

**Education and equity -
*To understand health we must
understand equity.***

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The **NCCDH** is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the “Treaties of Peace and Friendship” which Mi'kmaq and Wolastoqiyik (Maliseet) peoples first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.



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The National Collaborating Centres for Public Health



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CENTRE DE COLLABORATION NATIONALE
DE LA SANTÉ AUTOCHTONE

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Antigonish, N.S. | www.nccdh.ca



National Collaborating Centre
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Centre de collaboration nationale
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National Collaborating Centre for Determinants of Health

Our focus: Enable action on the structural and social determinants of health to improve population health and shrink the health equity gap across society. Put knowledge into action to advance fair opportunities for health.

Our audience: Canadian public health organizations & practitioners.

Our work: Support integration and uptake of relevant evidence into practice, decisions and policy making.

Our host: St. Francis Xavier University



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Webinar Objectives

- Introduce (or reintroduce) participants to core concepts - social determinants of health and health equity
- Highlight education as a determinants of health
- Explore actions to advance health equity



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Health & health care

25% of what determines health lies inside the formal health care system

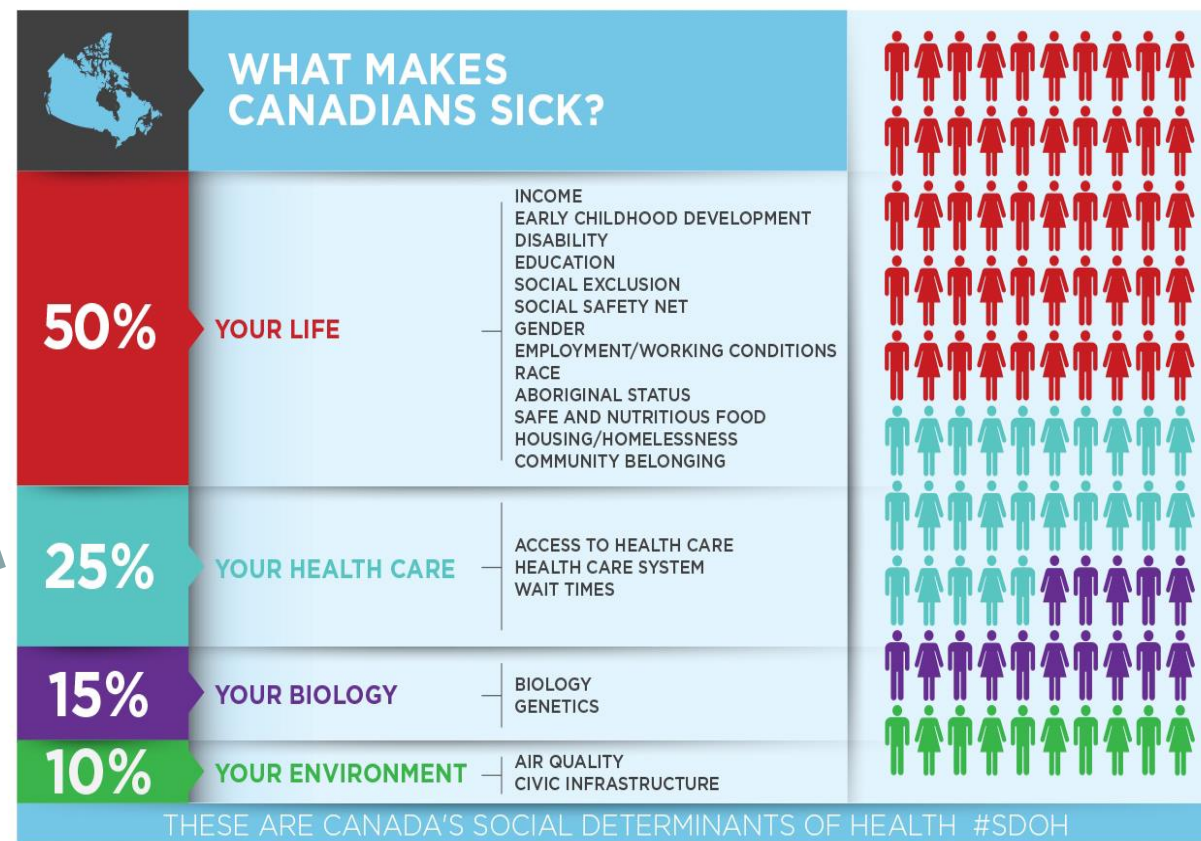
&

~50% of provincial budgets is spent on health care



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Ottawa Charter - 1986

The fundamental conditions and resources for health are peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity.

Improvement in health requires a secure foundation in these basic prerequisites.

