Health Equity means efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives. To achieve health equity, we must treat everyone equally and eliminate avoidable health inequities and health disparities.

WHAT IS HEALTH EQUITY?

Health inequities are differences in health that are avoidable, unfair, and unjust. They are a result of social, economic, and environmental conditions.

What affects health equity?

- Minority Men (17%) and Women (18%) experience fair or poor health at higher rates than all men (11%) and women (12%).
- Only 9% of students from the lowest income group finish college as compared to 54% from the highest income group.
- Lower income neighborhoods tend to have fewer safe places to exercise, limited access to healthy foods, poor schools, and limited job opportunities.

Health disparities are differences in health outcomes among groups of people. They are affected by:

- Health inequities
- Health behaviors
- Genetics
- are differences in health that are avoidable, unfair, and unjust. They are a result of social, economic, and environmental conditions.
- are influenced by health inequities. Smoking, poor nutrition, and lack of exercise are all behaviors that may lead to poor health.
- play a factor in health differences. We are learning more everyday about how our genetic make-up makes us more vulnerable to certain risks.

How do we work to achieve health equity?

- ACCESS to high quality healthcare.
- PROVIDE equal social and economic opportunities.
- INVEST in and revitalize low-income neighborhoods.

Access to quality healthcare is one key in reducing inequities and disparities, but health is more than just disease or illness. Health Equity will be achieved when everyone is given the opportunity to reach their full health potential.

Learn more about the Health Equity Institute at San Francisco State University: http://healthequity.sfsu.edu