



Health Disparities

Self Assessment

Certain professional skills and abilities facilitate work to address health equity. Place an x in box that corresponds to your current skills and abilities or those of LHD staff. Use the questions at the end of this worksheet to reflect further on your responses and potential next steps.

Skills and Abilities Needed to Address Health Equity	Where do you or your staff fall right now?			
	Have it and using it	Working on it	Don't have it and not working on it	No idea
Personal commitment to practices and personal growth related to increasing health equity				
Knowledge of public health framework for addressing and understanding health equity				
Community knowledge of health equity and related constructs and challenges				
Understanding of social determinants of health				
Collaboration skills				
Community organizing skills				
Solution focused approach				
Cultural competency/humility				



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Reflection Questions:

- Where are your strengths?

- For those you marked “Have it and using it”, how is it going?

- » What have been the benefits?
- » Where are there challenges?

- For those you marked “Working on it”, how are you working on it?

- » Do you have specific and measurable goals? If so, what are they? If not, what would some ideas be?
- » What would it take to move you to “Have it and using it”?



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- For those you marked “Don’t have it and not working on it”, are you interested in working on it?

- » If yes, what’s gotten in the way so far?

- » If not, why not?

- For those you marked “No idea”, what do you need to know to change your response?

- » Where could you get more information about this skill or ability?

- » Who could you ask about this?
