

# THE ROLE OF LIVED EXPERIENCE IN ACHIEVING HEALTH EQUITY

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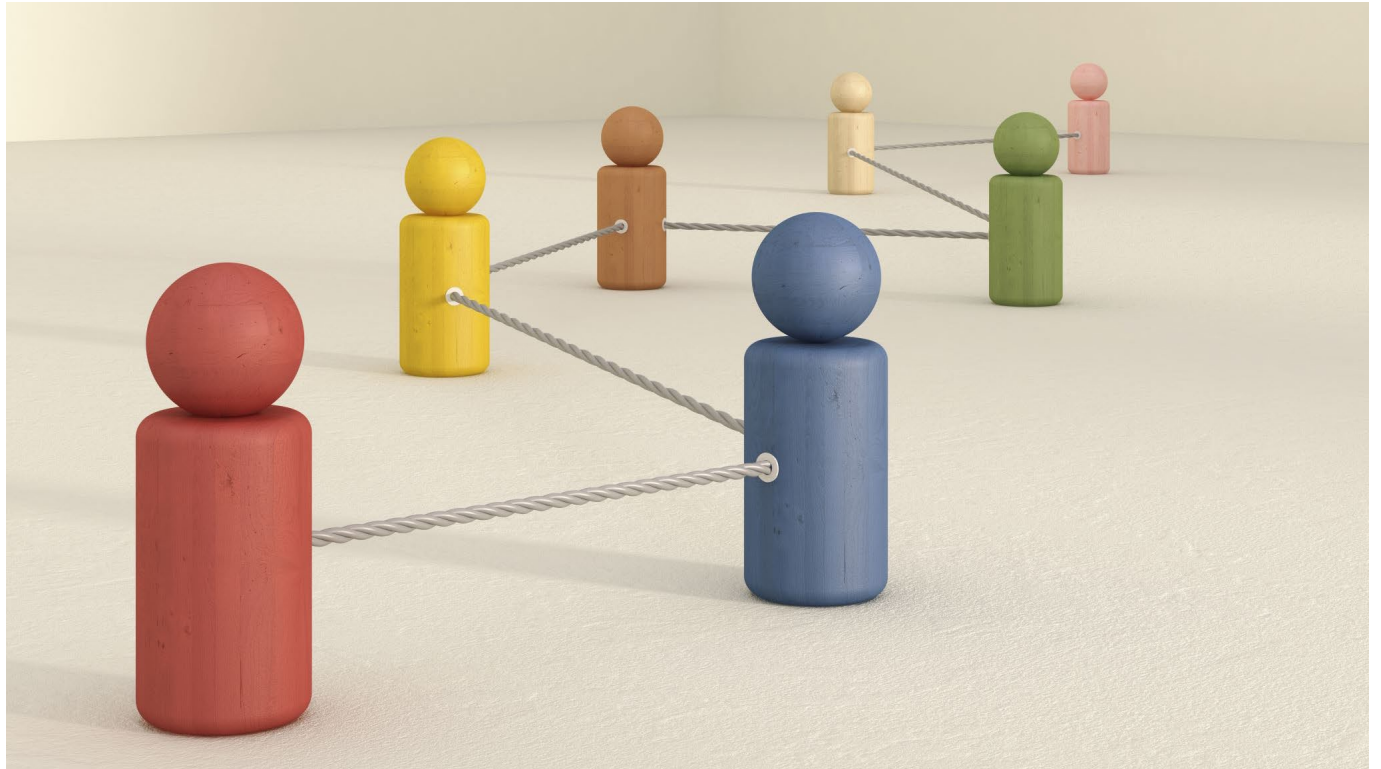
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# THE POWER OF LIVED EXPERIENCE

- *Experts by experience*
- Identify common gaps in treatment delivery and barriers to care
- Increase engagement and overall well-being
- Reduce stigma

