

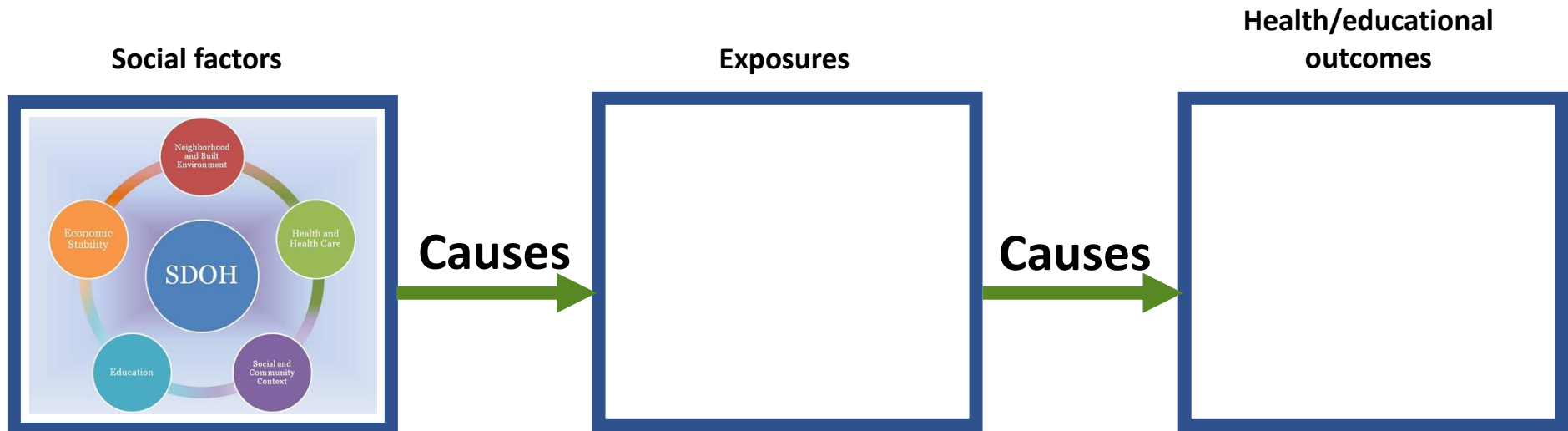


Child Health Equity & Social Determinants of Health Exercises

Equity Exercise #1:

This exercise asks you to consider at least one of the social determinants of health (SDoH) that children in your community are exposed to, and explore how you believe that social exposure contributes to children’s health outcomes. Social factors, (like family income, education, housing, etc), often produce exposures (like stress, environmental toxins, adverse coping behaviors, hunger, etc) which, in turn, produce individual health outcomes, and also drive community-level differences in health for different groups of people.

Tell a story about how SDOH “get into the body.” Please use the graphic below, or some approximation of it (don’t worry about making it pretty – just sketch your ideas) and then write a short narrative describing this situation. If a “story” format works for you, great!





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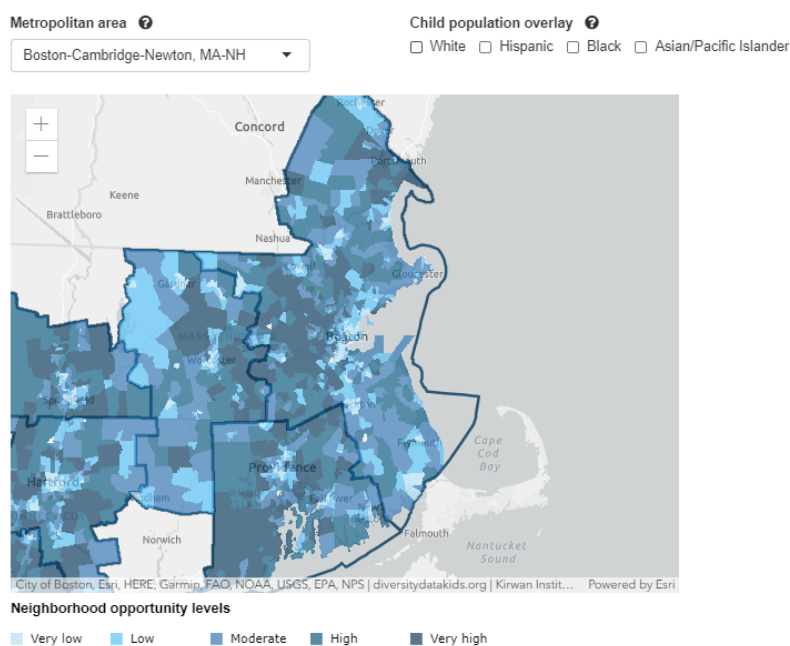
Equity Exercise #2:

Do a little exploring on the [Child Opportunity Maps](#) on the DiversityDataKids.org website and find a map of the metro area nearest where you work or live. (If you prefer to look at a metro area elsewhere, that's fine, too).

Pull up the map and then try clicking on the race/ethnicity overlay boxes. What do you notice about where children live in this area? How racially integrated or segregated is the area? Who lives in the higher-opportunity areas? Who lives in the lower opportunity areas? Do you know anything about the history of those communities and how various groups came to live there? Please jot down your observations.

As an example, the metropolitan area of Boston-Cambridge-Newton is shown, which shows large areas of very high and high neighborhood opportunity levels.

Child opportunity maps



Source: DiversityDataKids.org, a project of Brandeis University Heller School of Social Policy and Management.