

Health Equity

Vital Signs 2018

Mike Bell
Kingston CHC



Kingston Community Health Centres
Centres de santé communautaire de Kingston

Topics to Cover:

1. Vision/Definition of Health Equity
2. How a Health Equity lens can improve health
3. How KCHC (and others) use this lens in program and service delivery

Thank you!

- Thanks to all partners who are involved
- All KCHC programs mentioned are collaborative in nature

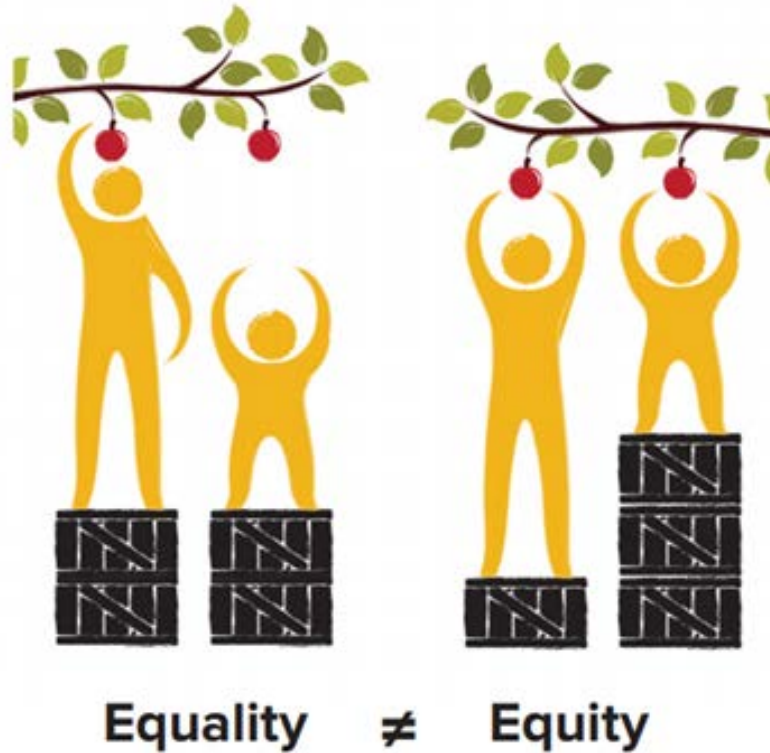


Kingston Community Health Centres
Centres de santé communautaire de Kingston



shutterstock.com - 761802658

Equality vs Equity

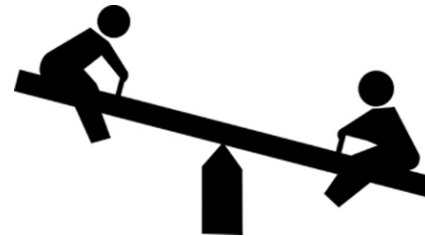


Kingston Community Health Centres
Centres de santé communautaire de Kingston

Retrieved from www.equiphealthcare.ca

Health INEQUITIES

Refer to socially constructed, unjust and avoidable differences in health and healthcare between and within groups of people



Kingston Community Health Centres
Centres de santé communautaire de Kingston



WHAT MAKES CANADIANS SICK?

50%

YOUR LIFE

INCOME
EARLY CHILDHOOD DEVELOPMENT
DISABILITY
EDUCATION
SOCIAL EXCLUSION
SOCIAL SAFETY NET
GENDER
EMPLOYMENT/WORKING CONDITIONS
RACE
ABORIGINAL STATUS
SAFE AND NUTRITIOUS FOOD
HOUSING/HOMELESSNESS
COMMUNITY BELONGING

25%

YOUR HEALTH CARE

ACCESS TO HEALTH CARE
HEALTH CARE SYSTEM
WAIT TIMES

15%

YOUR BIOLOGY

BIOLOGY
GENETICS

10%

YOUR ENVIRONMENT

AIR QUALITY
CIVIC INFRASTRUCTURE





Kingston Community Health Centres
Centres de santé communautaire de Kingston

FIGURE 3.3

Hospitalization* rate for ambulatory care sensitive condition†, in Ontario, by neighbourhood income level, 2013/14