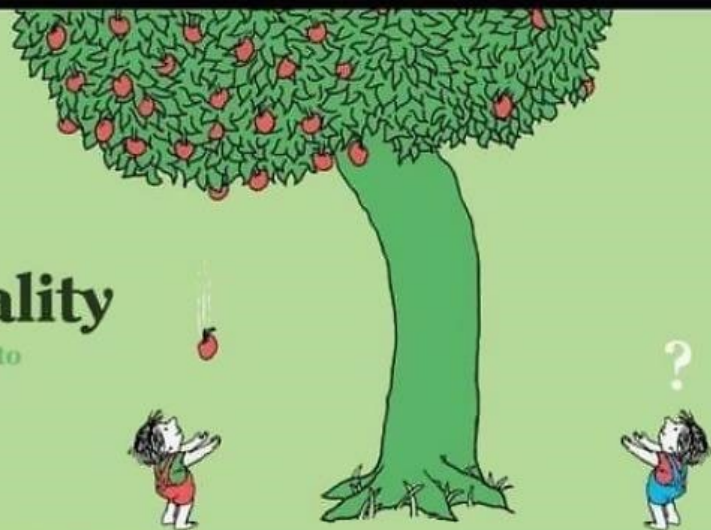




# Inequality

Unequal access to opportunities

Source: @lunchbreak in the 2019 Design in Tech Report



# Equality?

Evenly distributed tools and assistance

Source: @lunchbreak in the 2019 Design in Tech Report



# Equity

Custom tools that identify and address inequality

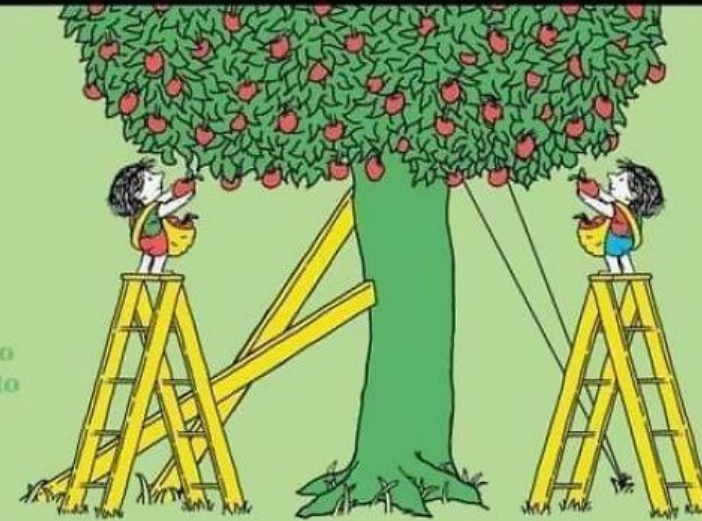
Source: @lunchbreak in the 2019 Design in Tech Report



