INSIDE EDITION

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THIS ISSUE

Men as a Health Equity Population

With June having been Men's Health Month, we want to encourage a proactive approach among men and boys to adopt a healthy diet, get regular exercise and engage in healthy behaviors.

Data shows that the average American male dies 5.8 years earlier than an average American female. The same happens in Ohio with a difference of 5.6 years. Men experience higher death rates from conditions such as cancer, heart and lung disease, HIV and violence. Men identified as racial and/or ethnic minorities have even higher levels of health inequities and shortened life expectancies. Their poor health outcomes are largely caused by the negative impacts of the social determinants of health, which include a lack of quality educational opportunities, economic instability, limited access to health care and racism.

Research also shows that the typical ways in which boys and men are socialized – to engage in risk-taking behaviors, to avoid seeking help, to be more self-reliant, and to suppress their emotions - increase their likelihood for poor health outcomes.

Given the traditional power and privilege that men have relative to women, it can be difficult to understand the need to label men as a health equity priority population. However, the disparities in chronic and infectious diseases and life expectancy demonstrate the importance of treating men as a target population. With this mindset, public health workers can develop more effective programs and engage men in activities designed to improve their health outcomes while also reducing the impact of health inequities.

Pride Month = Better LGBT Health

June is designated as LGBT Pride Month; a time to honor, celebrate and commemorate the lives and contributions of Lesbian, Gay, Bisexual, and Transgender members of our society. The first Pride Month celebration was held in June 1970 in remembrance of the Stonewall Uprising that occurred in New York City.

After years of harassment and abuse by law enforcement and continued social marginalization, a June 1969 police raid of the Stonewall Inn ignited a movement of resistance within the LGBT community. In addition to honoring these heroic actions, the first Pride Month was also a call to action for the LGBT community to gain equal rights.

54 years later, the same challenges that facilitated the Stonewall Uprising and first Pride Month celebration remain a threat to the LGBT community. Multiple studies show that LGBT people experience disproportionate rates of police interactions, harassment, injuries, and imprisonment when compared to their heterosexual and cisgender counterparts. Additionally, LGBT people continue to experience various forms of stigma, discrimination, and marginalization from the larger society.

Poor health outcomes are the most concerning results. The LGBT community experiences higher rates of mental health disorders (depression, anxiety, suicidality), substance use, certain cancers, obesity, and HIV/STIs when compared to heterosexual and cisgender communities.

LGBT people experience greater difficulties with accessing culturally competent and congruent healthcare. The ongoing health and social challenges highlight the need for Pride Month celebrations in today's society. Pride Month allows the LGBT community and larger society to honor the many positive contributions LGBT people have made.

Pride Month provides a safe space for LGBT people to find and celebrate community that is affirming of their social identities as sexual and gender minorities. They can highlight and resist the stigma and discrimination that place them at risk for poor health outcomes. Pride Month is a vehicle to usher in better health outcomes for this vulnerable, yet vibrant community of people.

EDI RESOURCES

Accessible Social Media for Public Health

Equity Evaluation Toolkit

Families cannot budget their way out of poverty

Gender health equity: The case for including men's health

HHS SOGI Data Action Plan: First Year Impact

Identifying the Forces Behind Persistent Poverty

NIAID HIV Language guide

Social Solutions to Loneliness

GET INVOLVED

Join the EDI Steering Committee! Our focus areas include:

- Advocacy
- Coordination & Oversight
- Education & Training
- Outreach & Community Partnerships
- Policies & Procedures

For more information, email Andre Brown at abrown@ccbh.net
or visit Andre's office, which is next to the Chan Room