
Health Equity is distinct from Health Equality

Health Equality
Providing the same access to resources and opportunities to all groups despite inherent differences.



Social and Political Equity
Economic and social factors that influence individual and group differences in health status and outcomes.

Health Disparities
A particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage leading to greater obstacles to positive health outcomes for these disadvantaged groups.(2)

Poverty

Relative Poverty
Conditions that restrict people from participating in society and benefitting from associated activities and experiences. Normally described as 40-50% of the national income.

Absolute Poverty
House income is below a certain level, which makes it impossible for the person or family to meet basic needs of life (i.e., food, shelter, safe drinking water, education, healthcare, etc.).

Bias

Implicit Bias

The positive and/or negative attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.

Institutional Bias

“A tendency for the procedures and practices of particular institutions to operate in ways which result in certain social groups being advantaged or favoured and others being disadvantaged or devalued."(3)

Discrimination

The unjust or prejudicial treatment of different categories of people, including by age, disability, gender, ethnicity, or other characteristics.(4)

Inclusion

The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as members of minority groups.

Diversity

“An appreciation and respect for the many differences and similarities in our work. This includes varied perspectives, approaches, and competencies of coworkers, partners, and populations we serve."(4)

Discussion Questions

Start the conversation on your campus with these helpful guiding questions!

List examples of inequities that you have seen in our surrounding community. How can we address them?

How can we be involved in spreading the concept of health equity in our campus and the surrounding community?

What is health equity and why is it important?

Do you believe that it is possible to achieve health equity? Why or why not?

How can we stay updated with current events that pertain to health equity?

Why are you interested in promoting health equity?

What are some factors that cause health inequities?

Campus Events

Health Equity Speaker Series

Reach out to and recruit speaker(s) from your institution to create a virtual or in-person presentation about their work or experience with health equity.

Fundraiser towards a health equity nonprofit organization or a health equity-related cause

Create an on-campus or virtual fundraiser where proceeds would benefit a specific health equity nonprofit organization (e.g., Health Equity Initiative) or a health equity-related cause (e.g., eliminating racial injustice, increasing accessibility to healthcare facilities in underserved areas).

Campus Events

Health Equity Town Hall

Create and market a town hall event where members of the organization as well as other interested on-campus members would be able to have discussions about the state of health inequities in their surrounding communities as well as steps to address these issues together.

Volunteer Event Towards a Equity-Related Cause

For example, your organization can partner with a clean up/conservation organization on campus in order to clean up trash, eliminate pollution, and build parks in low-income and impoverished communities.

News Platforms

Below is a list of news platforms to follow to stay updated on health equity and related topics.

Make sure to register on Google News with the terms "health equity", "health inequities", and "health disparities", and share relevant news on social media!

Sample News Platforms

- The Colorado Trust
- Health Affairs Blog
- Kaiser Family Foundation
- The Marshall Project
- Nonprofit Quarterly
- Pew Research Center
- Robert Wood Johnson Foundation
- The Solution Journalism
- Health Affairs
- UN News
- National Institute of Health
- AXIOS

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Call To Action

- Join HEI as a student member! Student rate is $25 a year: https://www.healthequityinitiative.org/join.html
- Use this toolkit to jumpstart conversations on your campus and be entered in our bi-monthly raffle to win a student membership
- Check the HEI Internship page on our website to stay up to date with new opportunities to apply: https://www.healthequityinitiative.org/careers.html

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About The Authors

Carly Nocchi

Carly was the Spring/Summer 2021 Communications and Social Media Intern for Health Equity Initiative (HEI). During her time at HEI she furthered her knowledge about health equity and also helped run the HEI social media accounts and create editions of HEI's quarterly newsletter. She made this toolkit because she felt that her generation should become more involved in the discussion surrounding health equity and can create meaningful conversations on campuses across the country.

Sai Reddy

Sai was the Summer 2021 Professional Development Committee Intern for Health Equity Initiative (HEI). During his internship, he was able to learn about barriers to health equity and raise awareness about them through the development of webinars for communities and leaders. He assisted in the creation of this toolkit in order to invigorate discourse about health equity among his collegiate peers across the country, providing an avenue for them to champion transformative change away from health inequities in their own communities!

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Additional Readings

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