



# INTRODUCTION TO PUBLIC HEALTH; APPLICATIONS TO MIDWIFERY

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# Health & Inequality




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# Health Disparities

Differences in the rates of illness and disease that exist among specific populations in the United States





# Impact on Health Disparities

1. Age-specific change in population
  2. Increasing racial and ethnic diversity of the population
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# Risk Factors

## BEHAVIORAL

- Poor Nutrition
- Lack of Physical Activity
- Reckless driving
- Unprotected Sex
- Violence
- Alcohol, Tobacco & Illicit Drug Use

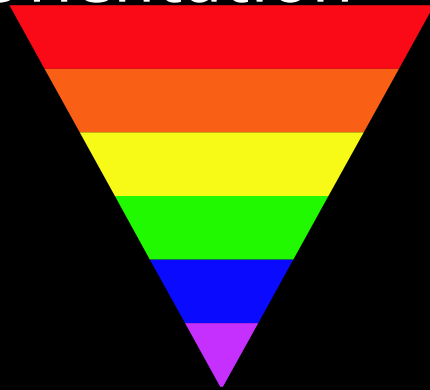
## ENVIRONMENTAL

- Poor Air & Water Quality
- Unsanitary Conditions
- Poor Housing
- Unsafe Highways
- Lack of Services, Programs & Policies

# Contributing Factors

Cultural Differences

Sexual Orientation



Education



Poverty



# Contributing Factors

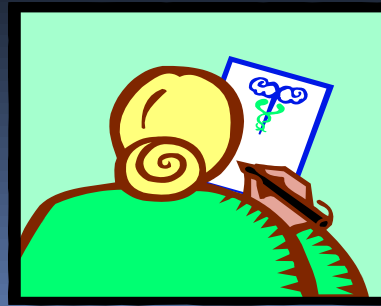
Language Barriers



Gender Bias



Lack of Health Insurance




# Racial & Ethnic Disparities

- ❖ Life Expectancy Differences : 78.7 vs. 74.3 (2007)
- ❖ Infant Mortality Differences: 5.7 vs. 13.4 (2005-07)
- ❖ Preterm Birth Differences: 10.9 % vs. 17.5 % (2009)
- ❖ Prenatal Care Differences: 88.1 % vs. 76.1 (2006)





# Health Discrimination

- Includes...
    - Institutional racism ~ lack of multilingual staff, lack of cultural competency, lack of minority providers.
- 




# Healthy People and Health Equity

Attainment of the **highest** level of **health** for **all people**. Achieving health equity requires valuing everyone **equally** with focused and ongoing societal efforts to address **avoidable** inequalities, historical and contemporary injustices, and the **elimination of health** and **health care disparities**



# Healthy People and Health Disparity


Health disparities adversely affect groups of people who have **systematically** experienced **greater obstacles** to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion






# Healthy People and Health Disparity

A particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage.





# Healthy People and Disparities


- If a health **outcome** is seen in a **greater** or **lesser extent** between populations, there is disparity.
  - Race or ethnicity, sex, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual's ability to achieve good health.
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# Healthy People 2020

<http://www.healthypeople.gov/2020/about/default.aspx>

<http://www.healthypeople.gov/2020/topicsobjectives2020/default.aspx>



# Age Specific Health Disparities

Infants


Adolescents  
&  
Young Adults

Elderly




# Infant Health Disparities

1. Infant Mortality
2. LBW
3. SIDS



Related to: cigarette smoking during pregnancy, poor pre-natal care, anemia, illegal drug use history of STD





