

2017 • State Health Assessment & State Health Improvement Plan Tabletop Instructions

Discuss Opportunities for Improving Health Equity

Health Equity exists when all people have an equal opportunity to be healthy, especially those who have experienced socioeconomic disadvantage, historical injustice and other avoidable inequalities that are often associated with race, gender, ethnicity, social position, sexual orientation and disability.

1. **Silently consider** the stated vision for health equity in Vermont. (5 mins)

All people in Vermont have an equal opportunity to be healthy and live in healthy communities

Take a few notes for yourself on what achieving this vision of health equity would look like to you. These two questions may help in your thinking:

In five years, if we have successfully worked towards achieving health equity, what would we have accomplished?

What actions would VT institutions and systems (e.g., schools, prisons, hospitals, corporations) have taken to contribute to health equity?

2. **Share your thinking** with others at your table. (One minute per speaker)
 - a. Each person has one uninterrupted minute to share their thoughts; others listen without interrupting
 - b. After all participants have had the opportunity to speak without interruption, members of the group can ask questions to increase understanding
3. **Identify a scribe and record any key themes** on the flipchart to share with other groups (10 min total)

What issues seemed to be repeated among the participants in your group?

What are some of the ways your group described a future with greater health equity?

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Tabletop Instructions

Identify Forces of Change - Exercise

- social
- economic
- technology and science
- environmental
- political, legal and ethical

Round #1: Complete Analysis for Your Table's Assigned Factor (30 minutes)

1. **Silently and individually** reflect on the trends, events and/or factors in our communities, state and nation that could affect our ability to create our vision. **Note your answer to the following questions on your worksheet:**

What is happening currently that could affect our ability to achieve health equity? (What are the forces of change?)

How does what is happening move us in the direction of improving health equity? (How is that a positive force in moving us towards health equity)

How could what is happening make it harder for us to reach our goal of improved health equity? (How is that a negative force holding us back from achieving health equity?)

2. **Identify a scribe for the group** to record the ideas generated by the group on the flipchart
3. **Share and record ideas** of all participants at your table;
 - a. Each person shares one idea at a time
 - b. Go around until all ideas have been shared

Rounds #2 - 5: Add to Others Work (10 minutes per round)

1. **Review ideas from the previous group**
2. **Add to the list**