# Health Equity Issues in My Work: What Matters to Me

**EXERCISE SHEET**

1. Describe a health equity issue that really matters to you (that you focus on in your work).

   a. Why do you care about this issue?

   b. Who is affected by this issue? Where?

   c. If you were asked for expert advice, based on your many years of experience, what kind of practical changes (e.g. decisions, programs, policies) would you recommend to reduce the inequity? Be as specific as possible. *If you don't know what changes are needed, how could you find out?*

2. In what ways do you want to contribute to this issue and to these changes? How could your work help to bring about change? Be as specific as possible.
How Can My Evidence Be Used to Advance Health Equity?

**EXERCISE SHEET**

1. What study designs do you use in relation to the health equity issue you described earlier? What specific variables and outcomes do you look at to generate evidence?

2. In what ways can/could your evidence be used to advance health equity?

3. Who does or could use your evidence? For what purpose? Be as specific as possible about names and roles. *If you don't know, how could you find out?*
Health Equity Problems and/or Solutions: What Is My Focus?

**EXERCISE SHEET**

1. **In your work, do you focus more on problems (e.g. needs, gaps, prevalence) or solutions (e.g. interventions)?** Why? There may be several reasons. Try to identify as many as possible.

2. **How well does your focus on problems or solutions align with the kind of changes that are necessary to reduce inequity?** In what ways is your focus *not* aligned with the kind of evidence use and policy change you want to achieve?

3. **What steps could you take to make your work more relevant or useful to potential users?** What barriers would you face?

4. **If you took these steps, would your work be more or less interesting, challenging, and rewarding to you?** Are there any personal or professional drawbacks to taking these steps?
Do I Understand the Health Equity Policy Context?

**EXERCISE SHEET**

1. How well do you understand the policy context of your health equity issue? Use the *Environmental Scan Questions* as a guide. What aspects of the context do you understand the most? What aspects do you understand the least?

2. Do you know someone who could help you improve your "policy literacy" about this issue?
   - **If yes:** Who is it? Do you feel comfortable asking them to help you develop your knowledge about the policy context? Why/why not?
   - **If no:** How can you find someone?

3. What concrete steps can you take to help develop your policy literacy on this issue? What can you do in the next month? The next three months? The next year?