



LIFESTYLE MEDICINE CONFERENCE

Health Equity Unrealized: Challenges and Innovations to Providing Equitable Health Care

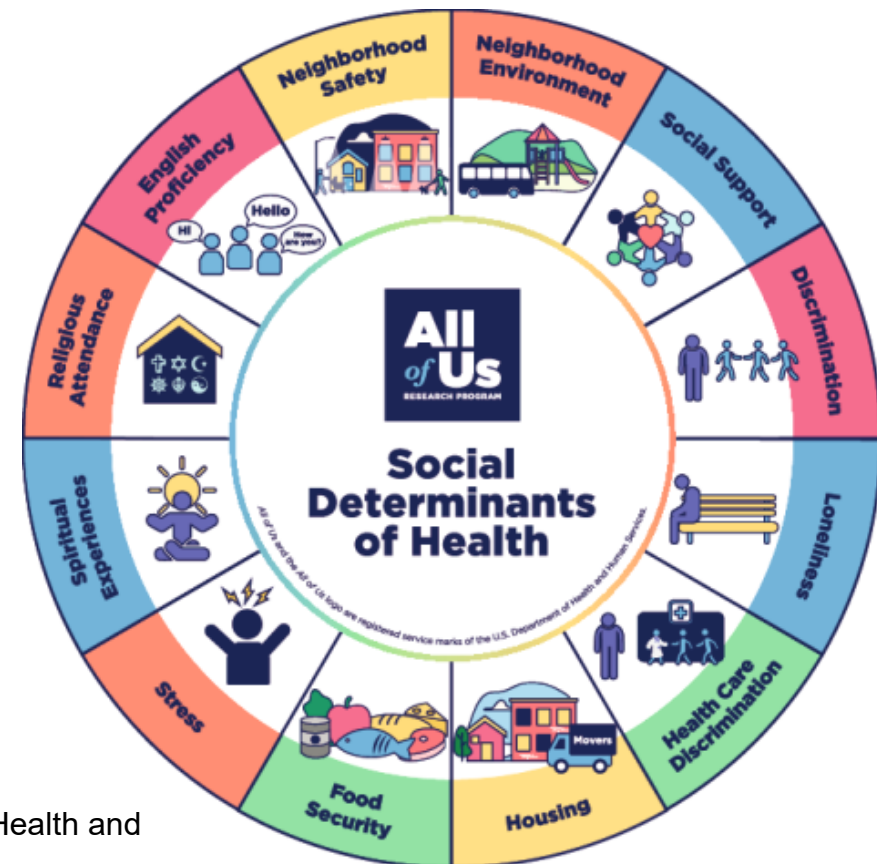
Panel Moderator: Qadira M. Ali, MD, MPH
ACLM HEAL Co-Chair

Learning Objectives

- Describe social influencers or drivers of health that impede one's ability to live a healthy lifestyle.
- Discuss partnerships with community organizations and how they can provide wrap-around services to patients experiencing food insecurity, transportation barriers, and more.
- Define cultural competence and discuss how to apply Culturally and Linguistically Appropriate Services (CLAS).
- Explore food as medicine evidenced-based practices that lead to better health outcomes for individuals living in food deserts and historically under-resourced communities.

Social Determinants of Health (SDOH)

- Social determinants of health are the conditions in which people are born, grow, work, live, and age, which are shaped by a wider set of structural forces beyond individual control.
- SDOH have been shown to have a greater influence on health than either genetic factors or access to healthcare services.
- A primary approach to achieving health equity is through addressing SDOH at multiple levels and settings.



EQUALITY:

Everyone gets the same—regardless if it's needed or right for them.



EQUITY:

Everyone gets what they need—understanding the barriers, circumstances, and conditions.

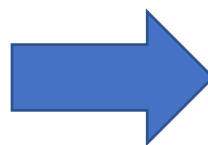


Moving the Needle to Advance Health Equity

Health Disparities

“...**preventable** differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations”¹

“...**unfair and avoidable** differences in health status seen within and between countries...”²



Health Equity

“...the absence of systemic disparities in health between more and less advantaged social groups...³ when **every person** has a fair opportunity to ‘attain his or her full health potential’ and **no one** is ‘disadvantaged from achieving his potential because of social position or other socially determined circumstances’²

“Health Equity In All” Lifestyle Medicine Approach

- An “all hands-on deck” approach is required to progress towards lasting health equity.
- Delivering lifestyle medicine equitably could significantly mitigate the global lifestyle-related chronic disease crisis that has high human and economic costs.
- Achieving health equity requires actions to increase access to health-promoting opportunities, conditions, and resources — especially for those who lack access and have worse health, as well as reducing obstacles to access.
- Importantly, the communities we seek to partner with to improve health outcomes must be meaningfully engaged to identify and address their own health equity goals in ways that build on existing strengths of those communities.

Lifestyle Medicine x Health Equity

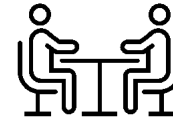
An essential integration

Access to high quality healthcare and nutritious food, and a safe place to work, learn, and even exercise have been proven to dramatically decrease the likelihood of medical conditions, including lifestyle-related chronic disease.

What are the challenges and innovations to make health equity more than buzz words, but a reality for historically marginalized communities?



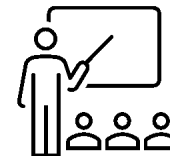
Leveraging Food as Medicine approaches to address diet-related chronic disease by way of food and nutrition security



Leveraging innovative partnerships and workflows in healthcare delivery to truly meet patients where they are



Leveraging the primary care medical home as a vehicle for culturally-competent, lifestyle medicine infused care



Leveraging graduate medical education to train the next generation of health equity-focused, lifestyle medicine-informed clinicians

Meet Our Panelists

Kofi Essel, MD, MPH

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Elevance Health



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