Understanding the key components of Health Equity

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What is Health Equity?

Health Equity

"Health equity" or "equity in health" implies that ideally everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential

Health equity arises from **access** to the social determinants of health. Individuals who have consistently been deprived of these determinants are significantly disadvantaged from health inequities, and face worse health outcomes than those who are able to access certain resources.

It is not equity to simply provide every individual with the same resources; that would be equality.

Background

"Health equity" or "equity in health" implies that ideally everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential

REACH is aiming to:

- Assess the barriers and limitations of Health Equity

- Evaluate Reimbursement Structures

- Assess the relationship between Health Economics of Access and Health Equity

Our Approach

We engage with Reach KOL faculty (n=10) who can provide clarity around the key components of Health Equity. Reach Faculty were able to give their insight on the factors that affect health equity and how we can advance health equity in the world today via institutions and individual physicians.

Reach Faculty were also able to identify the most affected populations of Health Inequity and whether patients have a role in advancing health equity by looking at the value of self-care. In addition, Faculty also assessed the role of technology in advancing health equity

REACH Faculty associate health equity as **equal** access to quality healthcare that is affordable for everybody regardless of their background, race, ethnicity or gender

Top of mind association of Health Equity (n=10)

"Health equity is when everyone is healthy and are able to access to care, food, education, employment, etc. It is the goal that every person is equally able to live a healthy life regardless of their background.
Pharmacist

"Health equity is a basic human right to have, and the ability to use of all the determinants of health. The goal is to reduce or eliminate the avoidable disparity in health outcomes due to individual and systemic factors.
Physician

"The equal right for All to access necessary health services regardless of race, colour, ethnicity or gender."
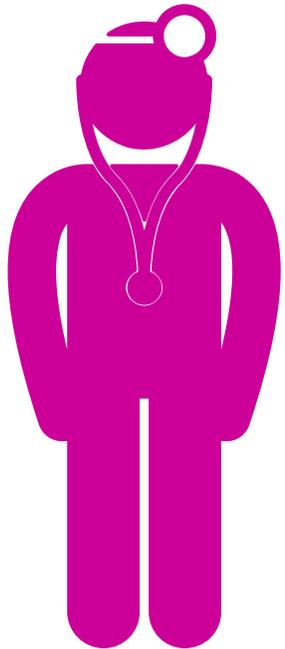*Pediatrician*

"A state where everyone, regardless of age, gender, affluence, race or location has access to the same Health education, access to their own Health information, and access to the same Health services with the same high standards."
Physician

Q2. How would you define Health Equity? Base: (n=10)

Reach Faculty believe health inequity exists in the world today, with poor/low income families, immigrants and minorities being affected the most

Population affected by health inequities (n=10)