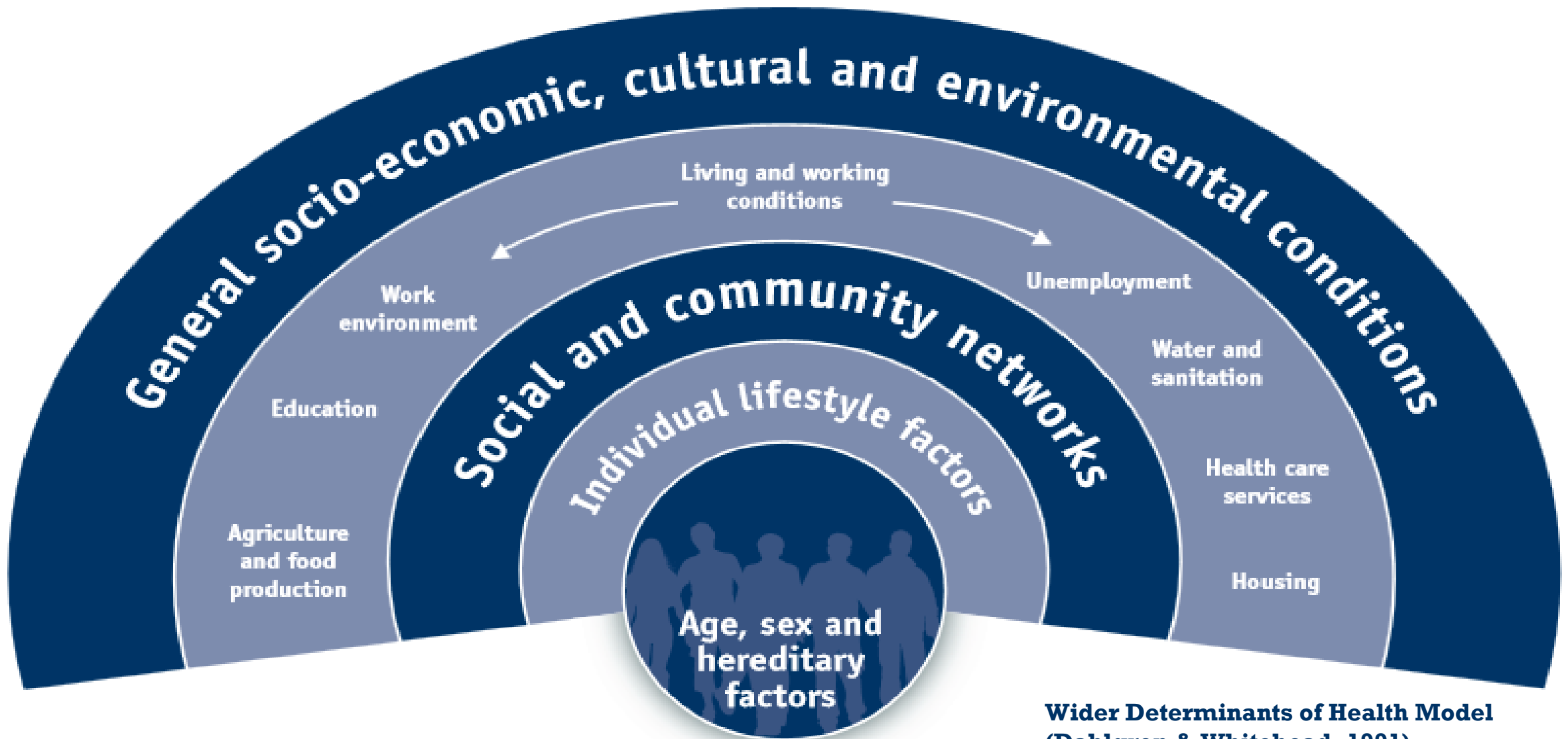
<http://www.phac-aspc.gc.ca/ph-sp/docs/charter-chartre/pdf/charter.pdf>



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What influences health?

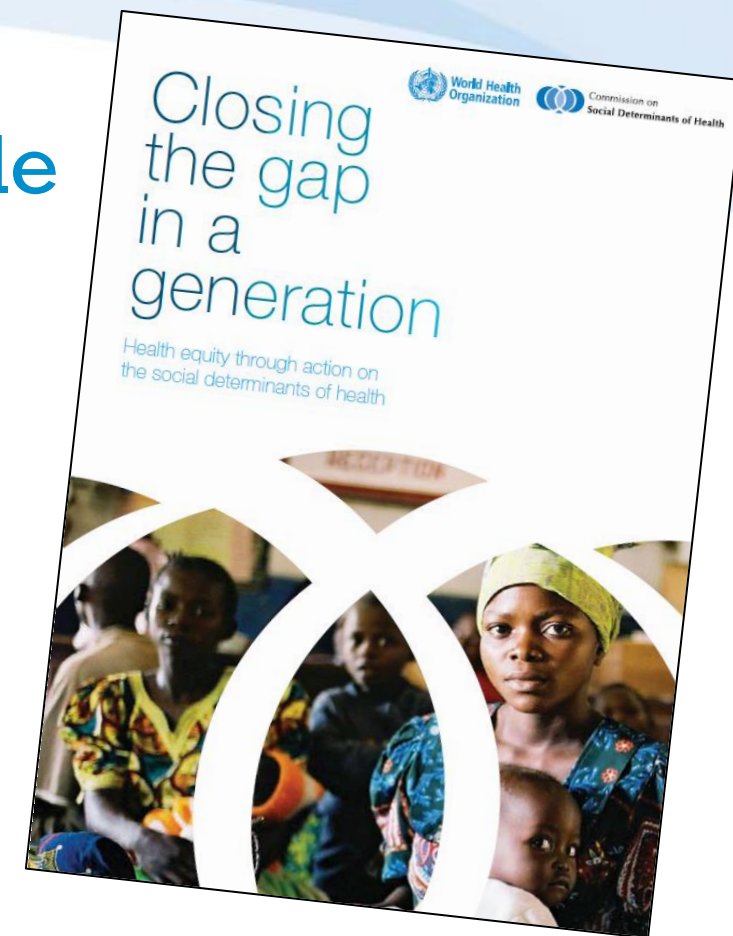


Calls for action at all levels

“Social injustice is killing people on a grand scale”

Priority Interventions

1. Improve daily living conditions
2. Tackle the inequitable distribution of power, money, and resources
3. Measure and understand the problem and assess the impact of action



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Closing the gap in a generation: Health equity through action on the social determinants of health (CSDH, 2008)

http://apps.who.int/iris/bitstream/10665/43943/1/9789241563703_eng.pdf

What influences health and its distribution?