# Justice

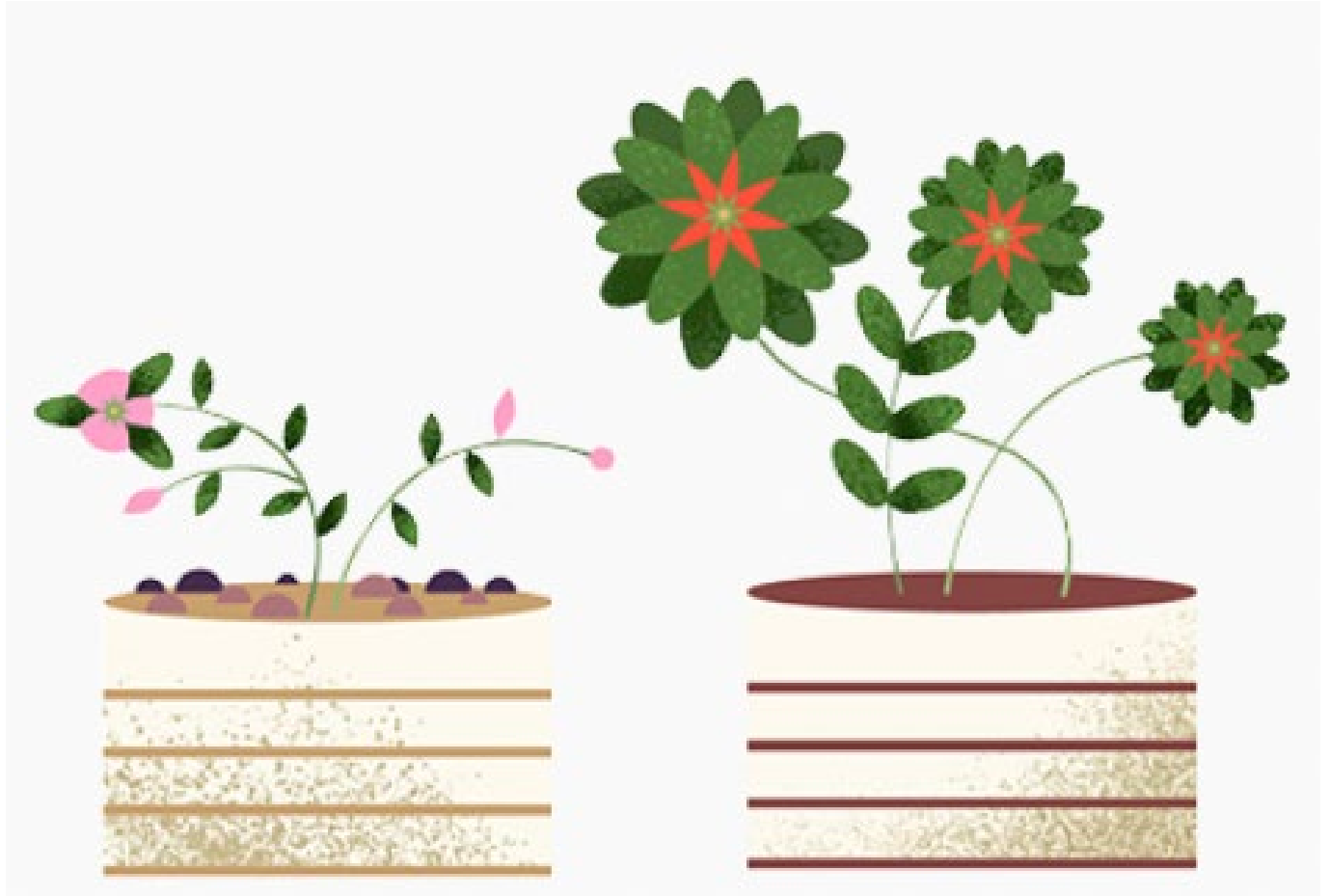
Fixing the system to offer equal access to both tools and opportunities

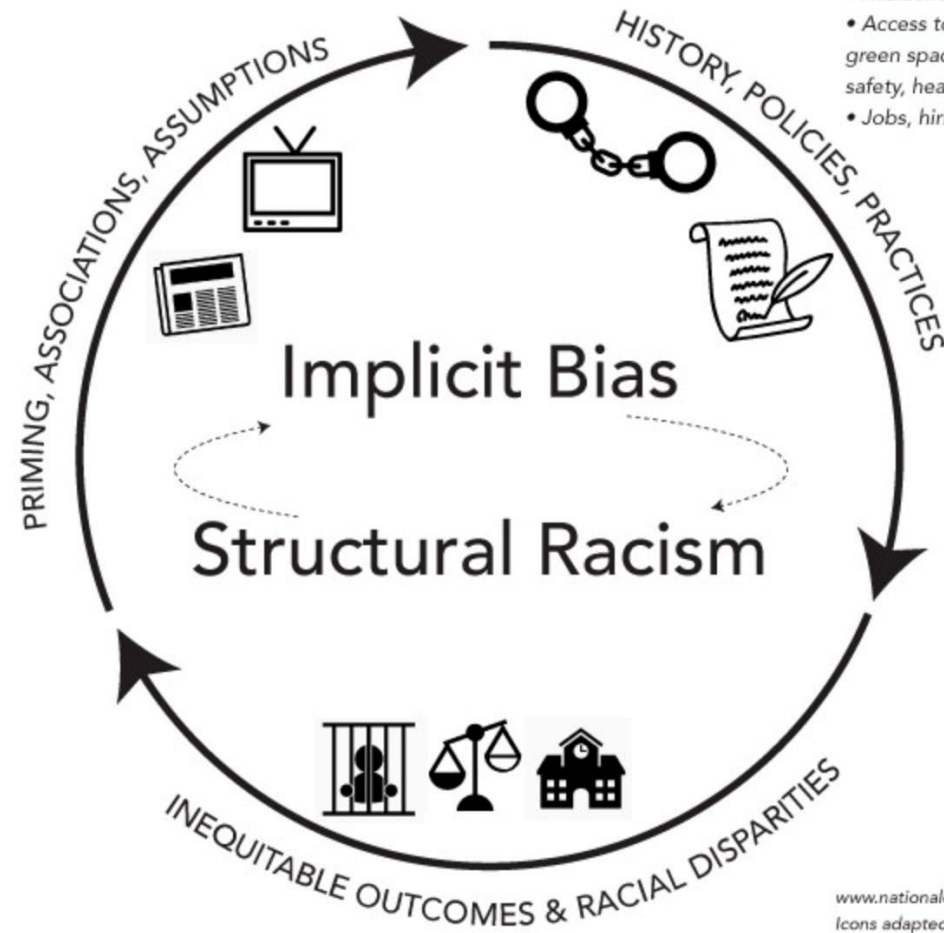
Source: @lunchbreak in the 2019 Design in Tech Report



