

A New Year, New Insights

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It's a new year and, once again, a time when we consider engaging in an activity that improves our lives. But wait, it's not that simple for everyone. As a woman, I am aware of disparities in our health care, everything from maternal health outcomes to differences in the diagnosis and treatment for heart health. While searching for chronic disease and prevention information, I came across a CDC blog post, "[Conversation in Equity](#)". In it, the authors discussed differences that negatively impact life expectancy or medical care based on socioeconomic status, race, gender identity, and where people live to name a few.



In reading the various topics, I discovered that women were not the only marginalized community. How could I not be aware of the struggles of: the LGBTQ+ community, incarcerated males, older adults, and the uninsured?

As an educator, we share knowledge that contributes to improving the environments where people live, work, and worship. We engage in conversations that educate communities on providing access to nutritious foods and improving access to health screenings and educational resources. We work with groups to improve their interactions with their clients and programs that address chronic disease prevention and food insecurity.



CENTERS FOR DISEASE
CONTROL AND PREVENTION

Fear and access to equitable healthcare should not be a factor in receiving a proper medical diagnosis and treatment. According to the CDC, "for health equity, we must change the systems and policies that have resulted in the generational injustices that promoted racial and ethnic disparities." Let's continue the work to be part of the solution.

Resource: <https://blogs.cdc.gov/healthequity/>