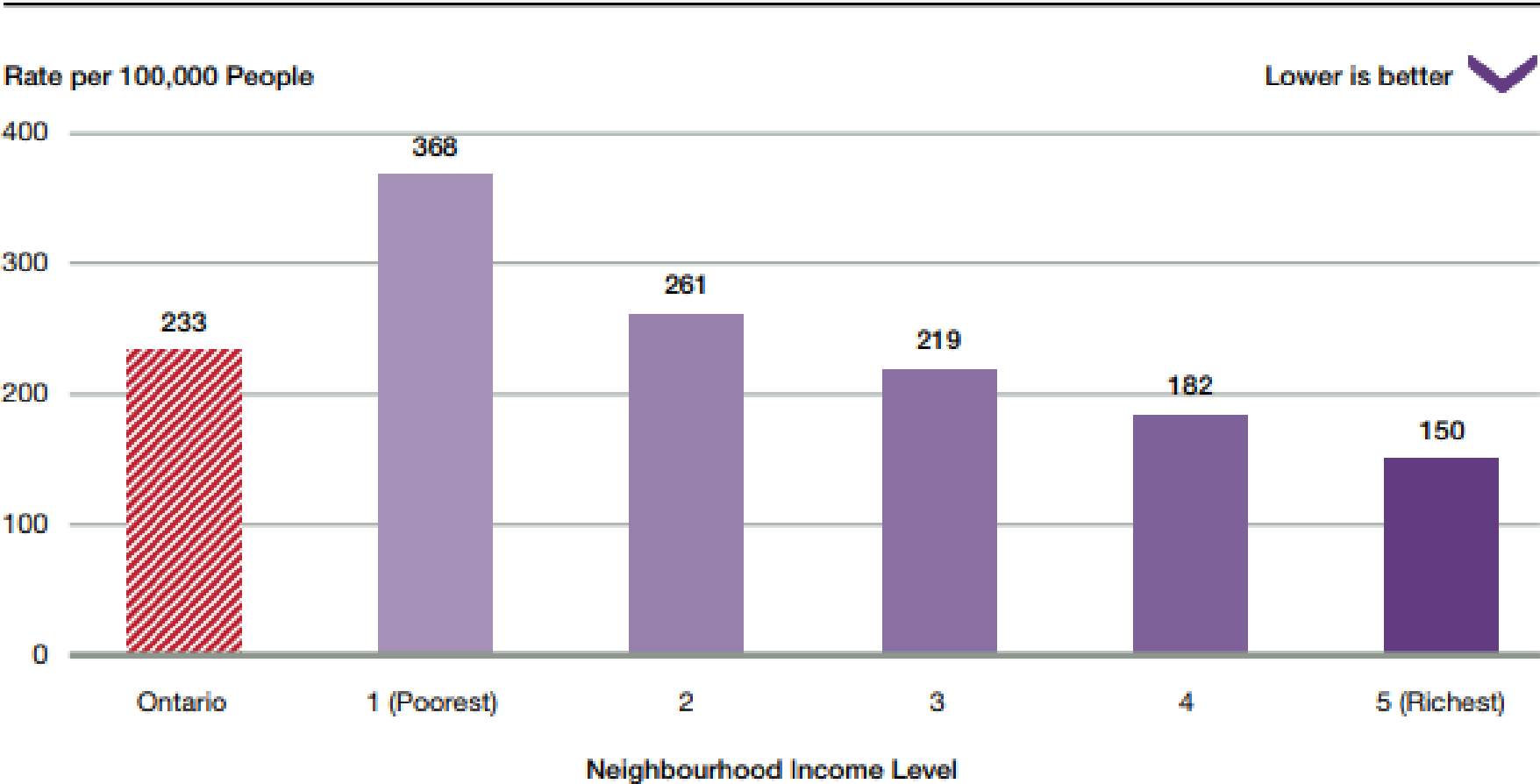
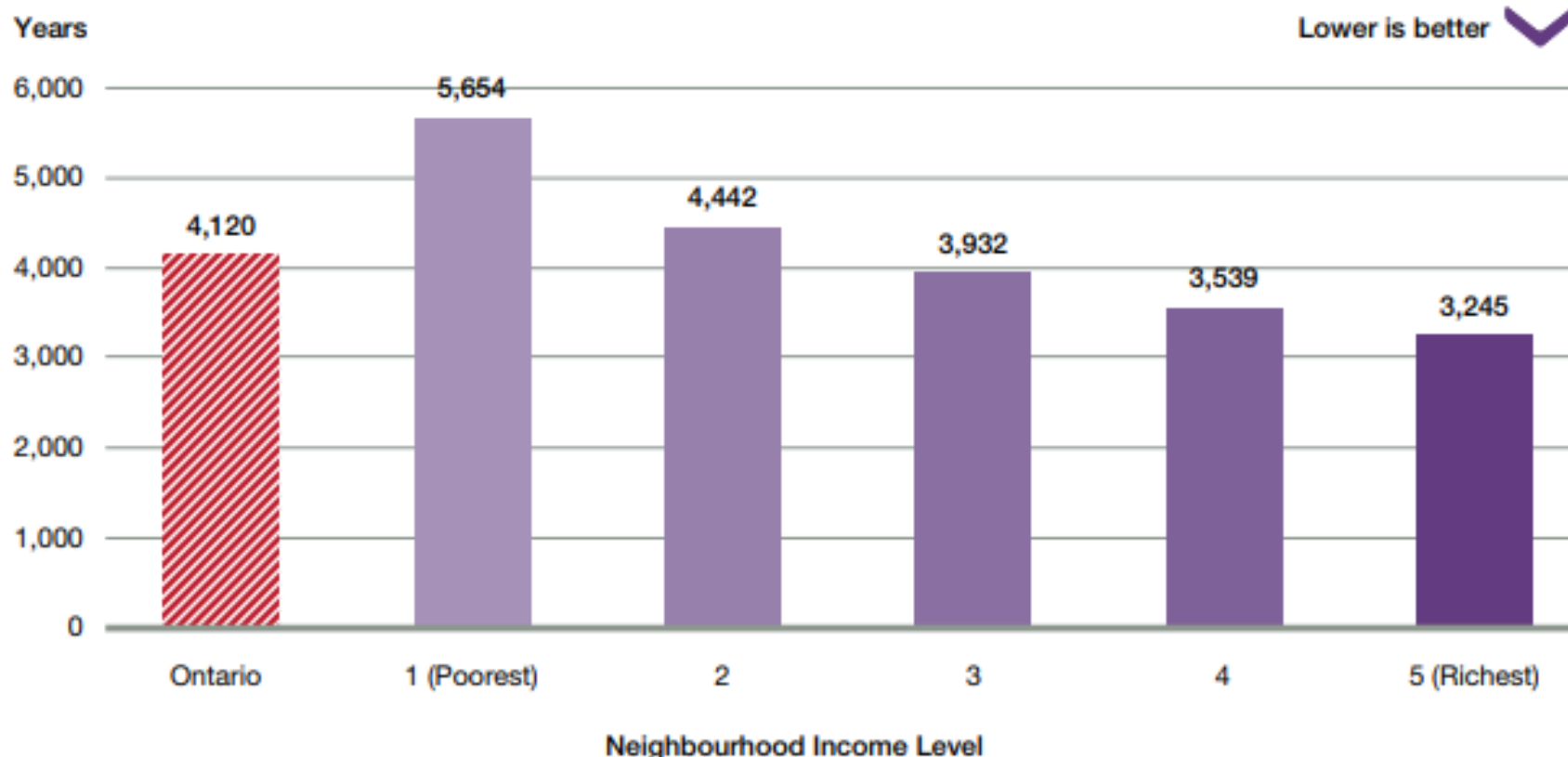


