



Equity Starts Here
Challenge

North Carolina Community Action Association

DAY 4: HEALTHCARE

The healthcare system is a striking example of inequity based on race. Although we want to believe that medical professionals treat everyone the same, the data says differently. The healthcare industry is one of the most difficult to make more equitable due to misinformation, funding, and outdated thoughts and practices pervasive within the system. Let's take a closer look at our current healthcare system.

Today, select one or more of the following to read or view:

- [What Is Health Equity, and Why Does It Matter? - Institute for Healthcare Improvement](#) (video)
- [What is Historical Trauma? - University of Minnesota Extension](#) (video)
- [Closing the health-wealth gap – American Psychological Association](#) (article)
- [Health Inequities in America – National Institutes of Health](#) (article)
- [Minority Health Disparities | Michelle's Story - Johns Hopkins Medicine](#) (video)

Discussion and Pondering Questions:

- What does health equity mean to you?
- Have you experienced inequity in the healthcare system? Do you know someone who has?
- What do you believe is the first step to eliminating health inequity?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag *#EquityStartsHereChallenge*