

Advancing Health Equity in Health Care

What You Can Do as a Health Care Provider and Decision-Maker

How Can I Improve Health Equity in My Everyday Work?

Thirteen broad policy and program recommendations for improving health equity have been developed based on leading best and promising practices across Canada (See [Technical Appendix](#) for references). Consider these following key principles:

- 1. Consider literacy and language diversity in the development of public messaging and materials.**
 - Incorporate visuals into learning resources for patients.
- 2. Integrate social supports.**
 - Create safe ways for patients, clients and families to get help without feeling embarrassed or put on the spot.
- 3. Include provider care systems to support equitable service provision.**
 - Use reminders, regular communications, flow sheets, and metrics to ensure that equitable care is 'top of mind' for everyone.
- 4. Orientate services to be provided within the home, school, workplace and/or community.**
 - Provide services at times and in places that meet patient and client needs.
- 5. Deliver programs and/or services specifically for priority populations.**
 - Provide programs or services to meet needs not addressed by other plans/strategies.
- 6. Ensure culturally-safe service provision.**
 - Develop knowledge or skills of workforce to provide culturally-safe services.
- 7. Develop innovative approaches for the inclusion of skill-building and interactive components for interventions.**
 - Assess people's readiness for change, build on their strengths, and tailor activities appropriately.
- 8. Include clients and/or families in health programming.**
 - Engage clients and families in planning and decision-making at individual (client) and program level.
- 9. Facilitate the formation of multidisciplinary teams, integrated services and case management for high risk and marginalized populations.**
 - Support advocacy for individual patients, clients and families' needs within the health care system and with intersectoral partners.
- 10. Integrate community health and lay workers within health program planning and delivery.**
 - Provide community members with innovative opportunities to learn new skills and play a role in the health care system (e.g. community program builders, Elders, and patient/client/family advisors).
- 11. Work towards supporting long-term sustainable change.**
 - Build upon and/or scale up previously successful programming.
- 12. Identify the role of sectors other than health (e.g. education, housing, social services etc.) as active partners in order to address the social determinants of health and increase equity.**
 - Collaborate with other service providers to address social determinants of health.
- 13. Be regularly informed by evidence.**
 - Identify the exact result to be achieved, follow best practices, and include how to know whether or not you are succeeding (target-setting).

Additional Resources:

- [What is Health Equity?](#)
- [Cultural Considerations: Aboriginal Peoples Health](#)
- [The Health Care Equity Guide](#)
- [The Health Care Equity Tool](#)
- [Tackling the Barriers to Better Health For All](#)

Find more examples of how you can build health equity into your own practice in [The Health Care Equity Audit Guide](#).