FIGURE 3.2

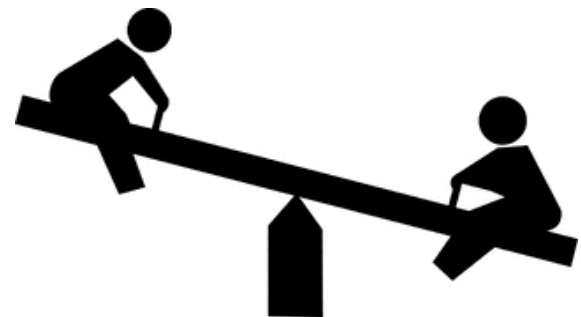
Potential years of life lost per 100,000 population[†], in Ontario, by income level, 2009–2011



“Your Life”

Factors that make the biggest difference

- Impact of Stress
- Impact of Childhood trauma



Kingston Community Health Centres
Centres de santé communautaire de Kingston

Stress

- Living in poverty is often constant stress
- Cope with chaos
- Continued “fight or flight” response
- No opportunity to recover in a non-stressful environment (hope for future is bleak)
- Lack of supportive relationships, social isolation, mistrust
- Leads to physiological + psychological stress
- Continuous stress weakens your body
- Leads to coping behaviours → smoking, drinking, drugs, bad relationships



Examples of programs aimed to reduce stress



← Practical Assistance

Circles program →



Circles® Kingston:
Building Community Around the Table

Friendship Blooms →



Kingston Community Health Centres
Centres de santé communautaire de Kingston



← **Low Income Dental Program**

Newcomer Men's group →



Kingston Community Health Centres
Centres de santé communautaire de Kingston

Impact of Childhood Trauma

- 1990s study looking at how ACEs impacted health outcomes in adulthood
- ACEs include abuse, neglect, growing up with a parent who struggles with mental illness or substance abuse
- **Astonishing Results** - “ACEs are the main determinant of health and social well-being of all peoples”
- The higher your ACE score, the more at risk you are



Adverse Childhood Experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

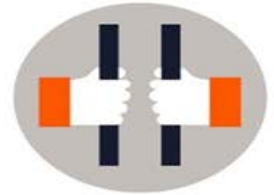


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
Lack of physical activity	Smoking	Alcoholism	Drug use	Missed work
PHYSICAL & MENTAL HEALTH				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
Heart disease	Cancer	Stroke	COPD	Broken bones

ACE SCORE OF 4+ INCREASES RISK OF...