90% of KOLs believe that health inequity exists

Obese **Minorities** LGBT
BIPOC Addiction disorders **Women**
Refugees Underprivileged
Low socio-economic African American Communities
Elderly **Poor/Low income**
Aboriginals
Poor education Pregnant women **Disabled**
Rural areas **Immigrants**
Homeless Displaced populations
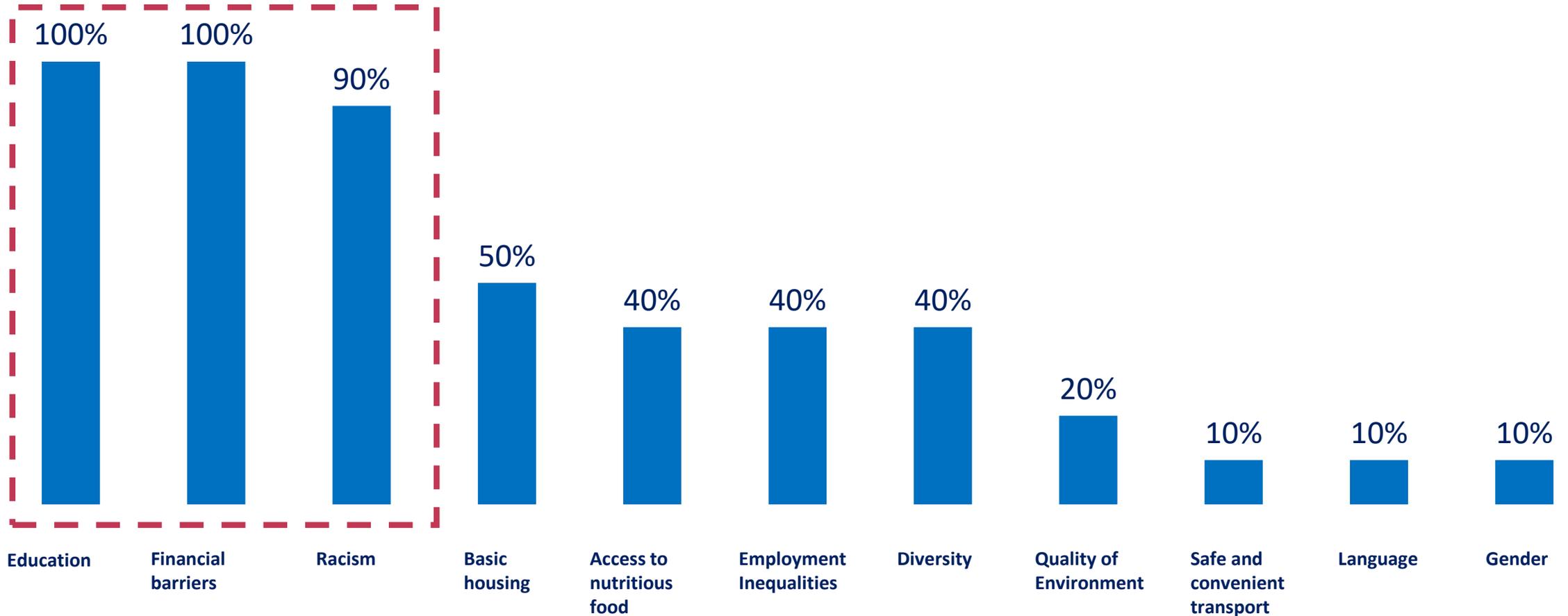
Q5d. Do you believe health inequity exists?
Q6. What populations do you think are most affected by health inequities?

Education, financial barriers and racism are the key factors impacting health equity

Key factors impacting health equity (n=10)

Education	Financial barriers	Racism	Basic housing	Access to nutritious food	Employment Inequalities	Diversity	Quality of Environment	Safe and convenient transport	Language	Gender
100%	100%	90%	50%	40%	40%	40%	20%	10%	10%	10%

Q7. From the list below, what do you believe to be the top 5 (five) key factors which impact health equity?

Faculty believe that providers have a responsibility towards the state of health equity within it's defined community and may help advance health equity
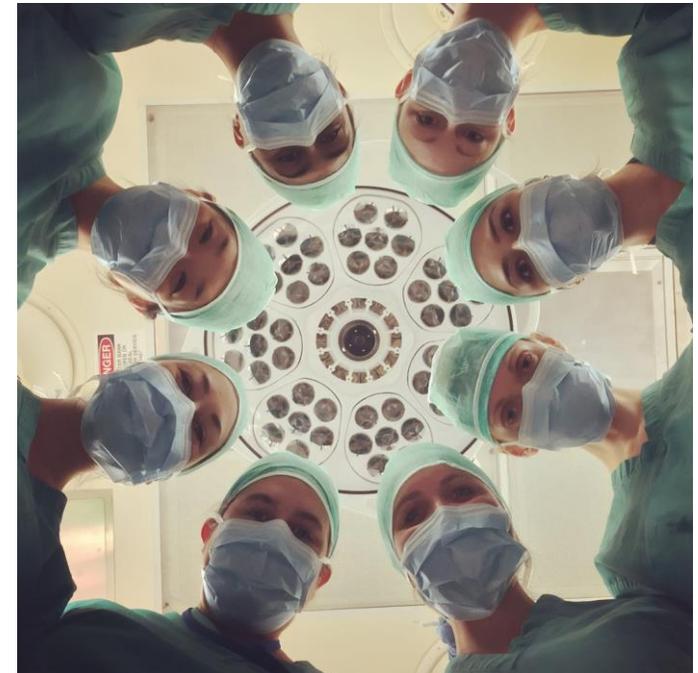
Degree of responsibility by the provider/institution has in the role of advancing health equity in the institutions defined community (n=10)

