

Directions: Think of a way that people think/talk about your health equity topic in Individualistic ways. Jot down a quick idea about how to reframe to attribute responsibility to systems. See the example below!

Instead of blaming cyclist/pedestrian behavior or choices (not wearing a helmet, walking on the shoulder, etc.)-->We need to design our mobility systems for all users.

From "moms should quit smoking" -> To "systems should provide cessation treatment"

I wish more immigrants would show up for free clinics could become: We need ideas on how to attract our new residents to our health clinics.

Immigrants should learn English so that they could access healthcare services --> Health systems should provide services/access in various languages

I wish more immigrants would show up for free clinics could become: We need ideas on how to attract our new residents to our health clinics.

Instead of "Black women aren't accessing prenatal care" ---> "Prenatal care must be more accessible in cost, time, distance, and quality to all of our expecting mothers."

People need to eat healthier and get more exercise --> our system needs to make healthy food and movement more accessible and affordable.

From bicyclists behave badly on our streets - to - we need to provide safe and connected places for people who ride bikes as a transportation option.

People need to be healthier and less lazy---> Our education system should prioritize health education on nutrition, physical activity and cooking skills.

If you want to live in the US, you should learn English first.

From "Children should stop drinking sweetened beverages." ---> "We can provide healthy children's menus in restaurants."

Pedestrians and bicyclists need to be careful of cars on the road -> All road users including cars need to be careful and aware of vulnerable road users and share the road.

FROM: Native Hawaiian (NH) women need to start prenatal care earlier TO: Healthcare systems need to be more welcoming to NH pregnant people to support health

if you dont have access to healthy food, move to a better neighborhood. Create progrms that supports food access, education based on location.

We can help moms quit smoking, together we can become a healthier Hawaii

Youth need to be more involved ---> Communities can encourage youth involvement by providing meaningful opportunities for participation

Food access to local fresh fruits and vegetables. Access to physical activities within the community that are low to no cost for the participants.

Stop eating junk food --> decrease cost of healthy food choices

Teen vape use is increasing --- Reducing access to vapes can help teens avoid use

From - those people are choosing to eat unhealthy fast food - to we need to provide more access to healthy, convenient, affordable foods in our communities

Food is expensive here, so people choose less expensive unhealthy, processed foods vs. healthier choices. -> SNAP and DaBux benefits should be made more broadly available.

I wish that parents educate their kids about these issues.

People should stop buying fast food after work---> Healthy foods should be more accessible.

Houseless folks are a dangerous nuisance --> we need greater accessibility to mental health resources and care for all populations

People should make lifestyle changes to prevent chronic diseases --> Our systems need to create environments to make lifestyle changes easier and sustainable.

Communities will pass laws that make exercise programs low cost or free and easily accessible to all ages of residents.

RE: Gender-affirming care. Individuals trying to "understand" GAC and police others access. || Everyone deserves the right to access lifesaving medical care that affirms their identity.

MSM should take PrEP --> PrEP should be more accessible to everyone.

people need to have safer sex to prevent STIs -> systems should provide accessible sex education and condoms

people should take the time to research their chronic conditions ==> present chronic disease education in language and in the languages that people can understand