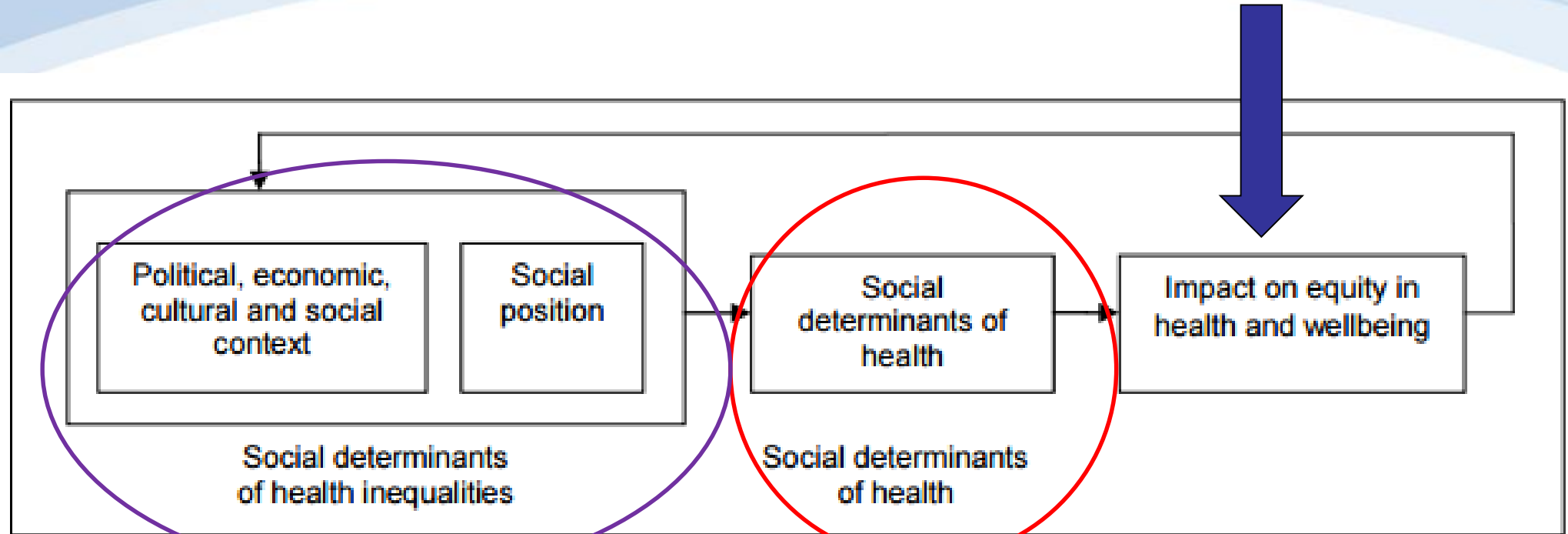


Figure 1 Social Determinants of health and of health inequalities

Source: Adapted from the conceptual framework of the CSDH WHO, 2008



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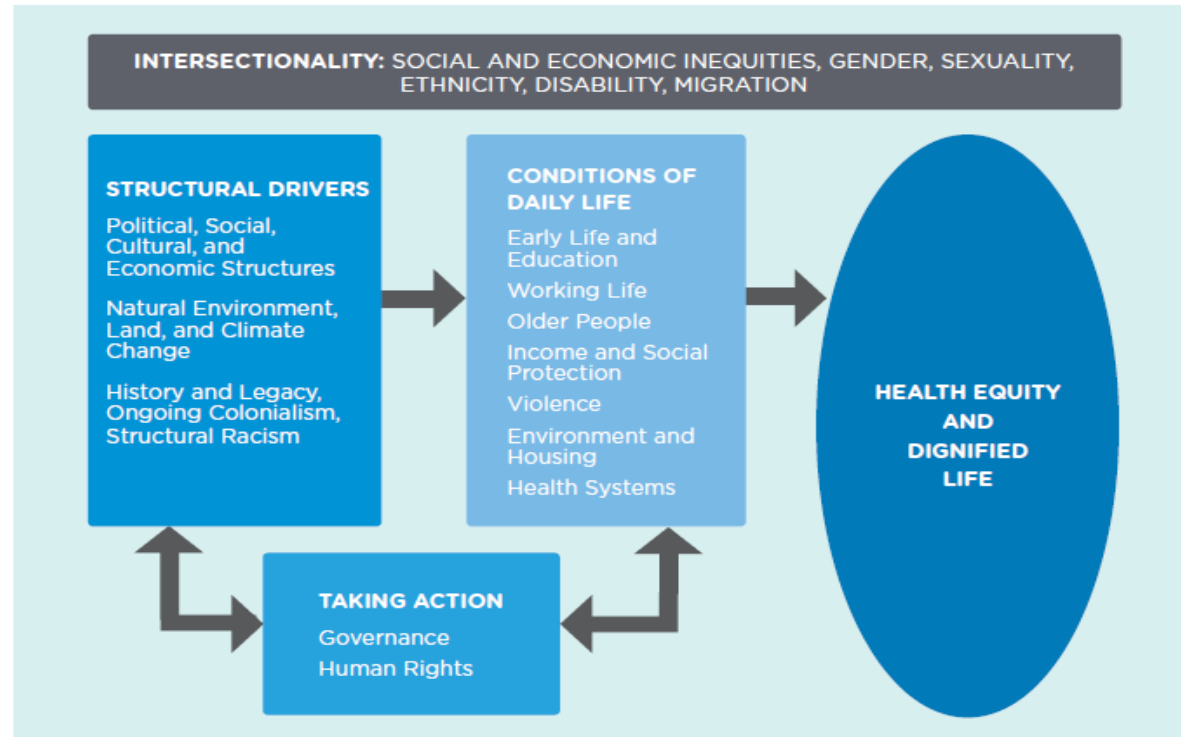
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Mantoura & Morrison. (2016). Policy Approaches to Reducing Health Inequalities. NCCHPP.