"Community encompasses patient, providers, administrative staff, and all those involved in the ecosystem of the organization"

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Does not have a responsibility to accommodate towards the state of Health Equity within its defined community

Has a significant responsibility towards the state of Health Equity within its defined community
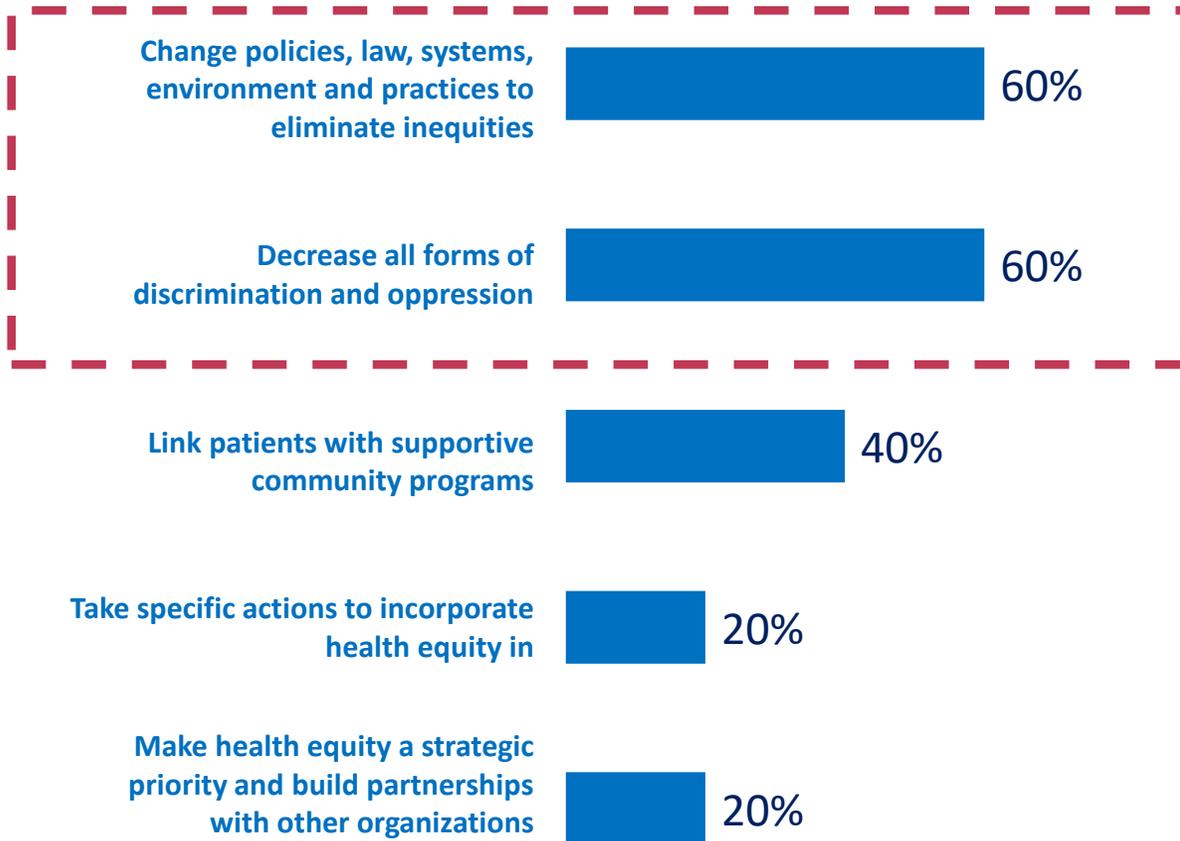
Q3a. On the scale below, please rate the degree of responsibility that your provider/institution has in the role of advancing health equity in your institutions defined community. Q3b. Please define what you mean by your institutions defined community?

