



Prevention is possible. Your simple acts can make a difference.

# Health Equity

## What is Health Equity?

Health equity allows us all fair opportunities to live healthy lives. The absence of sickness does not equal good health. Rather, good health is a combination of physical, mental, and social wellbeing. By advancing health equity and individual wellbeing, we can prevent domestic and sexual violence in our communities.

## Equality



## Why is it Important?

In order to promote wellbeing and prevent violence, we must look to the source. Inequality in health access has negative impacts on our communities, with various populations being unfairly affected. To better understand the controlling factors of physical, mental, and social wellbeing, we can look to the social determinants of health.

## Equity



## Social Determinants of Health

Social Determinants of Health are conditions in our lives that impact us daily. While these conditions are non-medical, they influence our physical, emotional, and mental wellbeing. There are five categories: **Economic Stability, Healthcare Access, Access to Education, Community, and Neighborhood and Built Environment.**



## Economic Stability

Individuals with stable incomes and financial security have better access to healthy foods, healthcare, stable housing, childcare, education, and more. Individuals living in poverty may have diminished access to these resources.

## Healthcare Access

Access to quality healthcare, insurance, medication, and primary care are all important factors for good physical health. People who live in rural communities and those who do not have medical insurance or a primary doctor are limited in healthcare access. Further, access to quality mental health services provides opportunity for healing and improved wellbeing.



## Access to Education

Access to quality education allows for individual growth and increased knowledge on healthy practices. Additionally, level of education directly impacts economic stability. Diminished access and less education is tied to poverty, which is tied to poorer health.



## Community

Our communities and civic activities can provide many benefits to our health quality and give us a sense of belonging. However, our social standing within our environment can also have negative affects due to discrimination and structural separation. Some communities may offer more opportunity for engagement and cohesiveness than others. Building up feelings of connection within communities can benefit individual health outcomes.



## Neighborhood and Built Environment

Some communities do not have access to clean water, nutritious foods, or quality air. Proximity to landfills or chemical plants and living in houses with mold or poor ventilation can have negative impacts on physical health. The absence or presence of crime and violence within our neighborhoods also affects our wellbeing.



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