Mission Forum:
Health Equity and Social Responsibility
March 31, 6:00 pm

REGISTER TODAY
DID YOU KNOW?

Life Expectancy varies by up to 18 years in King County and differs dramatically based on race, gender, geography, and income.

Sources: Seattle King County Public Health. Life expectancy at birth, King County (average: 2014-2018). https://tableaupub.kingcounty.gov/t/Public/views/Lifeexpectancyatbirth/Demographics?%3AshowAppBanner=false&%3Adisplay_count=n&%3AshowVizHome=n&%3Aorigin=viz_share_link&%3Aembed=y

**DID YOU KNOW?**
Rates of COVID-19 infection and death are disproportionately higher in communities of color compared to the white population

<table>
<thead>
<tr>
<th>Population</th>
<th>March 8, 2020</th>
<th>April 26, 2020</th>
<th>March 14, 2021</th>
<th>Compared to % of Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>71%</td>
<td>45%</td>
<td>40%</td>
<td>59%</td>
</tr>
<tr>
<td>Hispanic/Latinx</td>
<td>6%</td>
<td>23%</td>
<td>23%</td>
<td>10%</td>
</tr>
<tr>
<td>Asian</td>
<td>16%</td>
<td>13%</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>Black</td>
<td>4%</td>
<td>11%</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander</td>
<td>1%</td>
<td>2%</td>
<td>3%</td>
<td>1%</td>
</tr>
</tbody>
</table>

DID YOU KNOW?

COVID-19 is expected to reverse over 10 years of progress made in closing the Black–White gap in life expectancy and reduce the previous Latino mortality advantage by over 70%.

Source: Reductions in 2020 US life expectancy due to COVID-19 and the disproportionate impact on the Black and Latino populations. PNAS February 2, 2021 118 (5) e2014746118; https://doi.org/10.1073/pnas.2014746118
DID YOU KNOW?

Calls to the King County behavioral health crisis line increased by 12% in 2020

*Behavioral health refers to connections between behaviors and health (physical and mental) and well-being of people, including substance use.
**DID YOU KNOW?**

In general, LGBTQ adults are almost **3 times** more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.

Adults who identify as lesbian, gay, or bisexual (18.8%) were **twice as likely to report unmet healthcare needs** compared to adults who identify as heterosexual (9.5%).

Source: King County Community Health Needs Assessment 2018/19, LGBTQ Community Spotlight
DID YOU KNOW?

Nearly 1 in 5 transgender and gender non-conforming individuals report being refused health care because of their gender identity.

Source: King County Transgender and Gender Non-Binary Healthcare and Inequities
“There is a general distrust of the healthcare system. If you are questioning your orientation/identity and you don’t have an adult or community support it creates shame and insecurity, which is also a barrier because you don’t have support coming out.”

“They were misgendering me the whole time… so I just left. [I am] trying to find a new doctor now, but it’s hard. Doctors make it that I don’t want to go to them at all.”

“I feel more safe if I know a facility hires queer people and is vocal about it. … it’s nice to feel like you’re not the odd one out all the time.”

DID YOU KNOW?
Trans and Queer youth and young adults share unmet needs during interactions with the healthcare system.

Source: King County Community Health Needs Assessment 2018/19, LGBTQ Community Spotlight
DID YOU KNOW?
TODAY IS International Transgender Day of Visibility.

International Transgender Day of Visibility is an annual recognition and awareness day that occurs each year on March 31st.

APRIL 1: CAMP DAY OF ACTION FOR TRANS* JUSTICE
DID YOU KNOW?

WA State Bill 5313 would require insurers to cover gender affirming surgeries that are often deemed "cosmetic" and denied coverage.
Equity & Justice for All: The Y’s Promise to Community

- Provide facilities and programs free of bias and injustice
- Remove institutional and systemic barriers to fulfillment
- Create sustained equitable environments
- Welcome marginalized people
- Weave social justice into each of our programs
- Care for our community in respectful and culturally versatile ways
Our Equity Statement

The Y actively promotes a culture free from bias and injustice. We are dedicated to removing institutional and systemic barriers that result in oppression and racism. We will be accountable to marginalized communities for creating equitable and sustainable environments where social justice is woven into every facet of our programs, and by caring for our communities in a culturally versatile and respectful manner.
Dr. Tumaini Coker

Associate Professor & Chief, Division of General Pediatrics,
University of Washington School of Medicine

Investigator,
Seattle Children’s Research Institute

Board Member,
YMCA of Greater Seattle
Dr. Ben Danielson

Clinical Professor of Pediatrics,
University of Washington
School of Medicine
Dr. Robin Martin
Deputy Director,
Bill & Melinda Gates Foundation
Board Member,
YMCA of Greater Seattle
Health Inequities Accumulate into Shorter Lifespans

**Life Expectancy in King County, by Race**

- NHIP: 72.2
- AIAN: 72.8
- BLACK: 77.6
- WHITE: 81.6
- HISPANIC: 84
- ASIAN: 85.7
- OVERALL: 81.7

**Life Expectancy Variations in King County**

- Men: Lowest Recorded: 68.4, Highest Recorded: 86.7
- Women: Lowest Recorded: 73.6, Highest Recorded: 88.4
YGS Equity Statement

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Questions for Today

• What does the Y’s equity statement look like in daily practice?
• How do we know we are moving in the right direction?
• Knowing that the Y believes a focus on prevention and early intervention requires a presence in someone’s day to day life – how can the Y build authentic relationships with diverse communities across our county?
Whole Person Health at the Y – through a lens of Equity

**Physical:** Caring for your body to stay healthy now and in the future (across all ages)

**Emotional/Mental:** Understanding and managing your emotions in a constructive way; feeling positive and enthusiastic about life

**Social/Relational:** Maintaining healthy relationships; strong social support network in good times and bad

**Spiritual/Cultural:** Finding purpose, value, and meaning in your life; participating in activities consistent with your beliefs; seeing your unique identity and values reflected at the Y

**Community:** Finding safety in and meeting daily needs through surrounding environment; contributing to a shared, thriving community
A Whole Person Health approach, through a lens of Equity...

...considers that comfort with and access to physical activity varies for people based on

- the location and cost of services
- the gender identity, race/ethnicity, religion, culture, language, and physical ability level of the staff and organization providing the activity, and the content of the activity itself
A Whole Person Health approach, through a lens of Equity...

...considers the heightened, chronic trauma experienced by people who face discrimination related to race, gender identity, sexual orientation, immigration status, and more.

Example of "Race-Based Traumatic Stress Syndrome"
A Whole Person Health approach, through a lens of Equity...

...considers the relationships different people need to thrive in their health journeys including those with their family, friends, teachers, neighbors, and other caregivers.

...considers differing priorities in individualist vs collectivist cultures.
A Whole Person Health approach, through a lens of Equity...

...considers how to ensure services and programs do not conflict with the cultural and language norms of different groups in the community; rather, ensuring programs and services celebrate and align with the values and norms of diverse communities.
A Whole Person Health approach, through a lens of Equity...

...considers how participants are (or are not) able to access resources like housing, food, employment support, and more needed to reach and sustain Whole Person Health

(Many refer to these as the social determinants of health)
Collaboration is Crucial

- We can't do this alone
- Impact needs to exist across the five levels of socio-ecological framework
- Need to gain trust from communities we are serving through working with partners the community already trusts

Socio-Ecological Model of Health Source: Centers for Disease Control and Prevention (CDC). [https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html](https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html)