



Health Equity Timeline of METROWEST

Foundational Concepts & Recommended Readings

Social Determinants of Health

The conditions in which people live, work, learn, and play that affect their health. These include things like access to healthcare, education, jobs, safe housing, and healthy food.

Population Health

The health outcomes of a group of people. Instead of focusing on one person, population health looks at the health of an entire community or group to understand patterns and issues that need addressing.

Health Disparities

Differences in health outcomes between groups of people. For example, some groups might have higher rates of certain diseases or lower life expectancies because of factors like income, race, or where they live

Life Course

The idea that health is shaped over a person's whole life. Factors like childhood experiences, education, and work all play a role in health later on.

Health Inequities

Term used to describe unfair and avoidable differences in health outcomes between different groups of people. These differences can be in health status, access to health resources, or life expectancy

Intersectionality

Overlapping identities (e.g. race, gender, etc) that can create unique challenges or advantages in life, especially within systems of inequality or discrimination.

Suggested Readings

Thornton, R. L., Glover, C. M., et al. (2016). Evaluating strategies for reducing health disparities by addressing the social determinants of health. *Health affairs*, 35(8), 1416-1423.2.

Williams, D. R., Costa, M. V., et al. (2008). Moving upstream: how interventions that address the social determinants of health can improve health and reduce disparities. *Journal of public health management and practice*, 14(6), S8-S17.3.

Braveman, P., Egerter, S., & Williams, D. R. (2011). The social determinants of health: coming of age. *Annual review of public health*, 32, 381-398.