- OBESITY 160%
- DIABETES 160%
- Any CANCER 190%
- HEART DISEASE 220%
- SMOKING 220%
- HEPATITIS 240%
- STROKE 240%
- STI'S 250%
- COPD 390%
- DEPRESSION 460%
- ILLICIT DRUG 470%
- ALCOHOLIC 740%
- INJECTED SUBSTANCES 1,000%
- SUICIDE ATTEMPTS 1,200%
- ACE of 6+:
 - PWID 4,600%
 - Die 20 years earlier
 - homelessness



Spokane, Washington school study 2012;

ACEs 3+ have:

- 3x rate of Academic failure
- 4x Frequently reported poor health
- 5x Severe attendance problems
- 6x Severe school behaviour concerns



Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%



Jim Sporleder, principal of Lincoln High School

THE FIRST TIME THAT principal Jim Sporleder tried the New Approach to Student Discipline at Lincoln High School in Walla Walla, WA, he was blown away. Because it



← **Pathways to Education**

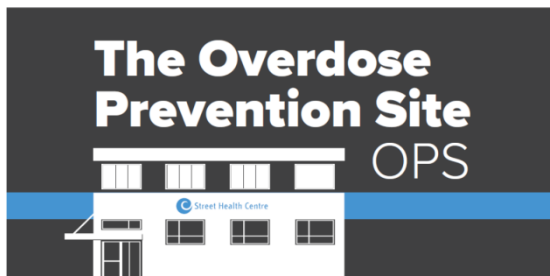


Child and Family Centre

← **EarlyON**



Kingston Community Health Centres
Centres de santé communautaire de Kingston



← Overdose Prevention Site (OPS)

Now Open!

Street Health Centre: 115 Barrack St, Kingston

Access the OPS 7 days a week, from

4:00pm-10:00pm

Indigenous Health Program →

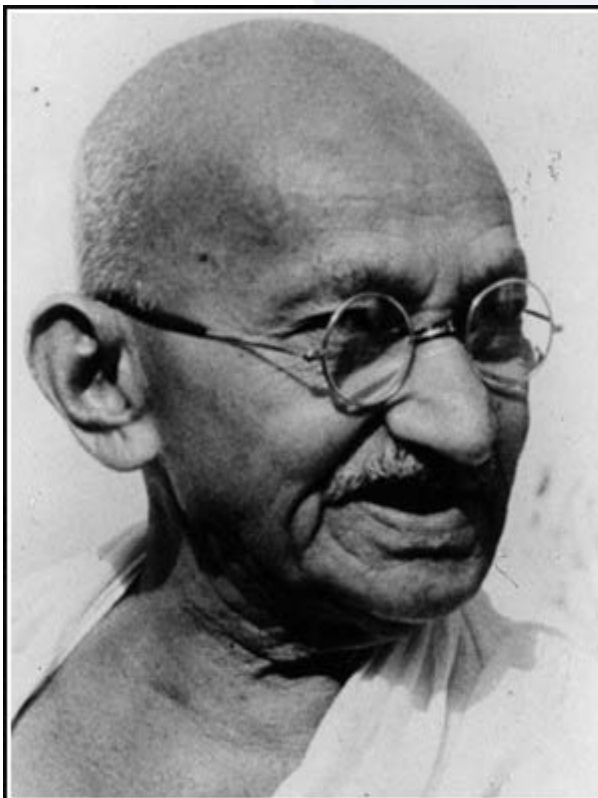


Kingston Community Health Centres
Centres de santé communautaire de Kingston

Summary

- Health equity refers to the study and causes of differences in the quality of health and healthcare across different populations.
- “Causes of differences...” are now very clear – Adverse Childhood Experiences (ACEs)
- To improve the health of a community, we need Change the question from
 - What’s wrong with you? ... TO
 - **What happened to you? How can we help?**





The true measure of any society can
be found in how it treats its most
vulnerable members

— *Mahatma Gandhi* —

AZ QUOTES

Caring. Responding. Building Community. ♦ Prendre soins. Intervenir. Bâtir une communauté.



Kingston Community Health Centres
Centres de santé communautaire de Kingston

ACE: Adverse Community Environments: **Rat Park**



Kingston Community Health Centres
Centres de santé communautaire de Kingston

Mackenzie, 2018