

# Guide to Health Equity

## Key terms and definitions



Health equity affects everyone—both directly and indirectly. It's a complex subject. Here's what you need to start the conversation.

### Health equity

The state in which everyone has a fair and just opportunity to attain their highest level of health. Achieving this requires ongoing societal efforts to:

- Address historical and contemporary injustices
- Overcome economic, social, and other obstacles to health and health care
- Eliminate preventable health disparities

### Health literacy

The degree to which individuals can find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

### Social Determinants of Health (SDoH)

The conditions in which individuals live, learn, work, and play. The factors have a profound impact on health and can be both positive and negative.

### SDoH categories

- Health care access and quality
- Education access and quality
- Social and community context
- Economic stability
- Neighborhood and built environment

### SDoH risk factors

These surface across categories of SDoH emerging as unsafe housing, discrimination, violence, food deserts, pollution, illiteracy and more.

Sources:  
<https://www.cdc.gov>, <https://www.who.int>, <https://pubmed.ncbi.gov>, <https://hbr.org>,  
<https://www.researchgate.net>

### Disaggregated data

The separation of compiled information into smaller units to uncover underlying trends and patterns. To enhance understanding of a situation, the data is grouped by dimension, such as age, sex, geographic area, education, ethnicity, or other socioeconomic variables.

### Cultural humility

Active engagement in an ongoing process of self-reflection, in which individuals seek to examine their own identity and reflect on cultural differences. This is followed by a nonjudgmental willingness to learn from a person, community or population about their experiences and practices.

### Unconscious (or implicit) bias

This refers to having a preference for, aversion to, or stereotypes about a certain group of people on an unconscious level. Unlike racism or sexism—a conscious discrimination against a group of people—people with implicit biases are often not aware of the ways that their biases affect their behavior.

### Social connectedness

A subjective psychological bond that people feel in relation to individuals and groups of others.



MOBE is on a mission to guide all people to better health and more happiness. We have the tools, training, and expertise to monitor and address SDoH risk factors across your population.