



HEALTH EQUITY WEEK 2023

Health Equity Week 2023 Tip Sheet | Monday, April 3

Cultural Humility

What is it?

Cultural humility is the ongoing process of developing a skill set to approach any individual from any culture at any time. Cultural humility is an alternative to cultural competency as it focuses on lifelong learning, self-reflection, removing power differentials, and demonstrating respect for different beliefs and points of view.

Why is it important?

We all make assumptions about others based on their culture and background. Cultural humility is about asking open-minded questions and practicing reflective listening. Promoting an inclusive culture based on respecting and learning from each other's differences benefits our health system as well as those who seek our care. Practicing cultural humility creates deeper connections and understanding between our patients and our Penn Medicine teams.

What can you do?

- Realize that you can practice cultural humility during interactions with everyone, not just during patient interactions.
- Understand the difference between self-assignment of identity (individuals are given the opportunity to define their personal identity, culture, and background) versus social assignment (society presumes/assigns socially constructed descriptors to one's identity).
- Learn how best to ask individuals about their personal identity to better inform care [here](#).

Learn more:

- o Read the *Penn Today* article on cultural humility [here](#).
 - o Watch [this video](#) that defines cultural humility further.
 - o View the Health Equity Module [here](#).
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Register for Events!



In celebration of Health Equity Week, visit the [Health Equity Week website](#) to view a list of events focused on advancing health equity through innovative solutions.