

## Moving Toward Equity in Asthma Care

Find out about asthma care disparities and what may contribute to them.



## Medication Adherence



It's challenging when a patient doesn't follow your prescribed treatment plan. Take a moment to see what could be occurring.



## Creating an LGBT- Friendly Practice

What you may not know about your LGBT patients may be putting their health at risk.



## Understanding Sex, Gender, & Sexuality

Take a moment to review our guide to understanding your transgender patients.



We've heard it all our lives: To be fair, you should treat everybody the same. But the challenge is that everybody is not the same—and these differences can lead to critical disparities not only in how patients access health care, but their outcomes as well. That is why we want to introduce you and your staff to [MyDiversePatients.com](http://MyDiversePatients.com) with educational resources you can use to help address these disparities. Consider this, in the United States:

- About **3x more** African Americans die from hypertension than do their White counterparts.<sup>1</sup>
- Black women with a *Master's degree* have a **higher infant mortality rate** than White women who *did not finish high school*.<sup>2</sup>
- Hispanics are 51% more likely to have diabetes-related deaths than the general population.<sup>3</sup>
- LGBT youth are up to **3x more likely to attempt suicide** than their non-LGBT counterparts.<sup>4</sup>

[MyDiversePatients.com](http://MyDiversePatients.com) features robust resources to help support you in addressing disparities.

- CME learning experiences about disparities, potential contributing factors and opportunities for providers to enhance care.
- Real life stories about diverse patients and the unique challenges they face.
- Tips and techniques for working with diverse patients to promote improvement in health outcomes.

While there's no single easy answer to the issue of health care disparities, the vision of MyDiversePatients.com is to start reversing these trends...one patient at a time.

Embrace the knowledge, skills, ideals, strategies, and techniques to accelerate your journey to becoming your patients' trusted health care partner by visiting [MyDiversePatients.com](http://MyDiversePatients.com) today.



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<sup>1</sup> American Heart Association. (2010). Heart Disease and Stroke Statistics – A 2010 Update. pp116-117. DOI: 10.1161/CIRCULATIONAHA.109.192667. Retrieved from <http://circ.ahajournals.org/content/circulationaha/121/7/e46.full.pdf?download=true>

<sup>2</sup> Center for Disease Control and Prevention. (2017). CDC Wonder. Retrieved from <https://wonder.cdc.gov/welcomet.html>

<sup>3</sup> Center for Disease Control and Prevention. (2015, May 8). Vital Signs: Leading Causes of Death, Prevalence of Diseases and Risk Factors, and Use of Health Services Among Hispanics in the United States — 2009–2013. *Morbidity and Mortality Weekly Report (MMWR)*. Vol. 64(17);469-478. Retrieved from [https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6417a5.htm?s\\_cid=mm6417a5\\_w](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6417a5.htm?s_cid=mm6417a5_w)

<sup>4</sup> Center for Disease Control and Prevention. (2016, Aug 12). Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9–12 — United States and Selected Sites, 2015. *Morbidity and Mortality Weekly Report (MMWR)*. Vol. 65 No. 9. Retrieved from <https://www.cdc.gov/mmwr/volumes/65/ss/pdfs/ss6509.pdf>