http://www.ncchpp.ca/141/publications.ccnpps?id_article=1548

Structural determinants of health inequities (2019)

Conceptual framework

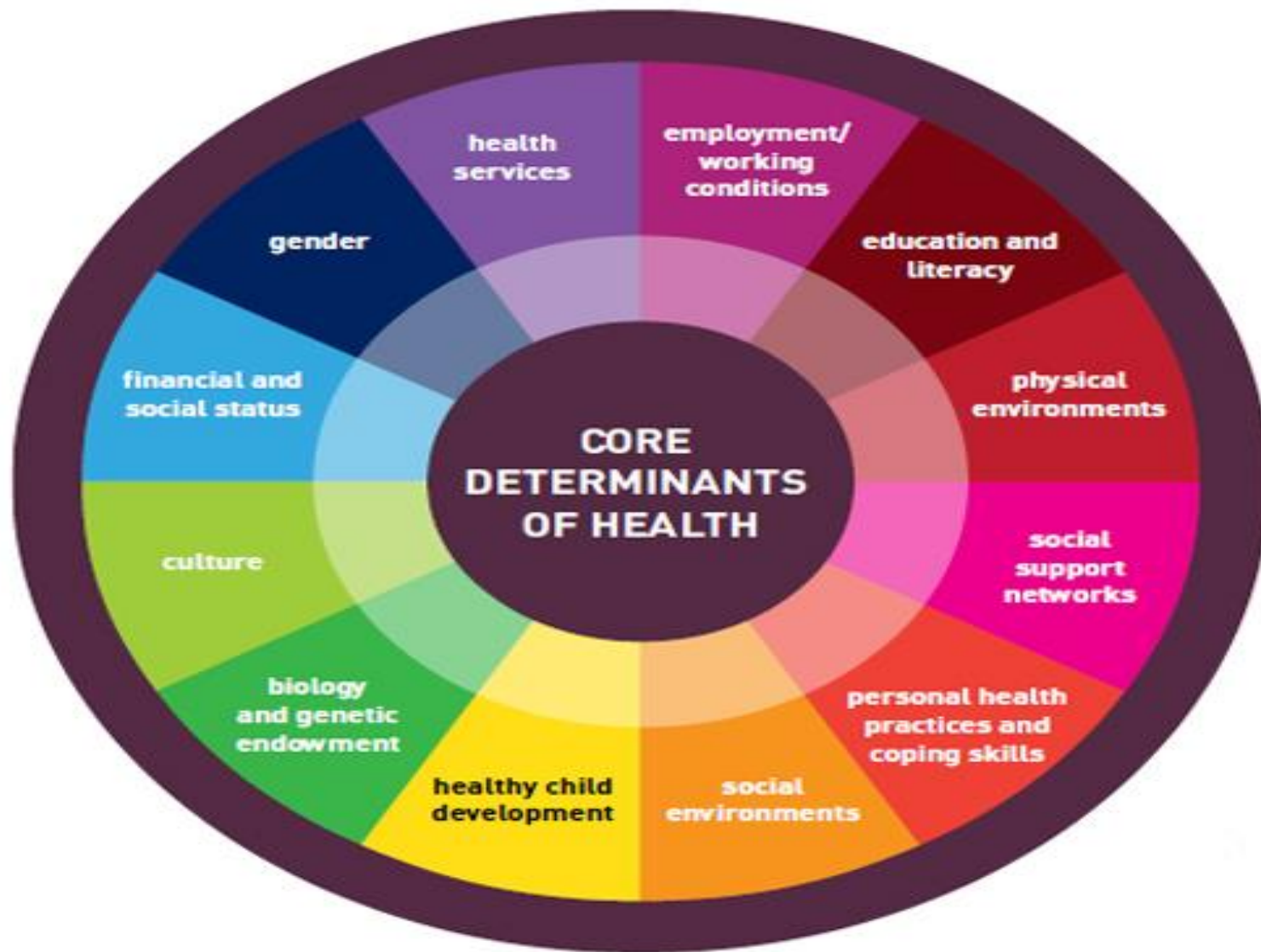


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Just Societies: Health Equity and Dignified Lives. Report of the Commission of the Pan American Health Organization on Equity and Health Inequalities in the Americas

<http://iris.paho.org/xmlui/handle/123456789/51571>



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HEALTH

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

VALUES

Culture

Personal
Health
Practices and
Coping Skills

Gender

BELIEFS

ASSUMPTIONS



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A Causal Chain

"Why is Jason in the hospital?"