Changing policies and decreasing all forms of discrimination are the most important ways to advance Health Equity in **healthcare systems**. Faculty recognize that structural problems such as institutional racism must be dismantled

Most important role to focus on for healthcare systems to advance health equity in healthcare systems (n=10) – Top 2 ranked

Role	Percentage
Change policies, law, systems, environment and practices to eliminate inequities	60%
Decrease all forms of discrimination and oppression	60%
Link patients with supportive community programs	40%
Take specific actions to incorporate health equity in	20%
Make health equity a strategic priority and build partnerships with other organizations	20%

"Structural problems require systemic and structural correction to then allow and promote individual and departmental actions to promote health equity"
Physician

"Structural racism has to be identified as a cause for health inequity and dismantled"
Cardiac Surgeon

"I think healthcare systems must help but it's the patient who must chose to stay healthy"
Gynecologist

Q4a. What do you think is the **most important role to focus on for healthcare systems to advance health equity in healthcare systems?**
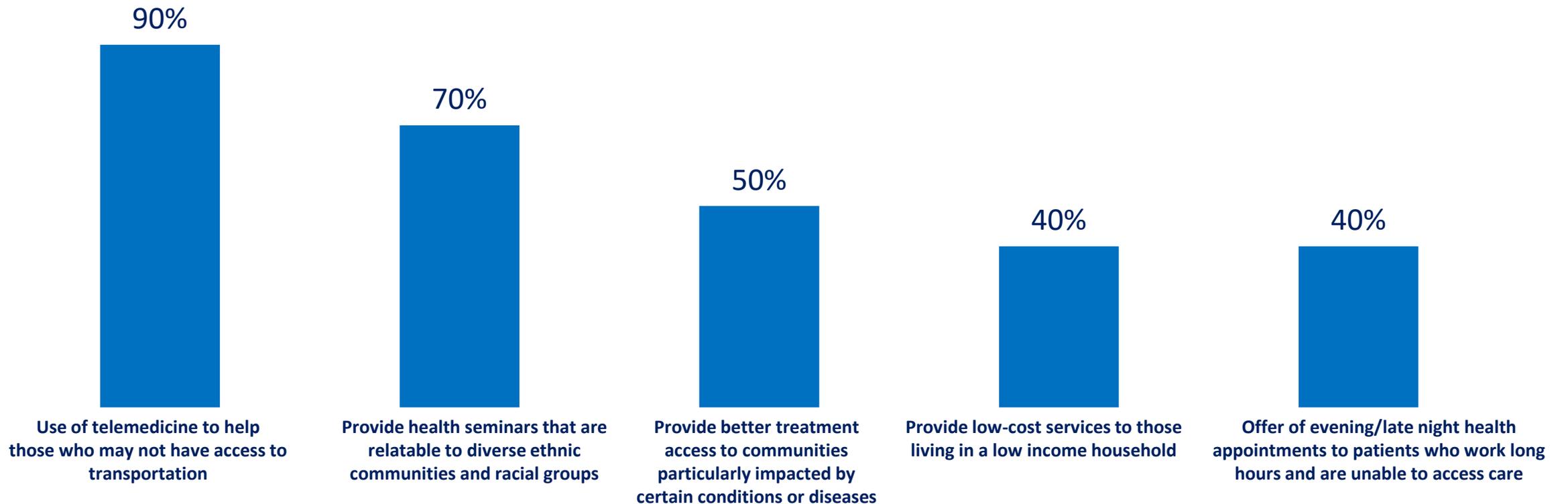Q4b. Why did you select as the most important area for healthcare systems to advance health equity?

