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:

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Suggested post-webinar readings:


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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