**Health Equity, Defined**

When every person has the opportunity to attain their full health potential.

When no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.

---

**IMPARTS**

**Emerging Inequities in COVID-19**

- Increased rates of hospitalization and death in Black, Hispanic and Native American communities
- Higher prevalence of COVID-19 disease among those of low socioeconomic status
- Higher risk of infection in prisons, group homes and residential treatment facilities
- Notable increase in xenophobia and bias towards Asian Americans

**COVID-Specific Threats to Health Equity**

- Living and working circumstances make social distancing challenging for some (e.g., undocumented people, the LGBTQ community, survivors of IPV)
- Inequitable access to COVID-19 testing.
- Undocumented immigrants and uninsured people have limited access to public safety nets.

---

**STRATEGIES**

**Provide Equitable Care**

- Recognize racism is at the root of inequities
- Screen for social determinants of health
- Ask about:
  - ability to safely social distance
  - availability of cleaning supplies
  - access to internet/data for virtual visits
  - Screen more frequently for IPV and safety
- Identify key community resources:
  - Food banks or pantries
  - Housing assistance
  - Intimate partner violence services
- Provide information in the language that your patient speaks, reads, or understands.
- Increase capacity for care for vulnerable populations (i.e., increase provider, nursing, social service resources)

**Confront Bias with Proven Upstander Techniques**

- **Direct**
  - Directly address biased behavior. Advise the person that their behavior is biased or ask them to clarify their meaning/intent.
- **Distract**
  - Disrupt a biased interaction by mentioning or doing something unrelated. Consider using when there is a concern for violence.
- **Delegate**
  - Ask another person to help you address the biased behavior
- **Delay**
  - Wait until a safer/more appropriate time then address biased behavior
- **Distract**
  - Disrupt a biased interaction by mentioning or doing something unrelated. Consider using when there is a concern for violence.

**Increase Access to Community-Based Testing**

**Design and Conduct Studies with Community Input and Participation from Inception**

**Advocate**

Ask policymakers to ensure that all pregnant people have access to care, that health care workers have the resources they need to stay safe, and that pregnant people are included in COVID-19 research.

---

**Why Racism is Important in COVID-19**

**Racism**

- Social Determinants of Health including access to healthcare, food, housing, and education
- Co-Morbid Conditions

**Impacts to Healthcare**

- Stress, time constraints, fatigue and fear increase the risk of biased behavior among health care providers and among the general public.

---

**Strategies to Provide Equitable Care During COVID-19**

For more information, visit SMFM.org/COVID19