What Can We Do About Health Disparities?
“Bringing Balance to Healthcare”

Everyone can:

- Learn more about racial and ethnic disparities in health.
- Identify key issues and solutions in the area of health disparities.
- Take charge of your health care.
- Understand the clinical services offered by your health department (www.meckhealth.org).

Health Professionals can:

- Seek additional training and resources to improve understanding of health disparities.
- Do not be afraid to:
  - Work outside of your comfort zone to provide quality healthcare for a diverse population.
  - Speak out and to do what is right in correcting institutional barriers – Be an advocate for eliminating health disparities.
- Eliminate a two-tiered healthcare system: Champion the same standards of care and services for all patients, regardless of how they pay for healthcare.
- Ensure respectful care:
  - Ensure that your institution treats everyone with respect and dignity.
  - Provide culturally sensitive healthcare.

Community Leaders and Government Officials can:

- Support equitable health insurance
- Advocate for affordable health coverage for all people.
  - Help enroll people who are eligible.
- Enforce regulations
  - Ensure that healthcare institutions provide equal access to care.
  - Monitor to ensure that resources are effectively serving and benefiting the target population.