



National Collaborating Centre
for Determinants of Health
Centre de collaboration nationale
des déterminants de la santé

Public Health Training for Equitable Systems Change (PHESC)

On-Demand Webinar 1: Introduction to Health Equity

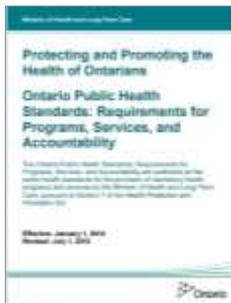
Additional resources

Thank you for choosing to complete an on-demand webinar from the Public Health Training for Equitable Systems Change (PHESC) series.

To further your learning, we have compiled a list of readings to complete **before** watching the webinar recording, as well as suggested resources and self-reflection questions to review **after** the webinar is complete.

You can access this list and other PHESC series resources by visiting the [PHESC page](#) on the NCCDH website. If you have any questions, please contact nccdh@stfx.ca.

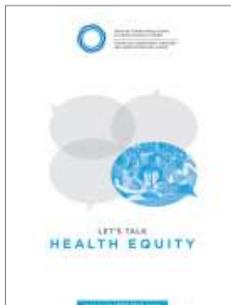
Suggested pre-webinar readings:



[Ontario Ministry of Health and Long-term Care. \(2018\). *Protecting and Promoting the Health of Ontarians Ontario Public Health Standards: Requirements for Programs, Services, and Accountability*. Toronto, ON.](#)



[Ontario Ministry of Health and Long-term Care. \(2018\). *Health Equity Guideline, 2018*. Toronto, ON.](#)



[National Collaborating Centre for Determinants of Health. \(2013\). *Let's Talk: Health Equity*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.](#)



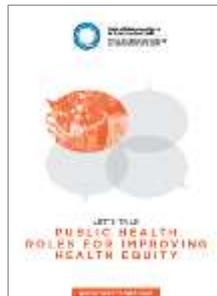
[National Collaborating Centre for Determinants of Health. \(2014\). *Glossary of Essential Health Equity Terms*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.](#)

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Suggested post-webinar readings:



[Mikkonen, J. & Raphael, D. \(2010\). *Social Determinants of Health - The Canadian Facts*. Toronto, ON: York University School of Health Policy and Management.](#)



[National Collaborating Centre for Determinants of Health. \(2013\). *Let's Talk: Public Health Roles for Improving Health Equity*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.](#)



[National Collaborating Centre for Determinants of Health. \(2016\). *Common Agenda for Public Health Action on Health Equity*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.](#)

Self-reflection questions to incorporate into your professional practice:

1. What are the top five disproportionately and unjustly distributed health inequities in your community?
2. What are the root causes of these inequities?
3. What are some health inequities you are addressing in your work?
4. What are the opportunities in public health practice, research and decision-making to effect change?
5. Do your budget allocations reflect a commitment to address health inequity? If no, how could this be changed?
6. What are the actions and policies needed at the various levels of government to increase people's opportunities to be healthy and reduce health inequities?
7. What actions are you taking to modify the power dynamics that create ill health?
8. Thinking about the communities that you work with, what are the historical and contemporary processes they have faced, which inhibit their access to resources and power?
9. How do your organizations' policies, practices and the ways in which resources are distributed, contribute to or challenge systems of oppression?

Need to refresh? You can register for an on-demand webinar at any time on the [NCCDH website](#).

PHESC Project Partners



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