

# As people of faith, we can help make health equity a reality

## What is health equity?

Health equity means we all have a fair and just opportunity to be as healthy as possible, no matter who we are, where we live, or how much money we make.

According to the [CDC](#), chronic conditions, such as heart disease, cancer, diabetes, and stroke, tend to be more common for people in historically marginalized communities.

Barriers, such as racism, unsafe housing, polluted air and water, and food deserts, contribute to these health disparities. According to a [Robert Wood Johnson Foundation](#) report. "After all, it's hard to be healthy without access to good jobs and schools and, safe, affordable homes."



*To build a Culture of Health, we must first ensure everyone has the basics to be healthy. And when it comes to expanding opportunities for health, thinking the same approach will work universally is like expecting everyone to be able to ride the same bike. Courtesy: [Robert Wood Johnson](#)*

## As people of faith, we can help make health equity a reality by:

**Partnering** with [Advocate Aurora Health Faith and Health Partnerships](#) to develop faith-rooted health promotion programs, expand congregational health ministries, conduct educational workshops, and carry out other faith and health initiatives in your community. Contact [Kirsten Peachey](#), Vice President for Faith Outreach, for more details.

**Taking** the [Reason to Have Hope: A Public Health Response to Racism](#) online course, intended to support people in all settings of the church to gain a deeper understanding of the harm that racism and white supremacy have on health and well-being.

**Learning** about [social determinants of health](#) - the multiple, interconnected, and complex factors that contribute to health inequity.

**Advocating** for legislation and the use of civic resources (e.g., [food](#), [shelter](#), [child care](#), [respite](#), and [older adult care](#)) to advance health equity.

**Knowing your rights.** Learn about civil rights for individuals and advocates.

**Starting a conversation about health inequity** through CDC's "Conversations in Equity" blog.

**Watching the "Unnatural Causes" series to learn how inequity hurts health.** **Mobilizing your community with guidance on change efforts** through the Community Tool Box, a free, online resource for those working to build healthier communities and bring about social change.

**Becoming a Culture of Health leader**, a leadership development opportunity for people working in every field and profession who want to use their influence to advance health equity.