Because he has a bad infection in his leg.

But why does he have an infection?

He has a cut on his leg and it got infected.

But why does he have a cut on his leg?

He was playing in a junk yard next to his apartment building and fell on some sharp, jagged steel there.

But why was he playing in a junk yard?

His neighbourhood is run down. Kids play there and there is no one to supervise them.

But why does he live in that neighbourhood?

His parents can't afford a nicer place to live.

But why can't his parents afford a nicer place to live?

His Dad is unemployed and his Mom is sick.

But why is his Dad unemployed?

Because he doesn't have much education and he can't find a job.

But why ...?

<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>



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Equity and health

Health inequities:

health differences between population groups that are systematic,
avoidable and unfair

NCCDH, 2013

Let's Talk... Health Equity

<http://nccdh.ca/resources/entry/health-equity>

Rooted in unequal social relations/systems
e.g. gender inequity, racism, colonialism,
social and economic exclusion



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Health Equity

Health equity exists when all people can reach their full health potential and are not disadvantaged from attaining it because of their socioeconomic status, race, ethnicity, religion, gender, age, social class, sexual orientation or other socially determined circumstance.

Aspirational

Adapted from Dahlgren and
Whitehead, 2006



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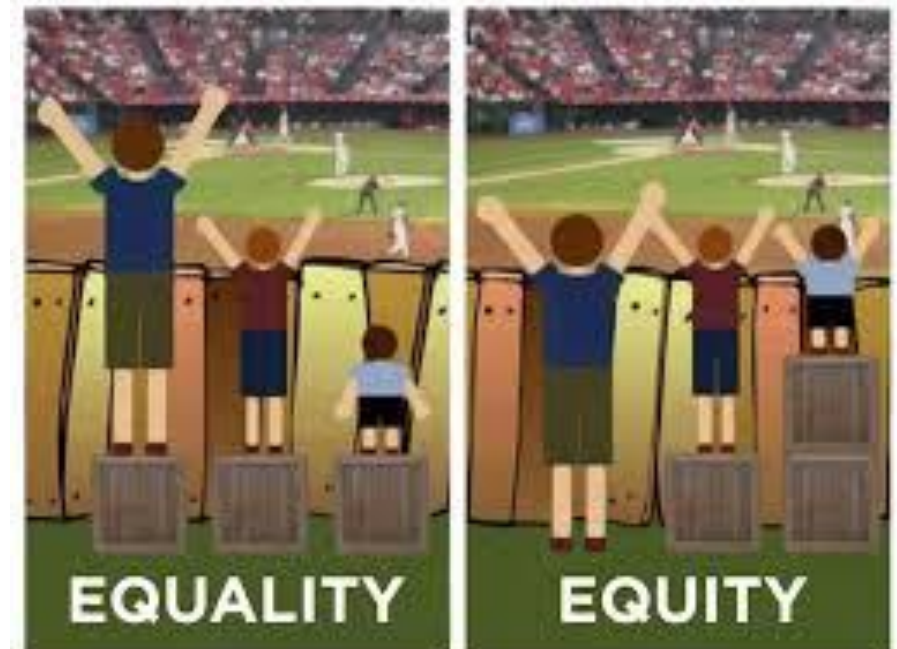
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NCCDH. 2013. Let's talk... Health equity. Antigonish, NS: Author,
St. Francis Xavier University. Available at:
<http://nccdh.ca/resources/entry/health-equity>

Health Equity

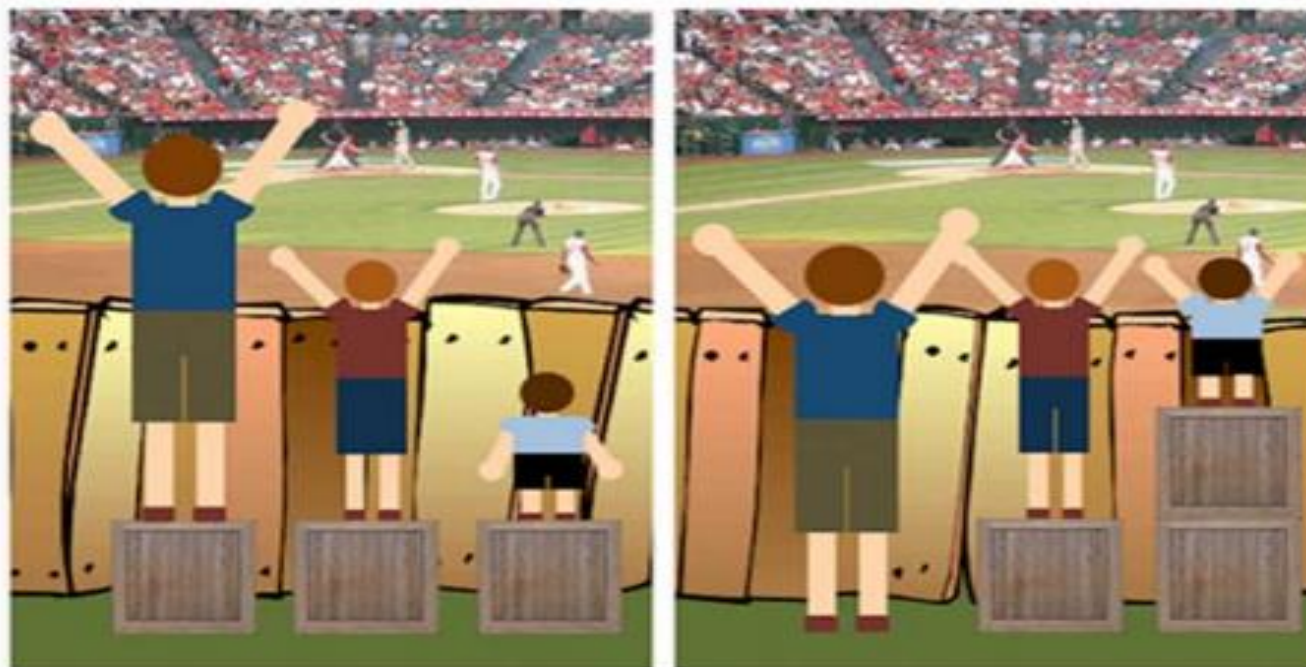
... means all people (individuals, groups and communities) have a fair chance to reach their full health potential and are not disadvantaged by social, economic and environmental conditions.

