

## Helpful Definitions and Mini Grant Tips

### **Health Equity:**

*Health equity* means that everyone has a fair and just opportunity to be healthier. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.



### **Health Disparity:**

A *health disparity* as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.

### **Social Determinants of Health:**

*Social determinants of health* are “the structural determinants and conditions in which people are born, grow, live, work and age.” They include factors like socioeconomic status, education, the physical environment, employment, and social support networks, as well as access to health care.

### **Examples of social determinants include:**

- Availability of resources to meet daily needs (e.g., safe housing and local food markets)
- Access to health care services
- Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities
- Transportation options
- Public safety
- Social support
- Language/Literacy
- Culture



**Examples of *physical determinants* include:**

- Natural environment, such as green space (e.g., trees and grass)
- Built environment, such as buildings, sidewalks, bike lanes, and roads
- Worksites, schools, and recreational settings
- Community design
- Physical barriers, especially for people with disabilities
- Aesthetic elements (e.g., good lighting, trees, and benches)

**Questions to consider when writing your mini grant**

1. Based on the definitions and examples above, does your project or program address health equity or the social/physical determinants of health?
2. Will your project or program be implemented in areas with health disparities?
3. After implementing the program, policy, or process, what changes do you expect to see in the community?
4. Who are the community members you hope to serve and how are they benefitting?
5. What communities are not able to benefit? Why?
6. Have the target communities been part of the decision making process?
7. Are the appropriate institutional partners part of the decision making process?
8. How are affected communities involved in defining success? How will you know this project has been successful?
9. What mechanism(s) exist for affected communities to hold decision makers accountable?
10. How are results being evaluated? Do you have a plan to communicate results back to all impacted communities (e.g. the communities who are not able to benefit)?