FACILITATING HEALTH EQUITY CONVERSATIONS

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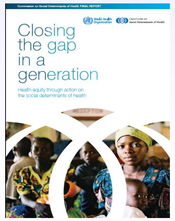
Who are we?

Just Health Action advocates for reducing health inequities that result from social, political, economic, and cultural factors. Through a social justice lens, we teach workshops and classes that review the evidence and we facilitate discussion and consensus on how individuals and communities can take action on these root causes.

Why teach the social determinants of health?

•World Health Organization third principle of action – Raise public awareness about the social determinants of health and train policy actors, stakeholders, and practitioners in the social determinants of health.



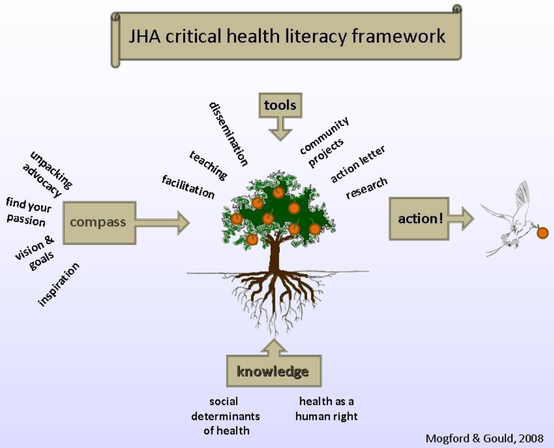
•Individual behavioral factors explain small proportion of disease compared to societal factors.

•Individual health behavior approach- limited effect in disadvantaged populations because it fails to address issues of why behaviors are adopted.

•"Blame the victim" – disadvantaged blamed for illness when responsible factors are outside their control.

JHA's Approach: Teaching Critical Health Literacy

An individual's ***understanding of the social determinants of health*** *combined with the* ***skills to take action*** *at both the individual and community level. (Nutbeam, 2000)*



Mogford & Gould, 2008

Upcoming: JHA curriculum manual on the social determinants of health

Section I: Knowledge (social determinant of health themes, health as a human right)
Section II: Compass (advocacy, visioning, finding your passion)
Section III: Toolbox techniques (facilitation, dissemination, consensus)
Section IV: Action (community and individual actions)

Teaching Action Skills and Taking Action on the Social Determinants of Health

Facilitation

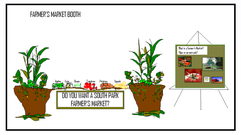
•Using Unnatural Causes documentary series to teach facilitating health equity conversations.

•Facilitating consensus on action plan.

Action in the community

Creating a Farmers' Market for South Park
Un Mercado para South Park

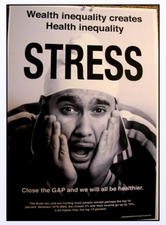
SEA MAR
Community Health Centers
Clínica de la Comunidad



Starting a farmers market in South Park, Washington, a low income, ethnically diverse Seattle community. Sea Mar Health Corps Volunteers worked with South Park Community to start a farmers market including writing a Farmers Market Manual.

Raising Awareness About the Social Determinants of Health Using Art

Teen violence play conducted at Federal Way Transit Center (Puget Sound Early College)

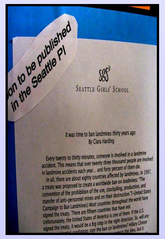


Global Health and Art Activism (Puget Sound Early College)

Writing an Action Letter

Seattle Girls School student

"Time to Ban Land Mines" Clara Harding (Seattle Girls School, 7th grader) published in Seattle Post Intelligencer June 12, 2008.



About Unnatural Causes

"To draw attention to the root causes of health and illness and help reframe the debate about health in America. The wages and benefits we're paid, the neighborhoods we live in, the schools we attend, our access to resources and even our tax policies are health issues every bit as critical as diet, smoking and exercise."
(Larry Adelman, Executive Producer)

Aims

Determine whether series is a useful tool for initiating health equity conversations.

Methods

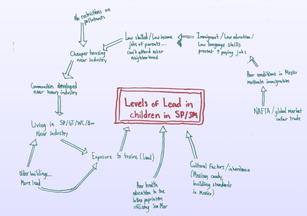
Setup:

One and one half hour sessions (30-40 minutes to show video and 40-60 minutes for discussion)

Facilitation Methodology:

"ORID discussion method" – guides group dialogue through four levels of awareness (1) Objective, (2) Reflective, (3) Interpretative, (4) Decisional (Institute of Cultural Affairs (www.ica-usa.org) See JHA's website for ORID questions used (www.justhealthaction.org)

Evaluation Methodology:
Adapted "Critical Incident Questionnaire" – 6 questions about the video and discussion: At what point in the discussion/video did you feel most (1) engaged, (2) distanced, (3) puzzled or confused, (4) surprised, (5) see new vantage points? (6) Then asked "What actions do you think you might take as a result of watching this video or having this discussion?" by Stephen Brookfield (www.learning.ox.ac.uk/oli.php?page=43)



"Causes of the Causes" Diagramming: Levels of Lead in Children in South Park, Seattle, Washington. (James Kao, Sea Mar Health Corps Volunteer)

Where aired:

•University of Washington (several locations)
•Western Washington University (several locations)
•Washington State Department of Health (Olympia)
•The Evergreen School (7th graders)

Funding Source: JHA is a not for profit organization. JHA receives honorariums for facilitating health equity conversations at a variety of venues.

Critical Incident Questionnaire

Emerging Discussion:

For "Place Matters" shown at University of Washington and Western Washington University and "Bad Sugar" shown at The Evergreen School and Everett Community College ("Running Start").

Social Context:
•*That social issues do play a significant role in health.*
•*That social causes are so much more important than genetics or health insurance.*

Stress:
•*How stress can prove detrimental to your health.*

Income/poverty
•*The poverty tax. I couldn't understand why that would happen.*
•*How poverty, inequality, and communities all have a huge impact on health.*

U.S. Life Expectancy Ranking
•*We are ranked 30th in life expectancy, yet spend the most on health care.*

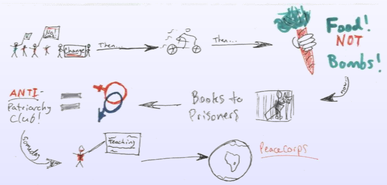
Environment/Place:
•*How geographic location can influence health.*
•*The maps of health according to county was pretty shocking.*

Food security and health:
•*Some reservation communities have a diabetes rate of 50%.*
•*Bad health is not always a lifestyle choice.*

Discrimination/racism
•*Why the government felt it was ok to not give the tribe water.*
•*The way natives were treated.*

Health care:
•*The price difference between care and prevention.*
•*The hypocrisy of our health care system.*

Action ideas:
•*Write a letter.*
•*Increasing education, increasing awareness.*
•*Advocate for community development programs for poorer neighborhoods.*



Advocacy Life Mapping: How do you want to make social change?
(Brandon Kilgore, Western Washington University)

Lessons Learned

- Unnatural Causes documentary series is an excellent tool for initiating health equity conversations with students and the public in all settings.
- One and one half hour sessions are not enough time to discuss potential action steps at either the individual or community level.
- ORID discussion method is a useful dialoging tool.
- Critical Incident Questionnaire is useful for highlighting commonly repeated themes but not a good evaluation tool.

To learn more about Just Health Action and our services, contact us at www.justhealthaction.org or info@justhealthaction.org