Picture from: <http://indianfunnypicture.com/equality-doesnt-mean-justice-pictures-for-facebook/>



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In the first image, it is assumed that everyone will benefit from the same supports.

They are being treated equally.

In the second image, they are given different supports to make it possible for them to have equal access to the game.

They are being treated equitably.



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In the first image, it is assumed that everyone will benefit from the same supports.

They are being treated equally.



In the second image, they are given different supports to make it possible for them to have equal access to the game.

They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed.

The systemic barrier has been removed.



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Equity and Inclusion Lens Handbook A Resource for Community Agencies
– 2015 - <http://www.cawi-ivtf.org/sites/default/files/publications/ei-lens-community-agencies-2015-en.pdf>

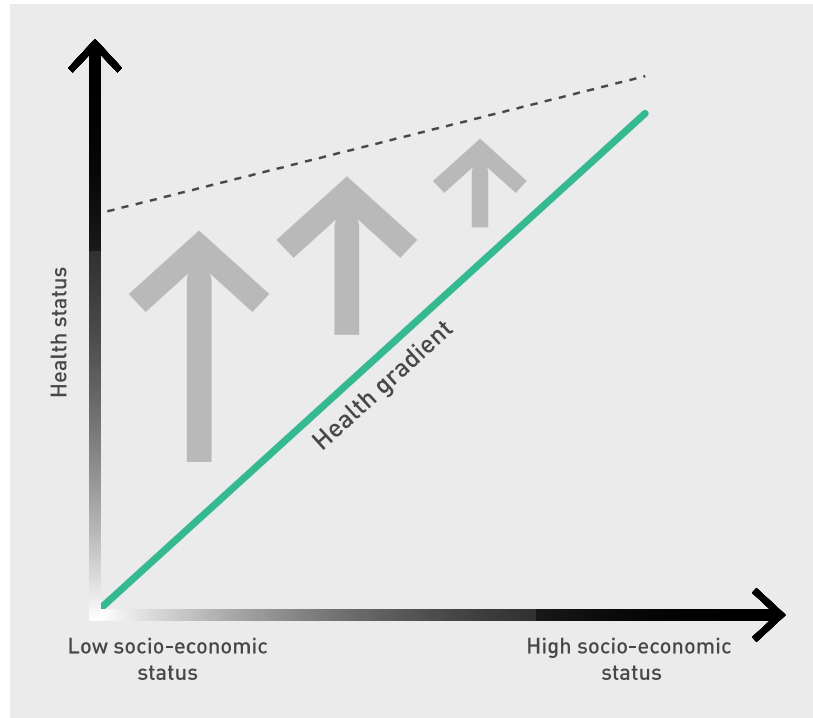
Health inequalities



Health inequalities:
measurable differences in
health status

Use to monitor progress
towards health equity

Need interventions that level up



- Intervening across the social gradient to “level up”

Proportionate universalism



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NCCDH, 2013

Let's Talk... Universal & Targeted Approaches to health equity

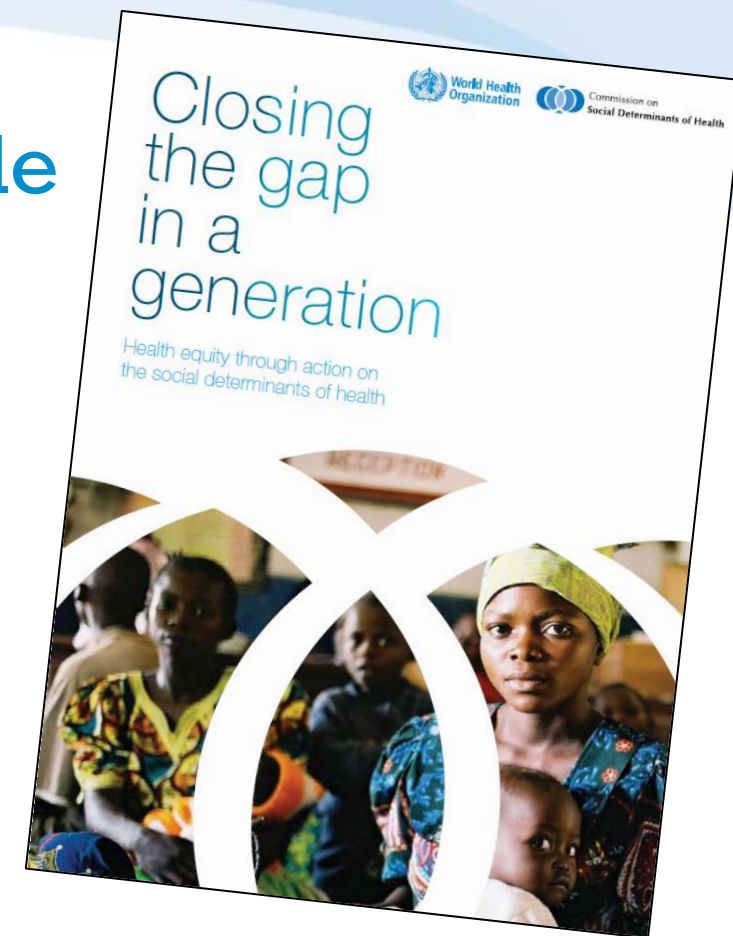
<http://nccdh.ca/resources/entry/lets-talk-universal-and-targeted-approaches>