Currently, telemedicine which may assist with access and health seminars which help with education are the most popular tools and resources within healthcare systems to support with health equity

Resources and tools available for Health Equity within the organization (n=10)

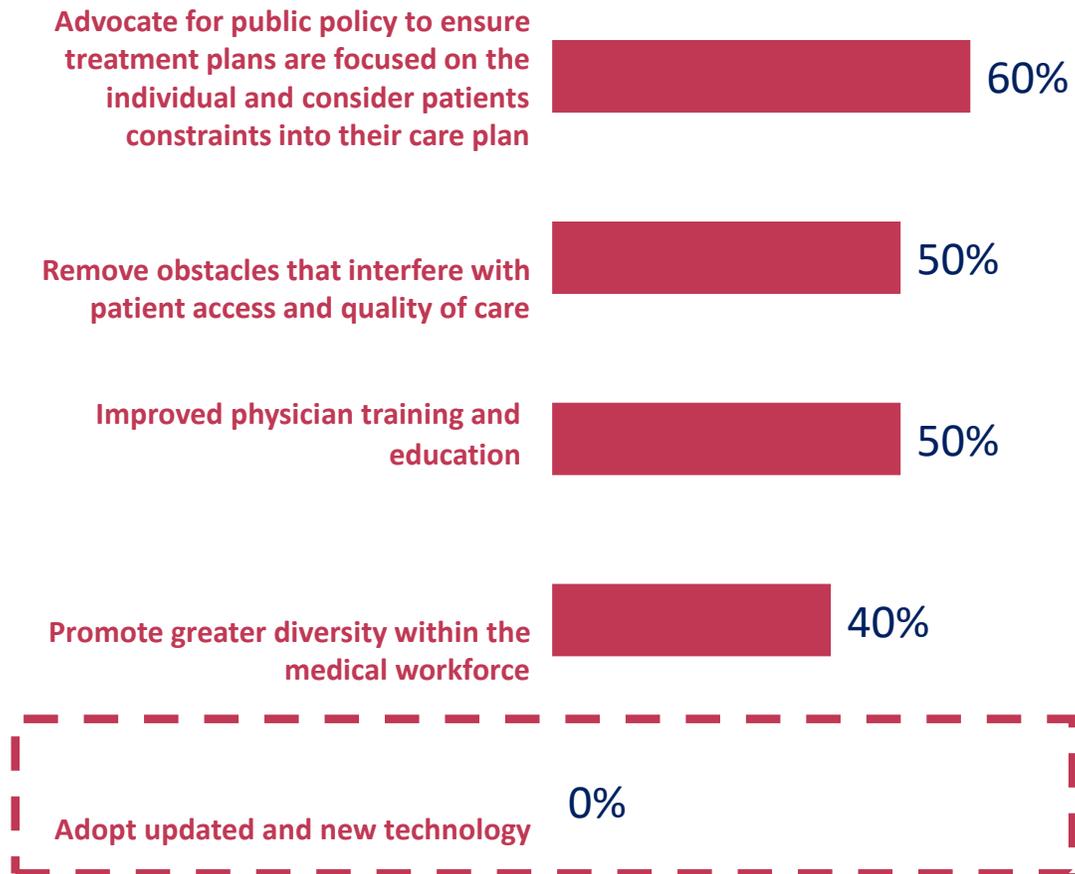|				
90%	70%	50%	40%	40%
Use of telemedicine to help those who may not have access to transportation	Provide health seminars that are relatable to diverse ethnic communities and racial groups	Provide better treatment access to communities particularly impacted by certain conditions or diseases	Provide low-cost services to those living in a low income household	Offer of evening/late night health appointments to patients who work long hours and are unable to access care

Q10. What Health Equity supporting resources and tools within healthcare systems are available in your organization for patients to access?

For physicians; adopting updated and new technology is not as important as removing obstacles that interfere with access and advocating for public policy to ensure treatment plans focus on the individual

Most important role to focus on for physicians to advance health equity in healthcare systems (n=10) – Top 2 ranked

Advocate for public policy to ensure treatment plans are focused on the individual and consider patients constraints into their care plan — 60%

Remove obstacles that interfere with patient access and quality of care — 50%

Improved physician training and education — 50%

Promote greater diversity within the medical workforce — 40%

Adopt updated and new technology — 0%

"Healthcare systems should work with public policy to develop strategies to address the root causes that lead to social health determinations conditions.

