

Opportunities to Improve Health Equity by Identifying and Addressing Health Disparities

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Health disparities and inequities significantly impact health outcomes of patients, especially in underserved and under-resourced communities like those across Alaska. However, pharmacist training to better identify, understand, and address existing health disparities has been limited.

To address this we have provided definitions, listed types of disparities pharmacists might encounter and provided a number of resources that could be used to help patients and providers address these health disparities and inequities.

Definitions:

Health Equity - "Achieved when every person has the opportunity to attain his or her full health potential, and is not prevented from achieving this potential because of social position or other socially determined circumstances."

Health Disparities or Health Inequities - "Preventable differences in the burden of disease, injury, violence or opportunities that are experienced by socially disadvantaged populations."

Types of Disparities:

- Race / Ethnicity / Immigrant status
- Geography – rural versus urban
- Income / Socioeconomic status
- Level of education
- Sex / Gender / Sexual orientation
- Disability

Links to Resources:

Socioeconomic (social services)

- [Alaska 211](#)
- <https://www.chausa.org/home>
- [Hire a Veteran | U.S. Department of Labor \(dol.gov\)](#)
 - Veterans Crisis Line: 1-800-273-8255 (TALK)

Socioeconomic (medication cost)

- <https://www.goodrx.com>

- <https://www.cdc.gov/chronicdisease/about/costs/index.htm>
- <https://www.cdc.gov/chronicdisease/programs-impact/pop/diabetes.htm>
- <https://www.aafp.org/fpm/2009/0900/p21.htm>
- <https://www.aafp.org/fpm/2002/1100/p51.htm>

Translation services

- [Language Assistance Services - CDC](#)
- <https://www.elderconsult.com/wp-content/uploads/PrintableBeersPocketCard.pdf>
- <https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/>
- <https://www.nsc.org/safety-first-blog/staying-safe-with-falls-prevention-awareness-day>
- <https://www.cdc.gov/violenceprevention/elderabuse/index.htm>

Geographical disparities

- <http://onlinepubs.trb.org/Onlinepubs/trr/1992/1338/1338-005.pdf>
- <https://www.hcn.org/articles/north-transportation-essential-transportation-in-rural-alaska-is-up-in-the-air>

Substance use disorder

- SAMHSA National Helpline @1-800-662-4357 (Confidential free help, from public health agencies, to find substance use treatment and information)
- <https://www.samhsa.gov/find-help/national-helpline>

Providence Breakthrough Substance Use Treatment Program:

- https://www.providence.org/locations/ak/alaska-a-medical-center/breakthrough-substance-abuse-program?y_source=1_MiQzNiAxODktNzE1LWxvY2F0aW9uLmdvb2dsZV93ZWJzaXRlX292ZXJyaWwRl#laid=2917
- <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/resources>
- <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx>
- <https://www.practicalpainmanagement.com/treatments/pharmacological/opioids/opioid-antagonists-pain-management>