# STRUCTURAL RACISM AND HEALTH INEQUITY

- Reflecting on systems that have stifled the growth and progress of certain communities
- Clinician bias and lack of access to good quality care continues to keep the marginalized within the margins





- Voting rights
- FHA Loans
- Residential segregation
- Access to education, green space, resources, safety, healthcare, etc
- Jobs, hiring, & advancement

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Symptom  
Presentation



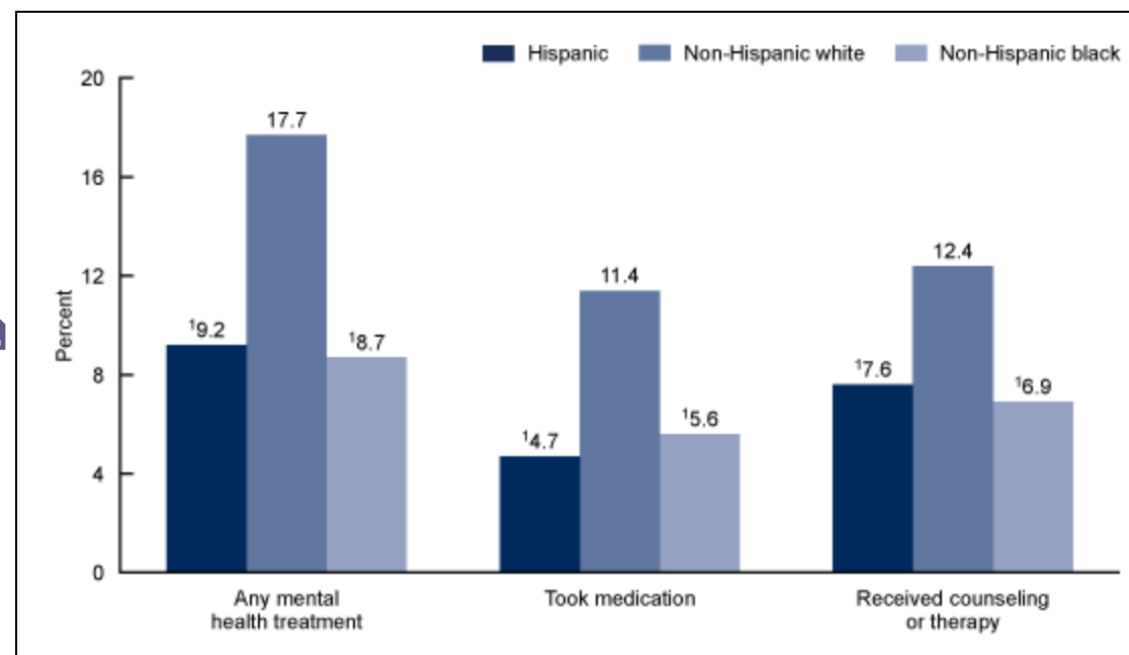
Clinician Bias

Stigma and  
Treatment Delays

## DISPARITIES IN MENTAL HEALTH CARE UTILIZATION

- Among adults with any mental illness, Black (39%), Hispanic (36%), and Asian (25%) adults were less likely than White (52%) adults to receive mental health services as of 2021

