

Co-Creating Health Equity by Including Lived Experiences

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Although the opportunity for all people to attain the highest quality of life is becoming part of global healthcare discussions, the voices of those with lived experiences are too often excluded. During the last two years, Advocacy Exchange members have shared their expertise and lived experiences in four working groups. These working groups are now harnessing all of the advocate perspectives to co-create and drive two projects in 2023. The first project will be the **creation of a resource for individuals who are experiencing discrimination in the healthcare system**. The second will be the **creation of a tool for individuals and allies who want to utilize their voice to create health equity structural change**.

Featured Speakers



Sheila Thorne
President and CEO,
Multicultural Healthcare
Marketing Group, LLC



Brad Love
Ph.D., Co-Founder and
Chief Culture Officer,
GRYT Health



Neil Bertelsen
HTAI Patient and Citizen
Involvement Group



Gary Nolan
Chief Executive Officer,
Colab Health



Dave Craig
CEO, GRYT Health

Key Points and Resources

Previous Working Groups Co-Created Products

- In 2021 and 2022, our Working Groups tackled co-creating four products addressing key interest areas in the advocacy community
 - Our Working Groups created products about; [Racial & Ethnic Health and Healthcare Disparities, Access to Care, Patient Voice and Focused Drug Development, and The Future of Advocacy](#)
 - Working Group leaders moderated open discussions in four advocate-defined groups. Advocates and advocacy groups shared their knowledge and perspectives about what matters most to create each of the four products

Discrimination Impacts Health Outcomes

- [The US Department of Health and Human Services](#) became involved in health disparities among black people and other minority Americans in 1984 after the release of a health report titled "Health, United States, 1983"
 - [In 1985 the release of the "Report of the Secretary's Task Force on Black and Minority Health"](#) significantly increased awareness of disparities for minority groups compared to the white population
 - Progress has been incremental since 1985
 - Lack of understanding and expertise in different cultures is a significant reason we still see health disparities around the United States
 - Reaching groups effectively and in a culturally competent way can be a leading reducer of disparities
- By knowing the barriers, we can start eliminating them
 - It is important to listen to the individuals with lived experience and ask, 'what do they want?'
 - By sharing your lived experiences, you can break down barriers and create meaningful change

Advocates Can Co-Create The Future

- Advocates who care about the work they do are more likely to achieve positive outcomes, stay motivated, be engaged, build credibility, and find personal fulfillment in their efforts
 - It is essential to help advocates connect with their passion and find ways to support them in their advocacy work
- By having two projects to work towards in 2023, we're setting our advocacy community up for success to create systemic change