



HEALTH EQUITY

& SDOH IMPLEMENTATION CONGRESS

INTERVIEW WITH

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Can you tell us a bit more about yourself and your roles and why Health Equity is important to you?

I serve as a national advocate for health equity, dedicated to promoting positive disruption for necessary change. I firmly believe that where you live should not dictate the quality of healthcare, your well-being, or how long you live. Health equity isn't just about closing gaps in health outcomes; it's about ensuring everyone has the same opportunities for optimal health, regardless of their circumstances. Equal access to fair and just healthcare is a fundamental right for all.

Can you tell us more about our some of the initiatives that To the Moon & Back Foundation, Inc. is working on to address some of the social determinants of health?

To the Moon & Back Foundation, Inc. (TTMAB) leverages its strong community connections to enact programs that reshape the landscape of social determinants impacting health. Research reveals that African American (35%) and Hispanic (36%) women face disproportionate challenges with period poverty. Moreover, statistics from the American Heart Association indicate significant racial disparities in CPR response rates, with Black and Hispanic adults being 26% and 41% less likely to receive bystander CPR, respectively. In response, TTMAB conducted complementary hands-only CPR training sessions for both youth and adults.

Recognizing the importance of trusted sources in communities, particularly among African Americans and Hispanics, TTMAB's "Be the Boss of Your Body! Lunch & Learn" initiative utilizes art as an engaging tool to empower female adolescents aged 11-18. This program aims to equip them with essential knowledge and life skills for managing mental health and self-care needs effectively.

What are you looking forward to most at the Health Equity & SDoH Implementation Congress?

I eagerly anticipate attending the Health Equity & SDoH Implementation Congress to share and exchange information with fellow health equity champions and colleagues who embody the same dedication to activism and advocacy, essential for driving meaningful change in our healthcare systems.

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