Healthcare systems can utilize data sources such as demographic, insurance, education, race etc. that uncover what is truly happening within the community, use the data to identify gaps and advocate for interventions that can lead to meaningful, long-term changes."

Q5a. What do you think is the **most important role to focus on for physicians to individually advance health equity in healthcare systems?**
Q5b. Why did you select as a first priority area for healthcare systems to advance health equity?

Technology and Health Equity

Majority of the faculty believed that technology can play a significant role in advancing health equity with examples such as telemedicine and translator apps which both can increase access and education for health

Role of technology in advancing health equity
T2B SCORE (n=10)

Examples of technology used with Health Equity

9 out of 10 KOLs

believe that technology has a significant role to be the bridge and advance health equity

Continuous Glucose Monitors

Telemedicine

Translator apps

Wearables

Digital health records

Q12. Do you feel technology can play a role and be the bridge to advance health equity?
Q13. How does technology help facilitate engagement for both healthcare professionals and healthcare systems in addressing Health Equity?

Technology can increase accessibility for patients as well as improve their quality of life however there can be some bias and a lack of internet access for some communities which limits it's use

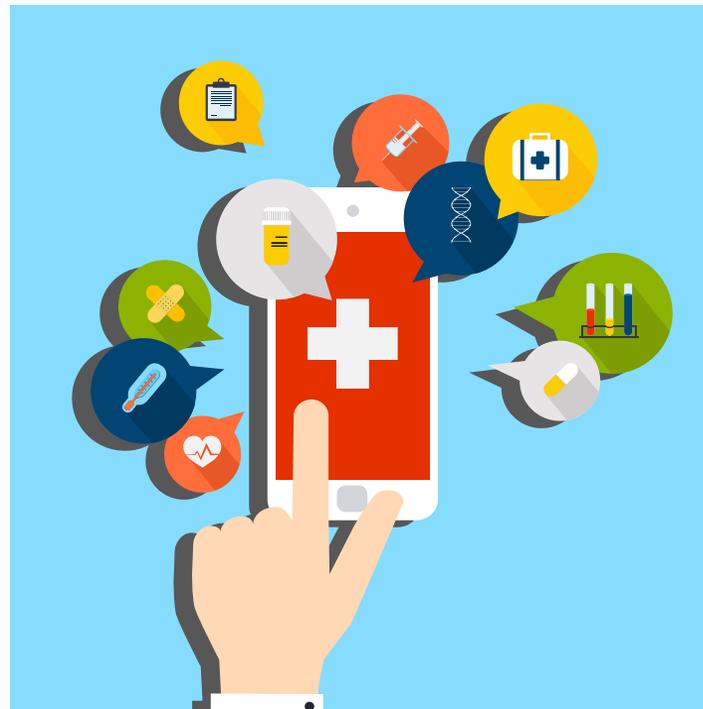**Benefits and challenges of technology within Health Equity**

Increase accessibility

Reduce healthcare cost

Improve quality of life and patients well being

Patients can have ownership of their data

Lack of human interaction – can't build rapport with patients

Lack of internet access for some communities

Bias

Adoption – trying to reach everyone

Q14. What are the benefits of using technology in addressing Health Equity Related Challenges? (n=10)
Q15. What are the challenges of using technology in addressing Health Equity Related Challenges? (n=10)

Self Care and Health Equity?

Do patients play a role?

