# Lesson 3.1: Understanding Healthy Equity

## Vocabulary Review Worksheet

1. equity
2. culture
3. education
4. community
5. disparities

## Note-Taking Guide

**Health Equity**

1. Answers may vary slightly. Health equity occurs when everyone has the opportunity to attain full health and wellness, and no one is disadvantaged because of their social position or other socially defined circumstance.

2. Health equity provides all people equal access and opportunity to achieving good health. Equality would mean that everyone achieves the same outcome (health status).

3. Create a culture of health; attend to the source of health inequities; measure the effect that socioeconomic factors have on health outcomes..

**Socioecological Model of Health**

4. See figure 3.2. Examples may vary.

**Health Disparities**

5. Answers may vary. A health disparity refers to preventable differences in health status that are closely linked with social, economic and/or an environmental disadvantage.

6. Those with lower incomes and less education have higher rates and deaths from cancer; black people have the highest risk for dementia.

**Eliminating Health Disparities**

7. workforce; economic

# Lesson 3.2: Disability and Inclusion

## Vocabulary Review Worksheet

1. disability
2. impairment
3. support
4. reasonable
5. Universal

## Note-Taking Guide

**Disability**

1. disability; limits a person’s movements, senses, or activities

2. impairment

**Disability and Health**

3. level of independence with activities of daily living; social, political, and cultural influences and expectations; access to assistive technology, devices, and services; degree of family and community support and engagement.

**Disability Inclusion**

4. afforded equal opportunities to participate in all aspects of life to the best of their abilities and desires

5. Americans With Disabilities Act (ADA)

6. Reasonable; service

**Universal Design for Inclusion**

7. Answers may vary slightly. Universal design refers to creating and designing maximally accessible, understandable, and useful environments—or any buildings, products, or services within an environment—for all people regardless of their age, size, ability, or disability. Curb cuts and ramps on public sidewalks are a common example. Automatic door openers are another.

8. The seven principles of universal design are:

Principle 1: Equitable use

**Principle 2: Flexibility in use**

Principle 3: Simple and intuitive use

**Principle 4: Perceptible information**

**Principle 5: Tolerance for error**

Principle 6: Low physical effort

Principle 7: Size and space for approach and use

# Lesson 3.3 Public Health

## Vocabulary Review Worksheet

1. large populations

2. Community

3. incidence

4. global

5. primary

6. pandemic

## Note-Taking Guide Answer Key

**What Are Public and Community Health?**

1.

Public health is the art and science of protecting and improving the health of individuals and large populations.

Community health is a form of public health that is focused on a particular group of people or geographic area.

2.

Answers will vary. Could include things like: CDC, HHS, NIH, FDA, health departments, World Health Organization, American Red Cross among others.

**Global Issues and Public Health**

3. underserved

4. pandemic

**Public Health and You**

5. friends; community

**Health Promotion and Prevention**

6. Primary prevention includes actions and services that reduce risk and avoid health problems; Secondary prevention involves recognizing risks for (or beginnings of) problems and intervening before serious illness or effects arise; tertiary prevention is best thought of as the prevention of death.

7. epidemiologist

8. Answers will vary, but should include one of the following careers: epidemiologist, social worker, public health nurse, microbiologist, public health educator, public health analyst, health inspector

# Test Your Knowledge

1. b. health equity

2. d. education and income

3. c. health disparity

4. a. disability

5. b. reasonable accommodation

6. c. universal design

7. d. public health

8. b. pandemic

9. a. a primary prevention effort

10. d. incidence