

Health Equity in Colorado



Health Equity: Everyone has a fair and just opportunity to be as healthy as possible and attain the highest level of health that reasonably could be within an individual's reach if society makes adequate efforts to provide these opportunities.

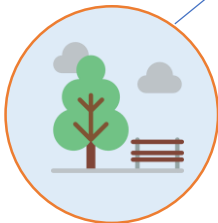
Employment

Employment increases social capital, psychological well-being, provides income, and reduces negative health impacts of economic hardship



Housing

Housing instability is associated with three times more likely to report poor general, mental and oral health



Physical Environment

Living in lower-income (e.g. more pollution, less parks) areas reduces life expectancy by 15 years. 54% of housing are not within ¼ mile of a park in Denver

Diet

Food insecurity is associated with cardiovascular risk and chronic illnesses



Safety and Crime

People exposed to community violence are at greater risk of mental health (e.g. PTSD, depression) and physical health issues (e.g. higher BMI) and other forms of violence exposure (e.g. intimate partner abuse)

1 in 6 Denver households experience it



Income

People earning below the federal poverty level are twice as likely to report fair or poor health

Education

More schooling is linked with better health and longer life. Less educated adults report worse general health more chronic conditions, and more functional limitations and disability

Children in Denver

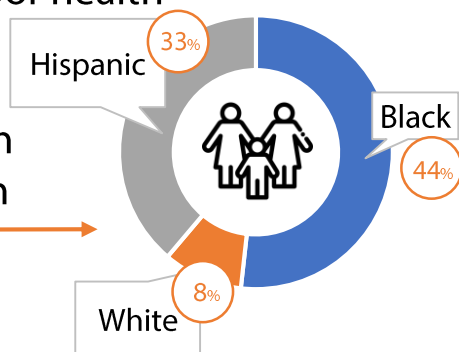
60% eat fruit & vegetables less than once a day

12% Asthma

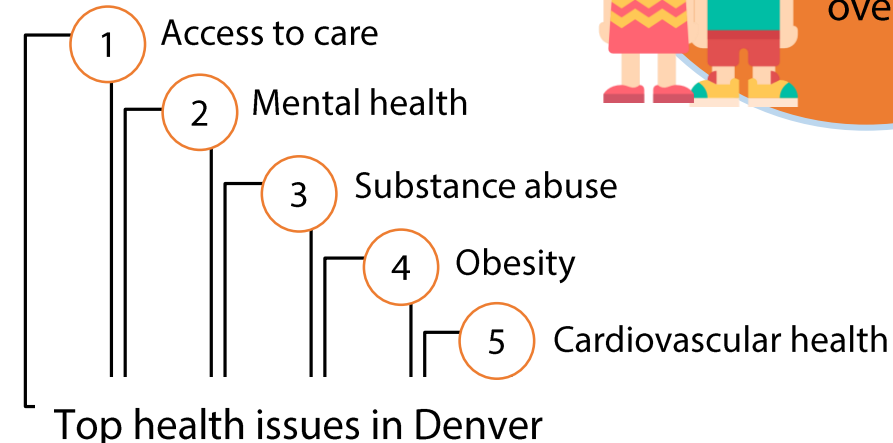
30% Obese or overweight



20% families live in poverty in Denver of which



Population under 65 in Denver without health insurance



Conversation prompts

1. Share a story of how this topic has shown up (or not) in your life.
 - a. Circle around and share so that all folks have introduced their interest, previous experience, etc. in the topic
2. What are some challenges that prevent you and others from being more actively engaged in local civic life in your Table's issue area? (*PROBLEM WITH PERSONAL CONNECTION*)
 - Narrows it to local impact (shared by participants, not as overwhelming as inter/national)
 - "for us" references that participants have a role in addressing
 - Share a specific experience/story about when you could have been more involved, but didn't/couldn't. (looking for barriers)
 - Or when you were very engaged. (We can look for elements that helped)
 - If you haven't been impacted, why might that be? (unaware of impact, indirect impact, etc)
3. What connections, opportunities and resources do we have to draw or build on to collectively address the Table's chosen issue? (*STRENGTHS & OPPORTUNITIES TO ADDRESS PROBLEM*)
 - a. In addition to what others, orgs and communities overall have, what do individual participants bring?
 - b. What have you observed that has worked before, even in other settings?
 - c. Who are in our networks currently? 'I've heard of xyz organization,' etc.
4. Thinking about both the challenges and opportunities/strengths we've discussed, what **specific** actions could the community? take **together** to address the Table's chosen issue? (*ACTION IDEAS APPLYING STRENGTHS TO PROBLEM*)
 - a. If we had another community member from number 3 on the phone, what would you ask them to do with you? What would you talk about/create together?
 - b. Don't get bogged down in details; rather focus on potential.
 - c. Don't get caught up in being "realistic" but to dream! Still be specific, but build off one another's ideas, not 'throwing out' right now
5. What are some steps you personally can commit to in addressing the issue? What can this group commit to (if the group works together already or will continue to moving forward)? How can DU be a partner in or otherwise contribute to this work? (*PERSONAL COMMITMENT & DU CONNECTIONS*)
 - It's easy for us to quickly suggest what other people and institutions can do, jumping past our own responsibility and agency to make change. We want to start with those gathered here and the part we can play in some of the actions we've suggested, and then consider what other resources would help.
 - The onus of solving the issue is not on you, how can we work together?

Close the Conversation & Next Steps: Survey & wrap up