



## Day 7 – Health Care and Health Outcomes

*“Racial equity in health is achieved when race is no longer a predictor of a health outcome.” -[An imperative for Racial Equity in the District of Columbia](#), Georgetown University School of Nursing & Health Studies*

Access to quality, comprehensive health care services lead to an overall better quality of life through prevention and timely treatment for [health issues](#). The impact on health disparities is twofold. First, for existing, long-time residents, high housing costs and housing instability can lead to a host of other health risk factors, ranging from homelessness and food insecurity to job loss and social isolation. As a result, chronic or survival stress associated with meeting day-to-day needs increase risk for chronic disease conditions and mental dysfunction. For instance, Black residents are six times more likely than white residents to die from diabetes-related complications, and twice as likely to die from coronary heart diseases. In terms of COVID-19 cases and rates of transmission, [Black and Latinx communities comprised 64% of cases](#) in Northern Virginia while only occupying 27% of the region’s population. Similar trends are true for Maryland where Black communities are twice as likely to contract the virus while Latinx communities are 4.7 times more likely. Despite the DMVs rapid economic growth and increasing prosperity, health outcomes and quality-of-life indicators for minority communities do not reflect trends of the general population.

### Today’s Challenge:

**OPTION 1:** Check out this website and explore [County Health Rankings](#) that provide a revealing snapshot of how health is influenced by where we live, learn, work and play. (3 minutes)

**OPTION 2:** Go deeper review the [Metro Map](#) series, created by the Robert Wood Johnson Foundation, to show life-expectancy values alongside common geographic landmarks to show how opportunities to lead a long and healthy life can vary dramatically, by neighborhoods and communities. (2 minutes)

**OPTION 3:** Watch the [Social Determinants of Health video](#) by Let’s Learn Public Health. Learn about the social determinants of health and health inequities, which is the unfair and avoidable health differences between different groups of people. (6 minutes)

**OPTION 4:** Read how [health inequality is actually a “Black and white” issue](#). (5 minutes)

Health care and health outcomes are only a part of the accessibility of living a healthy lifestyle. The next several days of our journey will examine how food security under poverty endangers the health and well-being of those living in low-income communities.