

Health Inequity and Inequality as a result of COVID-19



Inequity

Inequity is a lack of fairness or an unjust result

vs.

Inequality

is an imbalance where two results are not the same, but not necessarily from a lack of fairness.

Populations most at risk

Racial and Ethnic Minority Groups

According to the CDC, racial and ethnic minority groups have more adverse outcomes from COVID-19, including risk of severe illness or death despite the case rate being highest among non-Hispanic White people.

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/racial-ethnic-disparities/disparities-illness.html>

Furthermore, communities of color are disproportionately impacted by underlying health inequities that lead to higher risk of adverse outcomes from COVID-19, according to the Harvard T.H. Chan School of Public Health, including living in areas with high levels of air pollution.

<https://www.newyorker.com/news/q-and-a/the-coronavirus-and-the-interwoven-threads-of-inequality-and-health>

Rural Communities

According to recent studies, published in 2021, rural citizens had higher rates of COVID-19 infection and deaths from the virus than their urban counterparts.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0246548#sec015>, <https://www.public-health.uiowa.edu/news-items/covid-incidence-mortality-rates-remain-much-higher-in-rural-areas/>

People with Disabilities

People with disabilities, especially chronic conditions, are often at risk as well due to underlying health conditions and the inability to properly socially distance.

<https://www.cdc.gov/ncbddd/humandevlopment/covid-19/people-with-disabilities.html>

How can you help?

We can't fix something we don't know is broken. The resources below can help educate you about these at risk populations and their issues with inequity and inequality.

Racial Disparities

[Telehealth Equity Coalition](#)
[Racial Equity Institute](#)

Disparities for individuals with disabilities

[AAPD - American Association of People with Disabilities](#)
[National Association of the Deaf - NAD](#)

Rural Disparities

[Home - NRHA \(ruralhealth.us\)](#)
[Homepage - Indiana Rural Health Association](#)



@umtrc.org



@UMTRC

Copyright 2022 Upper Midwest Telehealth Resource Center in partnership with the Indiana Rural Health Association/ This website was made possible by grant numbers G22RH30351 and GA5RH37466 from the Office for Advancement of Telehealth, Health Resource and Services Administration, DHHS. This information or content and conclusions are those of the UMTRC and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