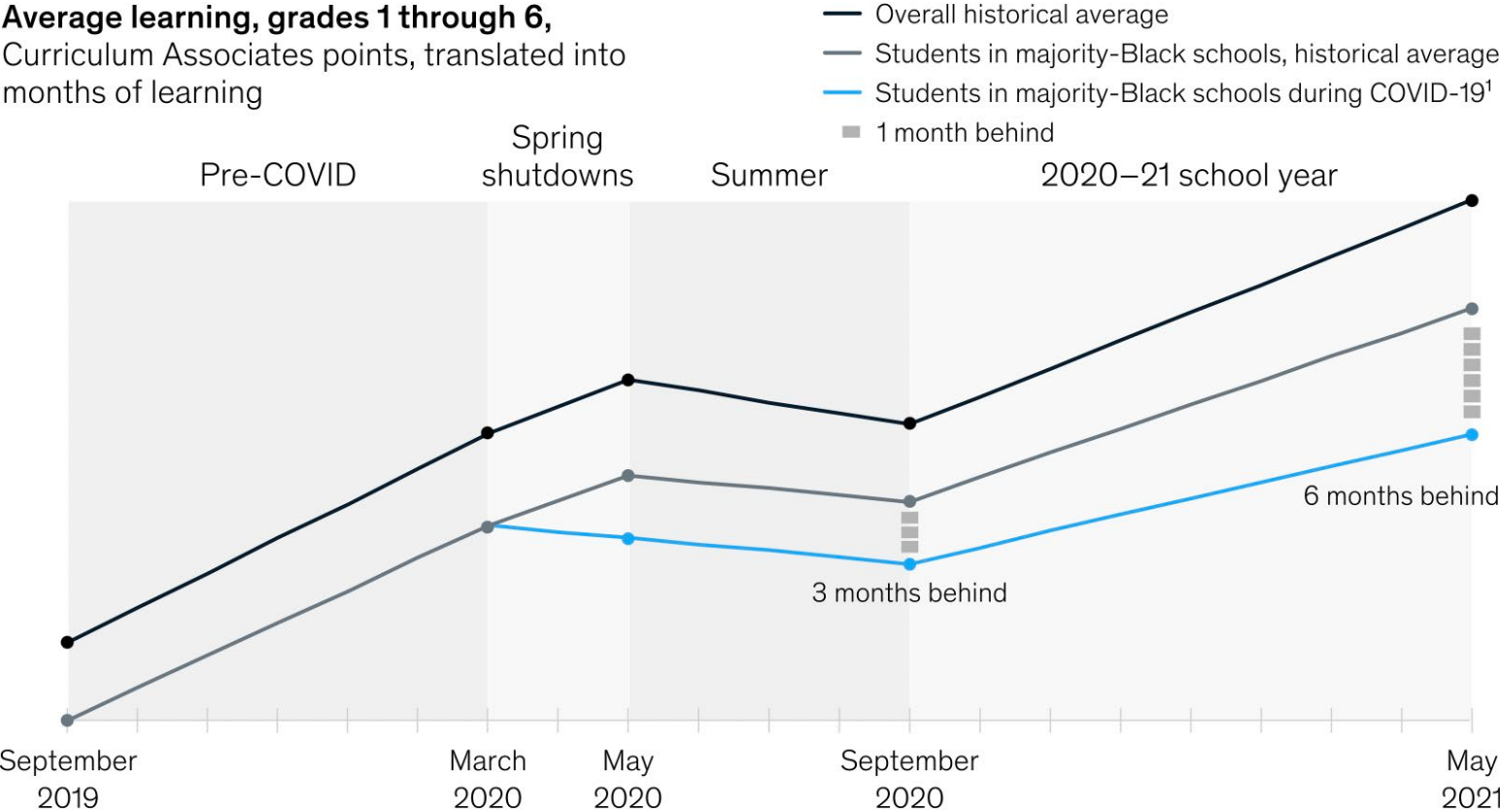
Figure 3. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by race and Hispanic origin: United States, 2019



National Center for Health Statistics, National Health Interview Survey, 2019.

Unfinished learning through the pandemic exacerbates historical inequities, especially for Black students.

