

8 Ways You Can Help Make Health Equality a Reality!



Whether you are a neighborhood resident, health professional, community leader or government official, you can help. Here's how:

Everyone Can:

1. **Learn More About Racial and Ethnic Disparities in Health**
Invite a speaker to your group or organization.
Attend or sponsor a workshop on health disparity.

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2. **Take Charge of Your Health Care**
Find out if you're at risk for diabetes or heart disease.
Choose a doctor you like and trust.
Ask questions - and get second opinions.
Expect care from a qualified physician.
Know the names of those who provide your care

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3. **Choose to Improve Your Health**
Get regular check-ups.
Learn about healthy eating, exercise and medications.
Ask your doctor or clinic for help getting medicines or medical supplies.
Look to your family, friends, and faith for help.

Health Professionals Can:

4. **Stay Current on Best Practices**
Know the latest approaches to diabetes, heart disease and caring for diverse populations.
Seek additional training and resources for practice improvement.

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5. **Eliminate Two-Tiered Health Systems**
Champion the same standards of care and service for all patients, regardless of how people pay for their care.

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6. **Ensure Respectful Care**
Ensure that your institution treats *everyone* with respect and dignity and provides culturally sensitive care.

Community Leaders and Government Officials Can:

7. **Support Equitable Health Insurance**
Advocate for affordable health coverage for everyone.
Help enroll people who are eligible for coverage programs.
Promote fair payment from government insurance programs.

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8. **Enforce Regulations**
Ensure that your health care institutions provide equal access to care.
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