

Directions: Think of a little-picture, individual-level "solution" to your health equity issue that is often recommended. Jot down a quick idea about how to reframe with a big-picture, collective solution that you could talk about more often.

From "get 150 minutes of physical activity/week" -> To "communities can make sure there are safe, fun places to walk, bike, and play."

Focus on doing affirmation daily to have a positive mindset.

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Go to college so you can have a good job --> Make colleges affordable and an option for all

get at least 5 servings of fruit and vegetables per day ==> ensure that low-income communities have access to fresh and affordable produce

From "eat a healthy diet every day," to "communities can prioritize healthy food outlets that are convenient and affordable."

Improve oral health of underserved populations - creat program that reduces dental care costs.

Lower the sodium in home prepared meals by 500mg a day. --- Begin hosting community cooking classes & pot lucks at community health centers and senior centers.

For food insecurity: You make good money you should be ok. Food insecurity can happen any income level any time. All it takes is one life event to push someone off the fence

Use condoms -> Create programs to promote good sexual health

Eat more fresh produce by growing your own but people may not have the space to do so. It can change to communities holding community gardens and workshops

Increase vegetable consumption in your diet --> Provide affordable vegetables that are accessible to communities

estblish clear guidelines for residency so Hawaii kupuna can get in to senior housing brfore folks from the continent

Women living in rural environments should be getting routine prenatal care ---> Prenatal care must be made accessible in cost, time, distance, and quality for all of our communities

"Get more education so you can get a higher paying job" vs. "Ensuring a universal living wage would go a long way to solving food and housing insecurity in our communities"

From breastfeeding is better for your baby - to institutionalizing hospital systems, policies, and best practices that promote exclusive breastfeeding for all families

Determine your safer sex plan with each individual encounter assessing risk and decision to move forward.

from NHPI mothers of young keiki to seek therapy for maternal depression to provide accessible mental health formal and informal resources that are relevant to NHPI pop.

FROM: Wear a mask when in crowded and indoor spaces, when near high-risk individuals. TO -> Make high-quality masks universally free and available, prioritize air quality

FROM: Pregnant women should to to their prenatal care visits TO: Healthcare systems can increase accessibility and culturally safety of care in pregnancy

From: "youth should not be having or thinking about sex" >> "Youth should have age-appropriate education to safely engage and discuss sex, consent and boundaries."

From: "Choose healthy now" at the point of purchase, to: "Increasing SNAP benefits to include a larger audience, could make healthy choices more affordable."