Average learning, grades 1 through 6,  
Curriculum Associates points, translated into  
months of learning

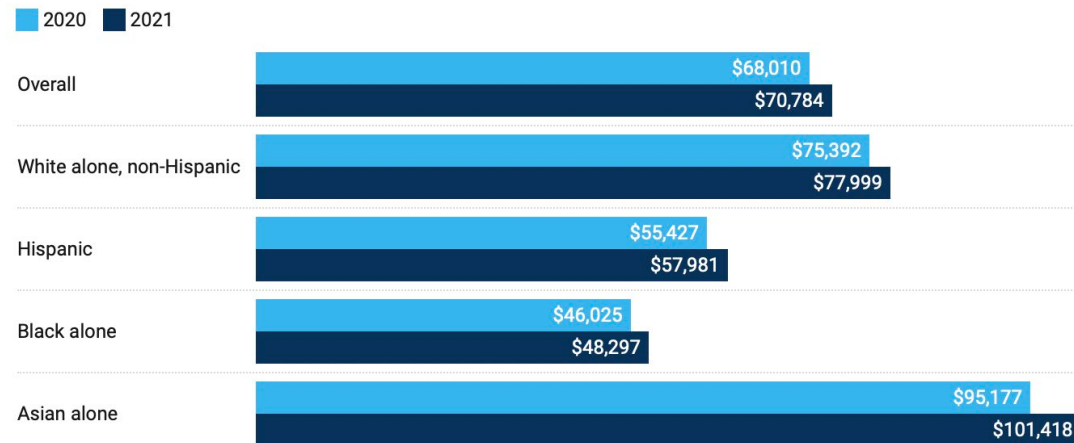


<sup>1</sup>Average fall 2020 achievement and learning loss represents schools with students who are >50% Black, Indigenous, and people of color because there were not enough majority-Black schools that had in-school assessments; average spring 2020 achievement and learning loss represents schools with >50% Black enrollment.

Source: Curriculum Associates i-Ready assessment data

## Despite increased incomes, Black and Hispanic households continued to earn less in 2021

Median household income by race and ethnicity and overall, 2020–2021



Source: U.S. Census Bureau, "Historical Income Tables: Households, Table H-5. Race and Hispanic Origin of Householder—Households by Median and Mean Income," available at <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-income-households.html> (last accessed October 2022).  
Chart: Center for American Progress

## Black and Hispanic households experienced higher rates of food insecurity than other households in 2020

Household food insecurity rates by race, 2020

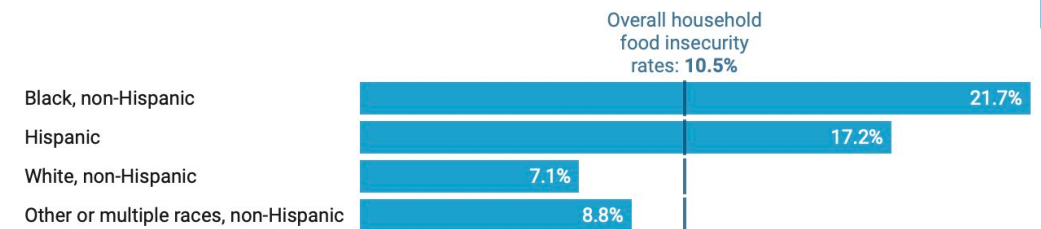


Chart: Center for American Progress • Source: Alisha Coleman-Jensen and others, "Household Food Security in the United States in 2020" (Washington: U.S. Economic Research Service, 2021), available at <https://www.ers.usda.gov/webdocs/publications/102076/err-298.pdf?v=7508.8>.