# Adolescent & Young Adult Health Disparities

1. Unintentional Injury
2. Suicide
3. Homicide
4. Motor vehicle crashes
5. Teen births



Related to: unprotected sex, violence &  
accidents




# Adult Health Disparities

## Chronic

1. Heart Disease
  2. Cancer
  3. Diabetes
- 



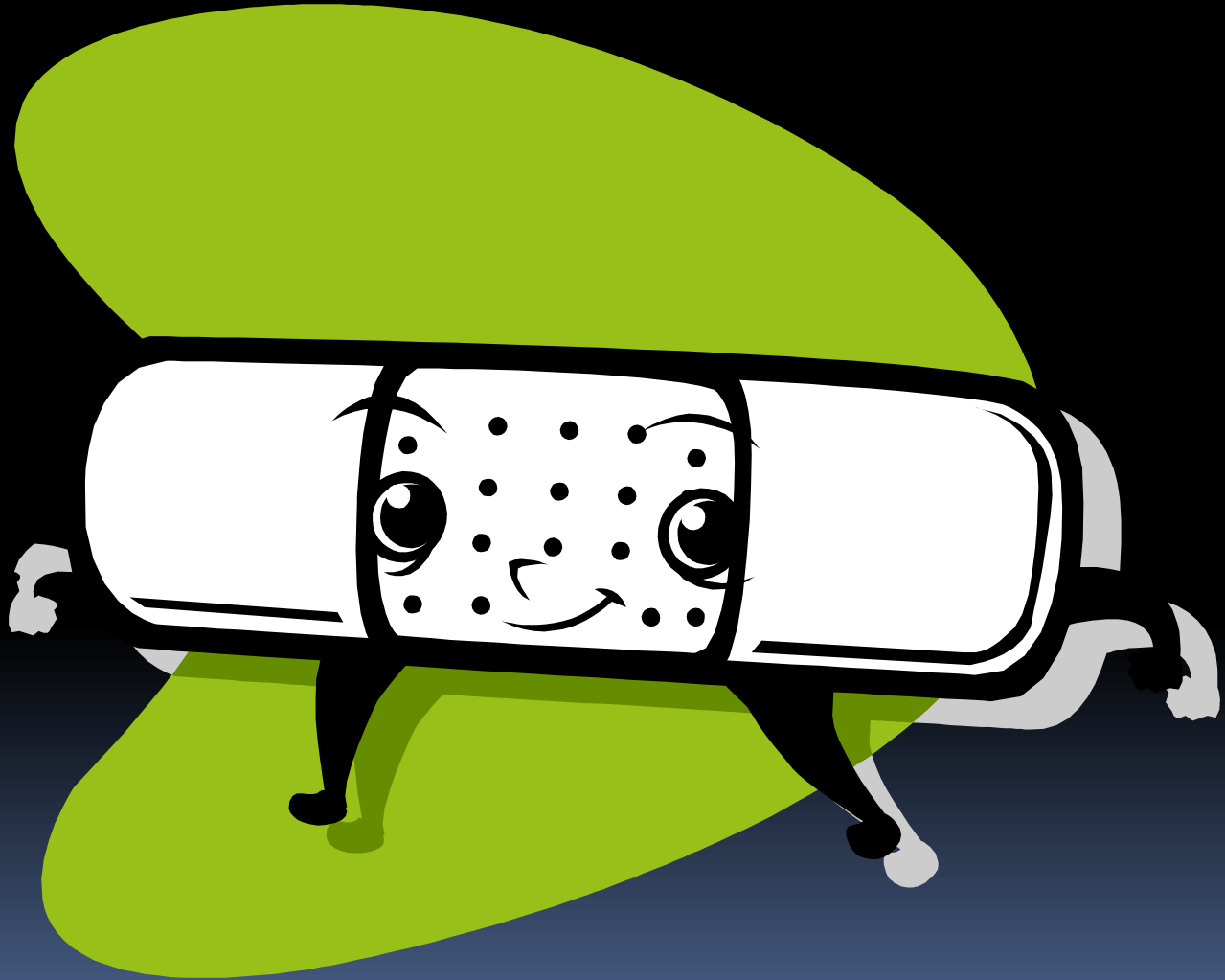
# Barriers to Health Care

- Lack of health insurance
  - Transportation / child care
  - Language
  - Cultural differences
  - Lack of economic resources
  - Unequal treatment
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# Disparities and Poverty


- Reasons for SEC disparities are complex
- Relationship between SES and Health are not always understood
- US Gov Predicts by 2050 nearly  $\frac{1}{2}$  of Americans will belong to racial / ethnic minority

# The Fix ...





# Improving / Increasing Cultural Competency

1. Interpreter services
  2. Recruitment and retention
  3. Training
  4. Coordinating traditional healers
  5. Use of community health workers
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# Improving / Increasing Cultural Competency

6. Culturally competent health promotion
7. Including family/ community members
8. Immersion into another culture
9. Administrative & organizational accommodations



# Public Health & Health Disparities

**Public Health Prevention** ~ Culturally  
appropriate programs that focus on  
health promotion for all groups in the  
community.

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**Treatment**



# References/ Resources

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