Calls for action at all levels

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Education as a determinant of health

- Plays a role in health status
- Linked with income, employment, and career success
- Higher education - less hazardous jobs, greater access to employment with job security, pensions and benefits
- Literacy
 - *Health literacy is the understandings individuals have about their health and how to access health services and health information.*



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Discussion

1) What examples of health inequities exist in your community?

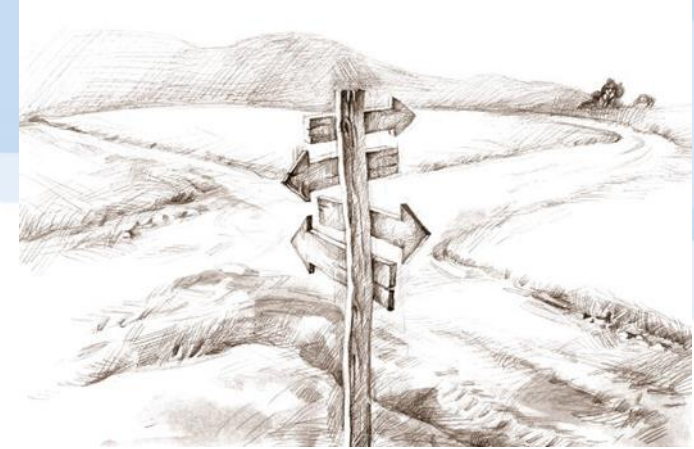
2) What are the root-causes of these inequities?



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Nurses ...



work at the “intersection where societal attitudes, government policies, and people’s lives meet...(and that)...creates a moral imperative not only to attend to the health needs of the public but also, like Nightingale, to work to change the societal conditions contributing to poor health” (Falk-Rafael, 2005, p. 219)

Social justice



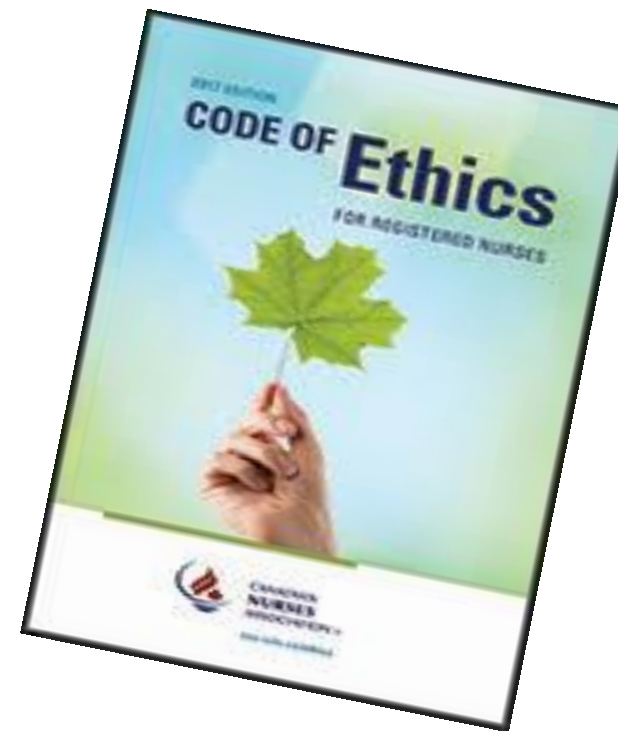
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Social Justice

The “the fair distribution of society’s benefits and responsibilities and their consequences”. (Canadian Nurses Association, 2017, p.26)

Core to the Code of Ethics for all RNs
in Canada



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<https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive>

The Trombone Slide

Witnessing social injustice downstream and advocating (working) for health equity upstream (Falk-Rafael & Betker, 2012)



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Upstream action: ensuring impact

“No matter how sophisticated our population health interventions, they won’t adequately address inequities if we exclusively focus on proximal determinants and tinker at the edges of structural disadvantage.”

