## Barriers and Goals for Health Equity

Select a nondominant population that you are interested in, and complete the following chart based on the key conditions identified by the Commission on Social Determinants of Health (2008) for promoting health equity and eliminating the negative impact of the social determinants of health. If you want additional information on any of these recommendations, please check out the report.

In the second column, list what you know about the current social inequities impacting the health and well-being of these individuals and communities. In the third column create a list of goals for change that would support health equity for this particular nondominant population. Then highlight those goals that you believe are within the scope of your future professional roles as a counsellor or psychologist, either directly or indirectly.

| Recommendations for advancing global health equity | Observations about current social inequities | Changes required to support health equity |
|---|---|---|
| 1. Education, particularly education for girls | | |
| 2. Healthy communities and living environments, including issues of poverty, housing, and safety | | |
| 3. Fair employment, including wage equity and healthy, safe working conditions | | |
| 4. Social protection and support systems across the lifespan, particularly for children and aging populations | | |
| 5. Access to health care, including mental health services | | |
| 6. Policies, systems, and programs that support health equity | | |
| 7. Economic fairness, including management of natural resources, land, and economic agreements. | | |

| 8. Gender equity, including elimination of discrimination and violence based on gender | | |
|---|---|---|
| 9. Political empowerment, for example, inclusion, voice, agency, and self-determination | | |

**Reference**

Commission on Social Determinants of Health, World Health Organization. (2008). *Closing the gap in a generation: health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health*. http://whqlibdoc.who.int/publications/2008/9789241563703_eng.pdf