# 8 Ways You Can Help Make Health Equality a Reality!

Whether you are a neighborhood resident, health professional, community leader or government official, you can help. Here’s how:

| Everyone Can: | 1. Learn More About Racial and Ethnic Disparities in Health  
| | Invite a speaker to your group or organization.  
| | Attend or sponsor a workshop on health disparity. |
| | 2. Take Charge of Your Health Care  
| | Find out if you're at risk for diabetes or heart disease.  
| | Choose a doctor you like and trust.  
| | Ask questions - and get second opinions.  
| | Expect care from a qualified physician.  
| | Know the names of those who provide your care |
| | 3. Choose to Improve Your Health  
| | Get regular check-ups.  
| | Learn about healthy eating, exercise and medications.  
| | Ask your doctor or clinic for help getting medicines or medical supplies.  
| | Look to your family, friends, and faith for help. |
| Health Professionals Can: | 4. Stay Current on Best Practices  
| | Know the latest approaches to diabetes, heart disease and caring for diverse populations.  
| | Seek additional training and resources for practice improvement. |
| | 5. Eliminate Two-Tiered Health Systems  
| | Champion the same standards of care and service for all patients, regardless of how people pay for their care. |
| | 6. Ensure Respectful Care  
| | Ensure that your institution treats everyone with respect and dignity and provides culturally sensitive care. |
| Community Leaders and Government Officials Can: | 7. Support Equitable Health Insurance  
| | Advocate for affordable health coverage for everyone.  
| | Help enroll people who are eligible for coverage programs.  
| | Promote fair payment from government insurance programs. |
| | 8. Enforce Regulations  
| | Ensure that your health care institutions provide equal access to care. |