

**Recognizing Public Health Month**

* Minority groups often experience disparities in health care. A health disparity is a condition that adversely affects a person’s ability to gain proper health care due to social, economic and/or environmental disadvantages. Race, ethnicity, sex, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual’s ability to achieve good health.
* Ethnic minority groups (African Americans, Hispanics, American Indians, Asians, and Pacific Islanders) experience significant health disparities including higher rates of diabetes, cancer, heart disease, stroke, substance abuse, infant mortality and low birth weight.
* Scientists believe that disparities are a result of complex interaction between factors such as biology, environment, as well as specific behaviors that are difficult to address due to a shortage of racial and ethnic health professionals, discrimination, and inequities in income, education, and access to health care.
* People often think of urban populations when talking about health disparities. In fact, rural populations are sometimes at higher risk due to geographic isolation, lower socio-economic status, higher rates of health risk behaviors, and limited job opportunities. Higher rates of chronic illness and poor overall health are found in rural communities when compared to urban populations.

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

[Office of Disease Prevention and Health Promotion](https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities)

 [National Institute of Health](https://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=124)

[Rural Health Information Hub](https://www.ruralhealthinfo.org/topics/rural-health-disparities)

[National Partnership for Action to End Health Disparities](http://altarum.org/our-work/national-partnership-for-action-to-end-health-disparities)

**Information Resources:**

**Health Disparities**

# Facts:

**Available Services:**

The National Partnership for Action to End Health Disparities (NPA) was established to mobilize a nationwide, comprehensive, community-driven, and sustained approach to combating health disparities, and move the nation toward achieving health equity.

**5 Steps to Reducing Health Disparity in Your Community**

1. Increase awareness about health disparities
2. Become a leader for addressing health disparities
3. Support healthy and safe behaviors in your community
4. Improve access to health care
5. Create healthy neighborhoods

**Reduce Your Risk of Experiencing Poor Healthcare Outcomes**

Before Your Appointment

* Bring all the medicines you take to your appointment including prescription medicines and non-prescription medicines, such as aspirin or antacids, vitamins and dietary or herbal supplements.
* Write down the questions you have for the visit.
* Know your current medical conditions, past surgeries, and illnesses.

During Your Appointment

* Explain your symptoms, health history, and any problems with medicines you have taken in the past.
* Ask questions to make sure you understand what your doctor is telling you.
* Let your doctor know if you are worried about being able to follow his or her instructions.
* If your doctor recommends a treatment, ask about options.
* If you need a test, ask how the test is done, how it will feel, what you need to do to get ready for it, how you will get the results.
* If you need a prescription, tell your doctor if you are pregnant, nursing, have reactions to medicines, or take vitamins or herbal supplements.
* Find out what to do next. Ask for written instructions, brochures, videos, and websites.

After Your Appointment

* Always follow your doctor's instructions.
* If you do not understand your instructions after you get home, call your doctor.
* Talk with your doctor or pharmacist before you stop taking any medicines that your doctor prescribed.
* Call your doctor if your symptoms get worse or if you have problems following the instructions.
* Make appointments to have tests done or see a specialist, if you need to.
* Call your doctor's office to find out test results. Ask what you should do about the results.

What services are available either locally or statewide?

You can add hyperlinks here too!