

Emma Weeks

COMM2500-041

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Health Inequities are Not Inevitable

Topic: Health Inequities

Organizational Pattern: Cause and effect

General Purpose: To inform

Specific purpose: To inform the audience about the inequities certain communities face due to social factors like race, gender, and socioeconomic class.

Central idea: By the end of my speech, my audience will be informed on health inequities' root causes, examples of them, and their impacts on the population as a whole.

INTRODUCTION

- I. Hook:** As you all may have observed, the news recently has seemed to broadcast a lot more bad than good. Recent events like the coronavirus pandemic, the ongoing events of police brutality, and the rise in Asian hate crime have brought more public and media attention to health and healthcare inequities. These disparities, however, are not new.
- II. Topic:** Let's first define "health inequities." According to Paula Braveman et al. from the US National Library of Medicine accessed on February 8th, 2022, "health disparities are systematic, plausibly avoidable health differences adversely affecting socially disadvantaged groups" (Braveman et al., 2011). These groups include ethnic minorities, the poor, women, and others with characteristics historically linked to discrimination.

- III. Established credibility:** These past two semesters, I have taken classes that have allowed me to gain a greater perspective on the causes and effects of disparities in health. I have also done research on this topic over the past two weeks so that I am well informed to share this information.
- IV. Thesis:** The health differences among disadvantaged groups reflect the social injustices they face.
- V. Relevance:** However, by bringing awareness to this topic, a step is taken closer to health equity.
- VI. Preview:** With this in mind, today I will be discussing the underlying concepts and roots of health inequities, what they look like, and their impacts on everyone.

BODY

Transition: I first want to explain the root causes behind health disparities among communities.

- I. The root causes and concepts of health inequities
 - A. No matter the country, there are wide disparities in the health status of different social groups.
 1. These disparities reflect the longstanding inequities rooted from racism and discrimination from social, economic, and political systems.
 2. Gender, socioeconomic position, race and ethnicity, and geography are large determinants of health status.
 - B. Until around the 1950s, U.S. history was shaped by the impacts of lack of rights for women, past slavery, criminalization of “homosexual acts,” nativist restrictions on immigration, mass deportation of Hispanic immigrants, and more.

C. Even in today's society, interpersonal and systematic biases in policies are involved in the "sorting" of people into resource-rich or poor districts and K-12 schools.

1. Resource-poor neighborhoods are more likely to have less access to healthy food, places for exercise, healthcare facilities, and schools.

- a) The quality of neighborhoods and education significantly shape the health of the children and adults residing in them.

Transition: Now that I've talked about the root causes of health disparities, I will now explain what health inequities actually look like.

I. What health inequities look like.

A. Health inequities are neither naturally predetermined or unchangeable. For example, the male life expectancy in Glasgow ranges from 54 to 82 years, depending on the neighborhood they are from.

1. According to the Office for National Statistics accessed on February 16 2022, this 15 year difference in mortality is due to income deprivation, socioeconomic position, and health behavior (Alderson, 2017).

2. Another inequity can be seen in children living in Nairobi slums, who have a significantly higher likelihood of dying before the age of five than a child living elsewhere.

- a) This statistic is not one that is predetermined for these children; it is a result of the longstanding inequities that still have not been changed.

B. Despite having the most severe health issues, the communities that face these inequities are the most neglected by health officials.

1. These health problems can stem from overcrowded living conditions, environmental hazards, crime and violence, and poor nutrition.

a) Many of these factors are not genetically predetermined, but result directly from the neighborhoods that they reside in.

Transition: Finally, I will be discussing the impacts of health inequities on everyone.

II. The impacts of health inequities.

A. Health inequities not only negatively impact those who directly experience them, but also those with power and wealth.

1. Health inequities cost billions of dollars and raise the price of healthcare for everyone.

a) According to Jayne Leonard from Medical News Today accessed on February 16, 2022, it is estimated that health disparities amount to \$93 billion in excess medical care costs (Leonard, 2021).

2. In addition, because minority populations and underserved groups experience higher rates of illness and death, the overall health of the nation becomes limited.

a) An example of this can be seen in the spread of infectious disease. It is difficult to contain and treat infectious disease in certain populations because the neighborhoods that experience health inequities are more susceptible to becoming infected and spreading the disease.

(1) This is a result of the underlying health issues that these communities face as well as a lack of vaccines and pandemic response resources in these areas.

CONCLUSION

- I. Summary:** To conclude, today I illustrated the root causes of health inequities, what they look like in real time, and their impacts on the whole population.
- II. Concluding information:** These inequities in health reflect the social injustices that these disadvantaged groups face. Systematic barriers to health are avoidable, but they still remain today. However, learning about these inequities and barriers can be a way of lessening these inequalities.
- III. Closing:** Thank you all for listening. I hope you feel informed on the issue of health disparities, and I encourage you to do more research on the topic if this is something that you are interested in learning more about! And hopefully, we will hear a little good news on our favorite broadcasting channel about equity being restored in the near future.

Works Cited

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