Things We Know

- Population is changing
- Nature of disease is changing
- Disparities are persistent
- Expensive Sickcare system vs. Healthcare System
- Must focus on PREVENTION
In 2016:

World population  > 7 B

US population  325 million
- Children  74 million
- Seniors  40 million
- Hispanics  55 million
- African Americans  > 40 million
- Prison  2.3 million

(http://www.census.gov/population/www/popclockus.html on)
<table>
<thead>
<tr>
<th>Ethnic Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>European American</td>
<td>63%</td>
</tr>
<tr>
<td>African American</td>
<td>13.5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>15%</td>
</tr>
<tr>
<td>Asian/Pacific Is.</td>
<td>5%</td>
</tr>
<tr>
<td>Native American</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>More than 1 race</td>
<td>2.4%</td>
</tr>
</tbody>
</table>

US Dept of State Mar 30, 2009 and Human Mortality Data Base, 2010
Disparities in Quality of Health Care

Problems related to the system
◦ location, time blocks, appropriateness of material

Problems related to provider
◦ language, cultural differences, religious, mistrust of Western medicine, familial & hierarchical roles

Problems related to the patient
◦ education, socioeconomic status, cultural competency
Equality Versus Equity

In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.

In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.
Diverse Groups Affected by Health Disparities

- Ethnic groups
- Language
- Gender
- Age
- Physical characteristics
- Culture
- Sexual orientation
- Socioeconomic status
- Education
- Uninsured
Rich countries have better health than poor countries, and medical care improves health.

Marmot and Bell, JAMA Vol. 301, No. 11, Mar 18, 2009
Factors Affecting Our Health

Poverty
- What are the effects of poverty?
  - Lack of Health Care, Education, Housing, Food
  - Crime, Stress in children & adults, Poor environment

Lack of education
- How do we reach people for education?
  - Home, TV, Books, Online, Schools and Colleges, Churches

Risky behaviors
- How you live life more critical to longevity than genetics
  - Tobacco use, Alcohol & Drug abuse, Car crashes, Obesity

Access to health care
- Provider, Financial, Cultural, Transportation, Time
Major Determinants of Health

- Social and behavioral factors: 50%
- Environment: 20%
- Genetics: 20%
- Access to care: 10%
44 million Americans live in poverty.

--We are the 99%--
1 IN 5 CHILDREN LIVES IN POVERTY
Poverty continues to undermine the American Dream

48.8 million Americans live in poverty

48.8 million > the entire populations of Canada, Denmark, and Ireland combined

42% of children born to parents in the bottom fifth of the economic distribution remain in the bottom as adults

23% rise only to the second fifth

That is more than 1 in 10 Americans

---

1. U.S. Census Bureau, American Community Survey Briefs: Household income – 2012
2. National Center for Children in Poverty "Child Poverty and Intergenerational Mobility"
U.S. CHILDREN IN POVERTY

Percentage of U.S. children, by race, whose families were living below the poverty line\(^1\) in 2013:

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>39%</td>
</tr>
<tr>
<td>American Indian</td>
<td>37%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>33%</td>
</tr>
<tr>
<td>Two or more races</td>
<td>23%</td>
</tr>
<tr>
<td>National average</td>
<td>22%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>14%</td>
</tr>
<tr>
<td>White/non-Hispanic</td>
<td>14%</td>
</tr>
</tbody>
</table>

\(^1\) — U.S. poverty line in 2013 was an annual income of $23,634 for a family of two adults and two children

SOURCE: U.S. Census Bureau,
2013 American Community Survey
George Petras, USA TODAY
poverty hurts

child poverty increases the risk of unemployment and adult poverty

by age 4 poor children have heard 30 million fewer words than well-off children

poor children are more likely to be hungry and less likely to have affordable quality health coverage

poor children are less likely to graduate from high school
Impact of Repealing the Affordable Care Act:

18 million Americans would be uninsured **ONE YEAR AFTER** the repeal

32 million additional Americans would be uninsured **BY 2026**
PERCENT OF CHILDREN LIVING IN POVERTY BY RACE

- Two of more races: 22%
- Non-Hispanic White: 13%
- Hispanic of Latino: 32%
- Black or African American: 38%
- Asian and Pacific Islander: 13%
- American Indian: 36%
When poverty comes in at doors, love leaps out at windows.

- John Clarke
8 Truths About Health Care in America

Spend more money than other nations, 2.5 T
Shorter life span, not healthier, higher IMR
Smoking is on the decline.
67% overweight, 33% obese, 8% DM
Improvement in preventable causes of death, 27% HBP
Lack of access to health care
40% get little exercise
83% do not eat 5 fruits and vegetables/day
A lack of health literacy
Major Problems of Current US Healthcare System

Access
- 30 M have no health insurance

Cost
- Costs too much, delivers too little

Quality
- Gross lapses in quality of care
- Major health disparities
- Lack of transparency
Barriers to Reducing Disparities in Health Care

Cost/lack of health insurance/underinsured

- Adults ages 19 – 29 are among the largest & fastest growing segment of the populations w/o health insurance in the US. ¹

- Uninsured individuals are:
  - 6X as likely to lack a source of care
  - 4X as likely to be w/o a usual source of care for financial reasons.²


Why Cultural Competence Is Needed in Patient-Provider Encounters

Perception of disease and mental illness and their causes vary by culture

Belief systems related to health, healing, and well-being are rooted in culture

Culture influences help-seeking behaviors and attitudes toward health care providers

Culture influences acceptance of and approaches to treatments, therapies, and interventions

Patients must overcome personal experiences of bias or discrimination within the health care delivery system
How big are the health gaps?
If residents of all counties in Indiana had the same opportunities for health, there would be:

- 242,000 fewer adult smokers
- 118,000 more adults ages 25-44 with some education beyond high school
- 146,000 fewer obese adults
- 118,000 fewer households with severe housing problems
- 18,000 fewer violent crimes
- 44,000 fewer people unemployed
- 181,000 fewer uninsured people
- 131,000 fewer children in poverty
What Does the Health System Reform Mean to You?

10’s of Millions of uninsured gain access to health ins.
Patients cannot be denied due to pre-existing conditions.
No lifetime caps on coverage or threats of cancellation
Children can remain on parents’ policies until age 26.
Competition will be introduced into the ins. marketplace.
Health insurance exchanges & co-ops created for pooling of coverage for individuals & small businesses.
Tax credits to small businesses to purchase health ins.
High-risk insurance pools created.
Subsidies to help low-income individuals & families purchase insurance.
Strategies

- Educational strategies
- Access strategies
- Prevention strategies
- Intervention strategies
- Strategies of compassion
- Research strategies
- Political strategies
- Leadership strategies
  - 5 C’s of Leadership – Clarity of vision, Consistency, Competency, Commitment, Control
Role of Navigators

N - Network
A - Aware
V - Voice, Vision
I - Impact, Involved, Investigate
G - Goals
A - Advocate
T - Tools of commitment, Time, Talent, Treasure
O - Opportunity
R - Reach out, Responsible, Research
S - Successful
Old Ibo Saying

Not to know is bad.
Not to want to know is worse.
Not to hope is unthinkable.
But not to care is absolutely unforgivable.
THE END