Welcome! We will begin shortly. Phone lines are muted but will be opened for Q&A at several points throughout the presentation.
motivating others through voices of experience
Leadership is a Journey

Cultural Perspectives on Self-Care in Leadership & The Role of Leadership and Achieving Health Equity

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Welcome!

- Name
- Role/Location
- Icebreaker
  - Get out your phones and research an answer to a question that has crossed your mind lately.
Intersecting Axes of Inequity

- Race
- Gender
- Ethnicity
- Labor roles and social class markers
- Nationality, language, and legal status
- Sexual orientation
- Disability status
- Geography/Place
- Religion
Self-Reflection

Think back to a time when you were sick as a child with a common cold, flu/virus, ear infection etc.,

• Who took care of you?
• How did they take care of you?
• What did your family or caregiver believe about taking care of you?
• Were there certain foods that were believed to be good/bad for you?
• Were there specific ways of treating the illness that were believed to be better ways than others?
• How did your family feel about going to the doctor?
The Role of Leadership and Achieving Health Equity

• “Health equity” is assurance of the conditions for optimal health for all people

• Achieving health equity requires
  • Valuing all individuals and populations equally
  • Recognizing and rectifying historical injustices
  • Providing resources according to need

• Health disparities will be eliminated when health equity is achieved

Source: Jones CP 2010, adapted from the National Partnership for Action to End Health Disparities.
The Role of Leadership and Reaching Health Equity (cont’d)

• Leadership Actions
  
  • **Think** Cultural Health – National Culturally and Linguistically Appropriate Standards
  
  • **Incorporate** the H.U.M.B.L.E Model
  
  • **Dig Deep** into the Data
Think Cultural Health - The National Culturally and Linguistically Appropriate (CLAS) are structured as...

**Standard 1:**
Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs.

**Standards 2-4**
Governance, Leadership, and Workforce

**Standards 5-8**
Communication and Language Assistance

**Standards 9-15**
Engagement, Continuous Improvement, and Accountability
The H.U.M.B.L.E. Model

Humble about the assumptions you make about knowing the world;
Understand how your own background and culture can impact your interactions;
Motivating yourself to learn about cultures, health beliefs and practices you frequently come across;
Beginning to incorporate this knowledge into your work;
Life-long learning about other cultures;
Emphasizing and establishing respect in our interactions in order to maintain health and productive relationships.
Data

• Data helps explain WHY your cause (addressing health disparities, for example) is important

• Data helps suggest HOW to fix the problem at hand by suggesting WHAT the problem is
Other Populations By...

- Socio-economic status
- Geography (urban or rural)
- Gender
- Age
- Disability status
- Risk status related to sex and gender
Racial and Ethnic Minority Populations

- American Indian/Alaska Native (AI/AN)
- Asian American
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander (NHOPI)
Resources

- Web-based Injury Statistics and Query Reporting System (WISQARS)
- Youth Behavioral Risk Survey System (YBRSS)
- National Violent Death Reporting System (NVDRS)
- Center for Behavioral Health Statistics and Quality (CBHSQ)
- National Mental Health Services Survey (N-MHSS)
- National Survey on Drug Use and Health (NSDUH)
Resources

Think Cultural Health

https://www.thinkculturalhealth.hhs.gov/clas

The National Adolescent Health Information Center

https://www.healthypeople.gov/sites/default/files/Framing_AYAH_HP2020_Webinar.pdf

The National Partnership for Action to End Health Disparities

https://minorityhealth.hhs.gov/npa/
Thanks for joining us!

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Thanks for hanging out.
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