

Confronting Health Inequities

Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities. [Nancy Sung Shelton](#), Senior Consultant, Cultural Competence and Health Literacy, presented at [New York Association of Psychiatric Rehabilitation Services, Inc. \(NYAPRS\)](#)'s 36th Annual Conference about confronting health inequities and the historical implications of racism on contemporary systemic issues. Nancy talked about health and well-being as human rights that should be afforded to all, based on the patient's/consumer's individual needs, and is a matter of social justice – from the perspectives of personal bias to systemic racism. Those attending her presentation explored personal activities, within their sphere of influence, that could help to address disparities, racism, and create a more equitable system and community. Contact Nancy at NShelton@ccsi.org to learn more about achieving health equity at your organization.

