

# HEALTH EQUITY UPDATES

June 2023



## Using Trauma-Informed Principles to Mitigate Weight Stigma

An [article](#) recently published in *Caring for the Ages* discusses the widespread embedded stereotypes about individuals who have higher body weight or larger body size that result in stigma and discrimination. Research on weight stigma suggests that up to 40% of U.S. adults have reported experiencing weight stigma, and that physicians are a common source. The belief that individuals are responsible for their weight and are “[lazy, unmotivated, or lack willpower](#)” contributes to weight stigma and trauma, and can have a cumulative effect on individuals’ mental and physical health.

The article outlines how trauma-informed principles can mitigate weight stigma and promote healing and recovery. Some of the principles discussed include [safety, trust and transparency, collaboration and mutuality](#), and [attention to cultural, historical, and gender issues](#). In addition to this article, organizations interested in implementing policies and procedures to eliminate weight stigma may also consider referring to the [Joint International Consensus Statement for Ending Stigma of Obesity](#).

## Best of CLAS

### - *A tip for implementing culturally and linguistically appropriate services*

It's estimated that 88% of adults [lack adequate health literacy](#) to navigate the U.S. healthcare system. It's important that individuals can find, understand, and use information and services to inform their health-related decisions and promote their well-being. Consider using universal precautions, which are “actions that minimize risk for everyone when it is unclear which patients may be affected” by low health literacy. The Agency for Healthcare Research and Quality (AHRQ) has developed a [toolkit](#) that provides evidence-based practices to improve patient understanding of health information.

## This Month

### Men's Health Month

#### *Better Health Through Better Understanding*

May is Men's Health Month, a time to encourage men to take charge of their health by making healthy living choices. The HHS Office of Minority Health (HHS OMH) is committed to promoting better health for racial/ethnic minority males using culturally and linguistically appropriate services (CLAS).

Following is some information on male health disparities:

- According to a [survey](#) by the Pew Research Center, 49% of Hispanic/Latino males have difficulty with the process of getting medical care.
- CDC [data](#) indicate that in 2021, American Indian/Alaska Native men had a 47% higher incidence of death than non-Hispanic White men. Black men had a 26% higher incidence of death.
- A national [survey](#) by the Cleveland Clinic reveals that 63% of men of color report not getting regular health screenings.

HHS OMH has a men's health [reading list](#) with resources on health literacy, barriers to healthcare, and improving healthcare access for racial and ethnic minority boys and men. There are also [messages and graphics](#) to help spread the word on social media.

## In the News

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### [Telehealth Hubs at Churches Expands Rural Care](#)

A partnership between the University of Georgia and rural churches has expanding access to health care services to underserved communities in Georgia. Using a USDA [grant](#), more than 20 churches in rural locations have become healthcare hubs equipped with widescreen TVs, internet capabilities, computers, and various other devices to facilitate medical appointments and educational seminars on health and managing chronic conditions. The program, called Fishers of Men, is expanding to include the CDC's Diabetes Prevention Program.

### [Long-Term Care Equity Index 2023](#)

The Human Rights Campaign Foundation and SAGE recently released the 2023 Long Term Care Equality Index (LEI), the first validated survey of LGBTQ+ inclusion in long-term care and senior housing communities using a new benchmarking tool that allows facilities to self-assess their LGBTQ+ inclusiveness. Two hundred facilities across 34 states participated in the LEI. Thirteen senior housing and long-term care communities achieved the LGBTQ+ Long-term Care Quality Leader designation for making significant progress in inclusivity and demonstrating that employees have access to a transgender-inclusive health insurance plan.

### [CDC Pathway to Practice Resource Center](#)

The P2P Resource Center is an easy-to-navigate website that features tools and resources produced by CDC-funded Prevention Resource Center (PRC) research projects. Community organizations, public health practitioners and researchers can easily find useful resources such as toolkits, research briefs, and training about how people and communities can avoid or reduce the risks for chronic illness. The site includes projects related to reducing disparities and promoting health equity. The CDC released a [Resource Center Overview Fact Sheet](#) with more information on the features of the site.

### [Surgeon General's Advisory on Loneliness/Isolation](#)

This U.S. Surgeon General advisory indicates that loneliness and social isolation are more prevalent than any other major health issue in the U.S. and are major public health concerns. A 2022 study found that only 39% of adults surveyed indicated that they felt emotionally close to others. A lack of social connection poses a significant risk for individual health and longevity. According to the advisory, loneliness and social isolation increase the risk for premature death by 26% and 29% respectively. The advisory outlines the six pillars to advance social connection, a national strategy to address the issues.



Visit the IPRO Resource Library: <https://qi-library.ipro.org/>

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## Upcoming Events

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### [Protecting Patients from Climate-Sensitive Hazards Through Clinical Care Coordination](#)

*Office of the Assistant Secretary of Health*

**Date:** June 15, 2023

**Time:** 12:00 PM ET

### [Tobacco Use Disorder Integration Monthly Office Hours](#)

National Behavioral Health Network for Tobacco & Cancer Control

**Date:** June 13, 2023

**Time:** 2:30 PM ET

### [CMS Inaugural Health Equity Conference](#)

*Centers for Medicare & Medicaid Services*

**Dates:** June 7 – 8, 2023

[Registration](#) (virtual only)