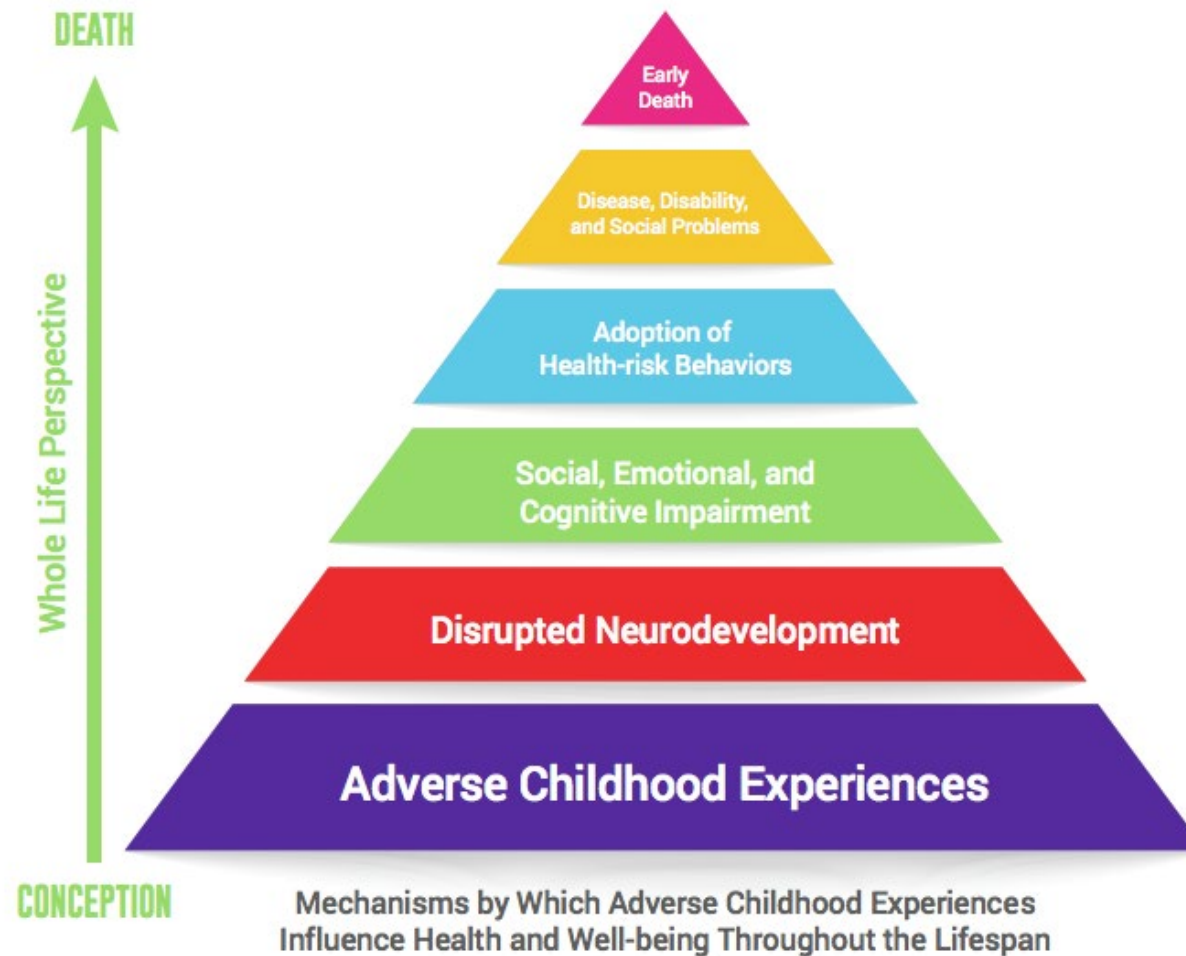
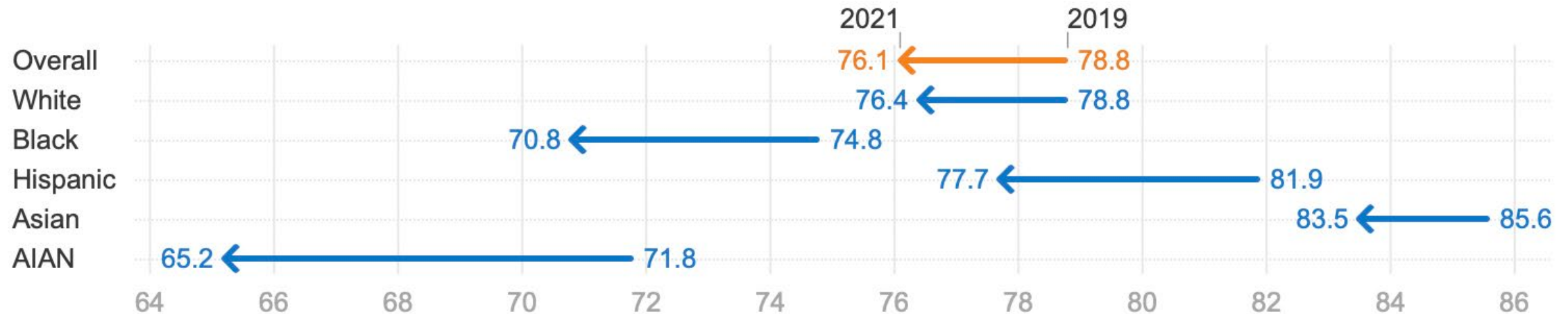