Nancy Edwards, Scientific Director Canadian Institutes of Health Research Institute of Population and Public Health, 2011



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Home visiting for families

Partner for affordable housing

Be socially inclusive

Advocate for income supports

Collaborate for healthy schools

Support smoking bans

TB treatment

Moving upstream

Downstream → Midstream → Upstream

http://nccdh.ca/images/uploads/Moving_Upstream_Final_En.pdf



Les déterminants de la santé

A culture of equity

Requires:

- Health equity is a foundational value
- Values-reflection
- Equity embedded in evidence-informed decision-making at all levels.
- Community involved
- Advocacy

[http://nccdh.ca/images/uploads/comments/Building_a_culture_of_equity_in_Canadian_public_health - An environmental scan EN Final.pdf](http://nccdh.ca/images/uploads/comments/Building_a_culture_of_equity_in_Canadian_public_health_-_An_environmental_scan_EN_Final.pdf)

(NCCDH, 2018)



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Common Agenda: goals

1. Build a foundation for action
2. Establish and use a strong knowledge base
3. Collaborate with non-health sector partners

<http://nccdh.ca/resources/entry/common-agenda-for-public-health-action-on-health-equity>

Public Health Roles



*Populations experiencing marginalization by virtue of social and economic disadvantage

Let's Talk: Public Health Roles for Improving Health Equity (2013)

<http://nccdh.ca/resources/entry/lets-talk-public-health-roles>

Common agenda - Build foundation for action

- Strengthen public health leadership
- Increase social and political support (political will) and action
- Build organizational and system capacity



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Common agenda - Establish and use strong knowledge base

- **Act on existing evidence and strengthen the knowledge base to support action**
- **Incorporate equity considerations into regular monitoring, surveillance and reporting**



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Common agenda - Collaborate with non-health sector partners

“Making health equity a shared value across sectors is politically challenging but is needed globally.” (WHO SDOH Commission)

- Participate in long-term, multisectoral action
- Advocate for policy and structural change
- Allocate resources to community engagement and political empowerment



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Community Engagement

- Involve the community in the development, implementation of policies, programs and services
- Empowered communities, build relationships
- Appropriate and responsive action

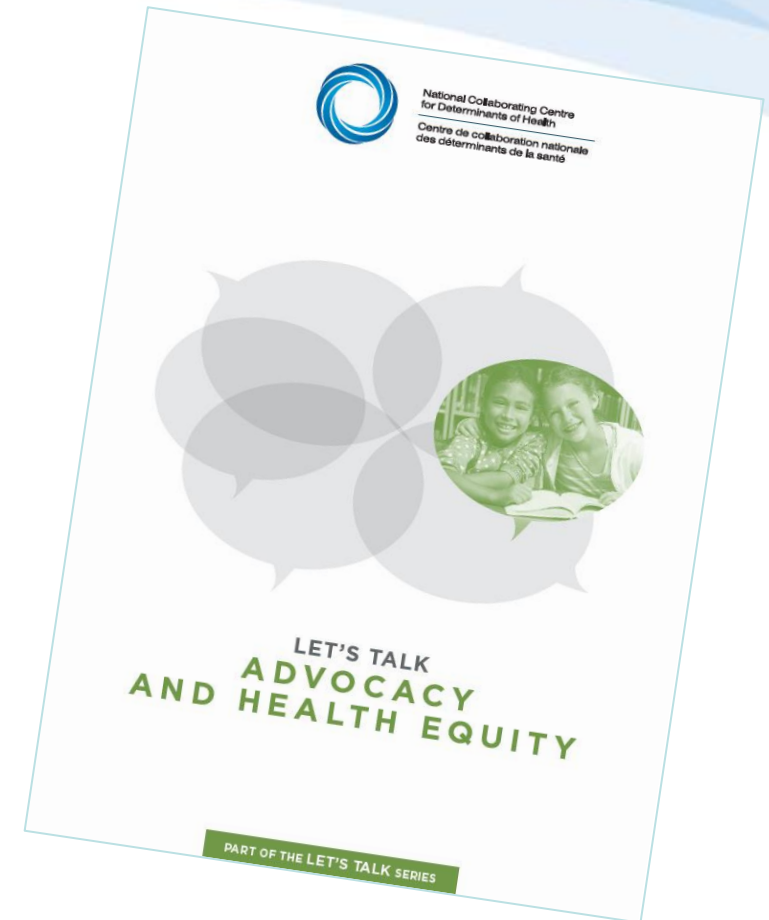


NCCDH (2014). A guide to community engagement frameworks for action on the social determinants of health and health equity.

<http://nccdh.ca/resources/entry/a-guide-to-community-engagement-frameworks>

Advocacy and health equity

- Clear, specific policy goals
- Solid research and evidence base
- Values linked to fairness, equity and social justice
- Broad-based support through coalitions
- Media to set public agenda and frame issues
- Use political and legislative processes for change



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<http://nccdh.ca/resources/entry/lets-talk-advocacy-and-health-equity>

Nursing is a political act (CNA, 2009)



Our advocacy roots go far back
... *“Were there none who were
discontented with what they
have, the world would never
reach anything better.”*

Florence Nightingale



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Discussion

- 1) What actions and policies at the local, provincial/territorial, and federal level might increase people's opportunities to be healthy and reduce health inequities?
- 2) What are opportunities in practice and policy to effect change?



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Available at www.nccdh.ca

Health Equity Clicks: *Organizations*

Visit www.healthequityclicks.ca for a growing list of organizations taking action on the social determinants of health

Workshops & events

Visit our website to find out about the next knowledge exchange opportunity!
<http://nccdh.ca/connect/workshops-events/>

Resource Library

Your one-stop-shop for public health resources on the social determinants of health & health equity!
<http://nccdh.ca/resources/library/>

Health Equity Clicks: *Community*

Share what works to advance health equity - join in online conversations, networking events, and more!
www.nccdh.ca/community



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