Most of REACH Faculty believed patients play a role in ensuring health equity for themselves and that patients must engage with providers and advocate for their own rights

Role played by patients in ensuring health equity for themselves and their families
(n=10)
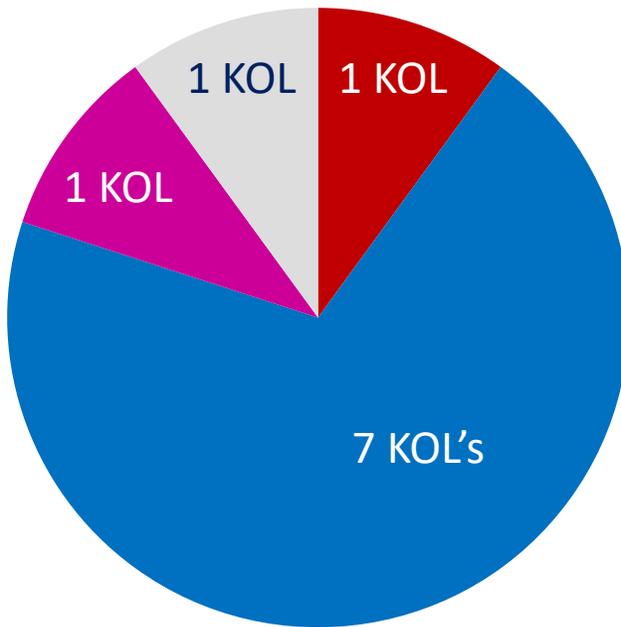
- 🟥 Patients do not play a role in ensuring health equity for themselves and their families

- 🟦 Patients play a slight role in ensuring health equity for themselves and their families

- 🟪 Patients play a full role in ensuring in ensuring health equity for themselves and their families

- ⬜ Not sure

Pie chart labels: 1 KOL (red), 1 KOL (grey), 1 KOL (magenta), 7 KOL's (blue)

"Patients must be empowered to act and ensure they are working with providers to advance health equity for themselves and their family"

Physician

Q8. How much do believe patients play a role in ensuring health equity for themselves and their families?
Q9. What specific role do you believe the patient plays in ensuring health equity for themselves and their families?

Although self-care may be valuable and have a role in advancing health equity; self care must be created in these populations which may be difficult due to financial and educational barriers for these groups

Value of self-care in the context of Health Equity – T2B (n=10)

Why does self care have a role in advancing health equity?

6 out of 10 KOLs

believe that self care is valuable in the context of Health Equity

"If individual have awareness of their self care they will be better advocates of their health and will have less psychological barriers
Pediatrician

Self-care has value in the context of healthy equity in such it's a key for health promotion, disease prevention, reduce health- care costs, and lead to improvement of equity in health. Promoting self-care is to **educate and empowering** individuals to make the right decision for their own health
Pharmacist

Self-care reduces dependencies on other services and encourages independence and self-sufficiency. However, the ability and willingness to self care has to be created in vulnerable populations. It does not happen by itself.
General Practitioner

Q11a. What is the value of self-care in the context of Health Equity
Q11b. Please explain the role of selfcare may have in advancing Health Equity?

Health Equity Summary

- REACH Faculty had strong awareness of Health Equity with KOLs associating the term with equal access to quality healthcare that is affordable for everybody regardless of background, race, ethnicity or gender

- REACH Faculty also acknowledged that health inequities exist in the world today with poor/low income, financial barriers and racism being the factors which are affected the most

- REACH Faculty believe that changing policies, laws, systems, environment and practices to eliminate inequalities can be the most effective to advance health equity. Tackling structural racism and discrimination in the healthcare system itself can help dismantle health inequities.

- Faculty also believe that advocating for public policy to ensure treatment plans are focused on the individual patient and that removing obstacles that interfere with patient access and quality of care can help advance health equity.

- Technology can play a significant role in advancing health equity with examples such as telemedicine, wearables and translator apps helping to provide access to care by breaking down barriers for patients affected by health inequity. Technology can also enable patients to have ownership of their data and improve quality of life and well being

- Some challenges of technology include adoption, internet access, bias and lack of human interaction

- Most of REACH Faculty believed patients play slight role in ensuring health equity. Patients must advance health equity for themselves and try to advocate for change.

- 6 in 10 KOLs believed that self care is valuable in the context of health equity as promoting self-care can educate and empower patients with their health although this may be challenging amongst populations most affected by health inequities

Thank you.

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