

Health Equity Week is here!

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**HEALTH
EQUITY
WEEK
2019**

March 27, 2019

Welcome to Penn Medicine Health Equity Week!

All week long we are connecting staff on the front lines of healthcare delivery and our community of trainees and learners with resources and tools to increase knowledge and skills to achieve health equity.

Penn Medicine is committed to providing the best patient and family centered care to all patients regardless of their personal characteristics. During this week, we hope to advance our understanding of health and health care disparities and inspire solutions for achieving equitable care.

Continue reading to learn more about what you can do help us achieve this mission.

Healthy Neighborhoods

What are they?

Neighborhoods are defined by the people who live in them. Schools, workplaces, restaurants, places for worship and recreation are common to most neighborhoods, but the cultural norms, values and interests can vary greatly. Healthy neighborhoods serve all members of their community, regardless of age, gender, physical ability or socioeconomic status. Such neighborhoods tend to thrive — increasing not only property values but also the qualities of residents' lives.

Why are they important?

Much like conditions within our homes have important implications for our health, conditions in the neighborhoods surrounding our homes also can have major health effects.

The neighborhoods in which people live affect health in multiple and complex ways.

Good health outcomes are more likely in neighborhoods where people have easy access to nutritious, affordable food; safe and walkable streets; and active playgrounds and public spaces. Living in neighborhoods without these essentials, residents are more likely to be burdened with high rates of obesity, diabetes, or other chronic illnesses. Healthy neighborhoods improve the quality of people's lives. Neighborhoods can strengthen the social and economic well-being of people who live in them. Organized neighborhoods are better able to respond to community needs.

What you can do

Here are some ways you can build community in your neighborhood:

- Get to know your neighbors. Meet as a neighborhood association, host an annual event or festival, or form a neighborhood watch group to increase security.
- Develop and beautify. Organize a community garden. Pick up litter and plant trees.
- Run, bike or take a stroll with your neighbors. Walk your dog.
- Help older or disabled residents who cannot physically maintain their home, or run errands.
- Support local businesses. Shop at your farmers market.
- Volunteer at local events, community centers, playground, school.
- Use social media as a tool for neighbors to connect.
- Celebrate National Good Neighbor Day each year on September 28.

***Together we can ensure our culture
and climate are inclusive for everyone.***

To learn more:

- [Penn Center for Community Health Workers](#)
- [NeighborWorks America - Working Together for Better Health](#)
- [National Crime Prevention Council Neighborhood Watch](#)
- [AARP Road Map to Livability Collection](#)

Celebrate Health Equity All Week Long!

Unable to make one of the in-person events? [Click here](#) to view the events that will be live streamed. Also, connect with your colleagues from across Penn Medicine by following [PennCHEA](#) on Twitter and posting using [#HEW2019](#)!

[Click Here to Learn More and See the Full Schedule of Events](#)