Figure 3: Revised ACEs Pyramid

Figure 14

## Life Expectancy in Years by Race/Ethnicity, 2019-2021

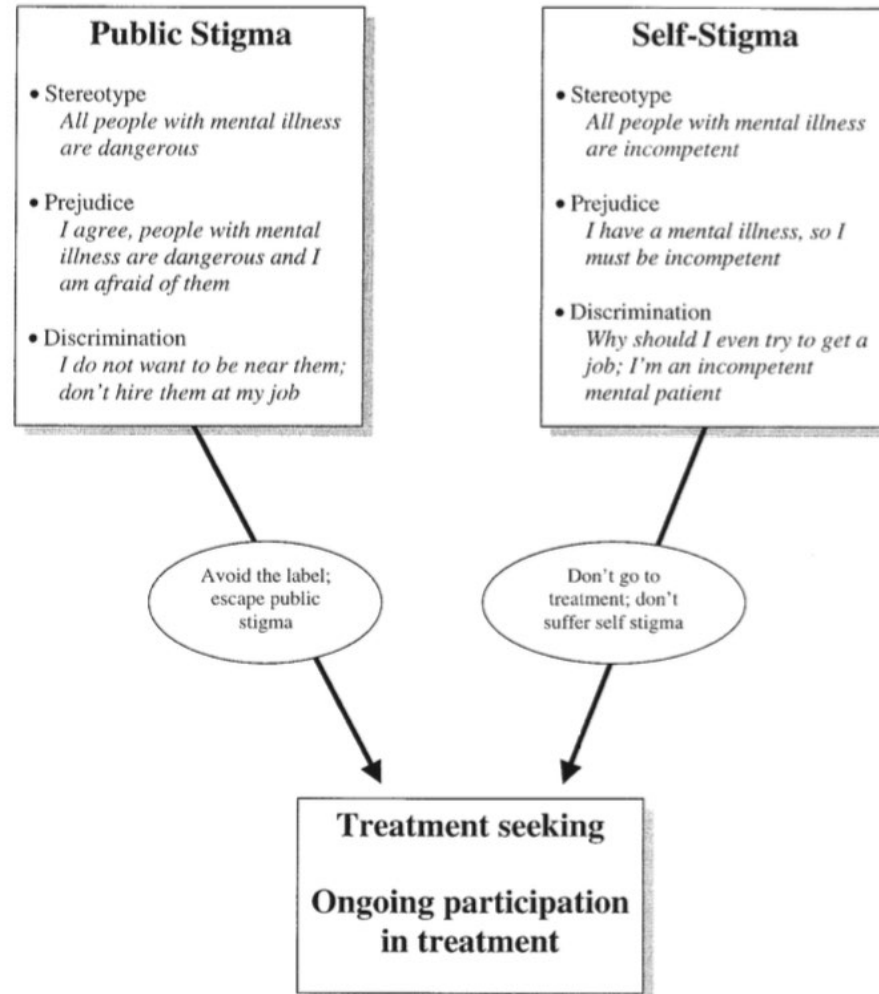


NOTE: Estimates based on provisional data for 2021 and final data for 2019 life expectancy at birth. Persons of Hispanic origin may be of any race but are categorized as Hispanic for this analysis; other groups are non-Hispanic.

SOURCE: Arias E, Tejada-Vera B, Kochanek KD, Ahmad FB. Provisional life expectancy estimates for 2021. Vital Statistics Rapid Release; no 23. Hyattsville, MD: National Center for Health Statistics. August 2022. DOI: <https://dx.doi.org/10.15620/cdc:118999>. • PNG

**KFF**

**Figure 1**  
Two Factors That May Influence Whether a Person Who Might Benefit From Mental Health Treatment Actually Seeks It



# MAKE THAT CHANGE...



- Provide a seat at the table
- Tool for advocacy, empowerment and policy change
- Research – increases appropriateness and quality of interventions