

Rural Health Equity ECHO: Tackling the Social Drivers of Health Resources to Expand Understanding and Support Action

Session 1 – Addressing Rural Health Equity

- New England Rural Health Association, <https://www.nerha.org/>
The nation's only regional rural health association in the country, enabling sharing of learning and best practices across all six states
- Healthy People 2023, Health Equity site <https://health.gov/healthypeople/priority-areas/health-equity-healthy-people-2030>
U.S. national public health objectives, through an equity lens, with videos on rural health and health equity.
- Center for Advancing Rural Health –<https://www.dartmouth-health.org/carhe>
A center that aims to make sure that people in rural areas have the chance to live healthy lives by learning and acting together in our rural communities
- Rural Healthy People 2030: New Decade, New Challenges - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10060738/>
An article describing the Federal health People 2030 initiative
- Advancing Health Equity in Rural America -<https://www.rwjf.org/en/insights/our-research/2022/06/advancing-health-equity-in-rural-america.html>
A report from the Robert Wood Johnson Foundation, 2022

Session 2 - Housing

- Homelessness and Health, U.S. Centers for Disease Control Office of Readiness and Response <https://www.cdc.gov/orr/science/homelessness/index.html>
CDC resources to address homelessness
- Housing as a Platform for Health and Equity: Evidence and Future Directions - <https://pubmed.ncbi.nlm.nih.gov/31415202/>
- Housing as a determinant of health equity: A conceptual model. - <https://pubmed.ncbi.nlm.nih.gov/31675514/>
- Importance of Housing and Cardiovascular Health and Well-Being: A Scientific Statement From the American Heart Association. - <https://www.ahajournals.org/doi/10.1161/HCQ.000000000000089>

Session 3 - Food and Nutrition

- Nutrition, U.S. Centers for Disease Control <https://www.cdc.gov/nutrition/>
Links to a wealth of information on food, nutrition, health and equity

- Household Food Security in the United States in 2021
<https://www.ers.usda.gov/webdocs/publications/104656/err-309.pdf>
Prioritizing Nutrition Security in the US. -<https://jamanetwork.com/journals/jama/article-abstract/2778232>
- Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. [https://doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4)
- Reducing food’s environmental impacts through producers and consumers. -
<https://pubmed.ncbi.nlm.nih.gov/29853680/>
- Concepts and critical perspectives for food environment research: A global framework with implications for action in low- and middle-income countries
-<https://doi.org/10.1016/j.gfs.2018.08.003>
- Ultra-processed foods and human health: What do we already know and what will further research tell us?
-<https://doi.org/10.1016/j.eclinm.2021.100747>
- Association of changes in red meat consumption with total and cause-specific mortality among US women and men: two prospective cohort studies.
-doi: 10.1136/bmj.l2110. PMID: 31189526; PMCID: PMC6559336.

Session 4 – Transportation

- Transportation and Health website, American Public Health Association,
<https://www.apha.org/topics-and-issues/transportation>
Information and resources to address transportation related health and equity issues
- Public Transportation in the U.S.: A driver of Health and Equity,
<https://www.healthaffairs.org/doi/10.1377/hpb20210630.810356/>
A Health Affairs health policy brief describing the challenges and potential solutions.
- New Hampshire Alliance for Aging Transportation website
<https://nhaha.info/transportation/>
Aims to ensure transportation options are available and accessible to enable NH residents of all ages to get jobs, connect with family and friends, and continue to access the best parts of our communities.

Session 5 – Childcare

- Building Bright Futures
www.buildingbrightfutures.org
An organization that works to improve the well being of young children and their families in Vermont
- Early Childhood Equity Movement

<https://endowmentforhealth.org/early-childhood-equity-movement>

A movement for early childhood equity in New Hampshire.

Session 6: - Access to Healthcare

- Affordability of Health Care for People with Medicaid
 - https://www.commonwealthfund.org/sites/default/files/2023-10/Collins_paying_for_it_2023_affordability_survey_fact_sheet_medicaid.pdf
- Rural-Urban Variations in Travel Burdens for Care - <https://www.ruralhealthinfo.org/topics/transportation#travel-burdens>
- State facing class-action lawsuit over in-home care for older and disabled residents - <https://www.nhpr.org/people/annmarie-timmins-new-hampshire-bulletin>

Session 7- Special Barriers to Well-being and Care

- NH Fiscal Institute, health policy report <https://nhfpi.org/blog/new-hampshire-policy-points-health/>
Provides an informative and accessible resource to policymakers and the public, highlighting areas of key concern.
- Association of Gender-Affirming Hormone Therapy With Depression, Thoughts of Suicide, and Attempted Suicide Among Transgender and Nonbinary Youth, Green AE et al, Journal of Adolescent Health, 2021 [https://www.jahonline.org/article/S1054-139X\(21\)00568-1/fulltext](https://www.jahonline.org/article/S1054-139X(21)00568-1/fulltext)
- The Health Stigma and Discrimination Framework: a global, crosscutting framework to inform research, intervention development, and policy on health-related stigmas, Strangl et al, BMC Medicine, 2019 <https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-019-1271-3>

Session 8- Cross-Cutting Solutions

- Centering Equity in Collective Impact, Kania et al, Stanford Social Innovation Review, 2021 [https://ssir.org/articles/entry/centering_equity_in_collective_impact \[ssir.org\]](https://ssir.org/articles/entry/centering_equity_in_collective_impact [ssir.org])
- National Rural Health Association Advocacy 101 Toolkit: www.ruralhealth.us/NRHA/media/Emerge_NRHA/PDFs/Advocacy-Guide-FINAL.pdf [\[ruralhealth.us\]](http://ruralhealth.us)
- National Opinion Research Center (NORC) Rural Health Mapping Tool: <https://ruralhealthmap.norc.org/> [\[ruralhealthmap.norc.org\]](http://ruralhealthmap.norc.org)
- HRSA Rural Health Network Development Planning grant: <https://www.ruralhealthinfo.org/funding/218> [\[ruralhealthinfo.org\]](http://ruralhealthinfo.org)