



# Forum on Rural Population Health

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[ohsu.edu/orhforum](https://ohsu.edu/orhforum)



## Building Health Equity Together: What Role Do You Play?

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## Objectives

1. Identify Individual Roles in Building Health Equity
2. Examine the Systemic Nature of Health Care and Equity
3. Foster Collaboration for Lasting Change

# Looking In the Mirror

# Reflection

In what ways do you think your identity, background, or profession shapes your understanding of health equity?









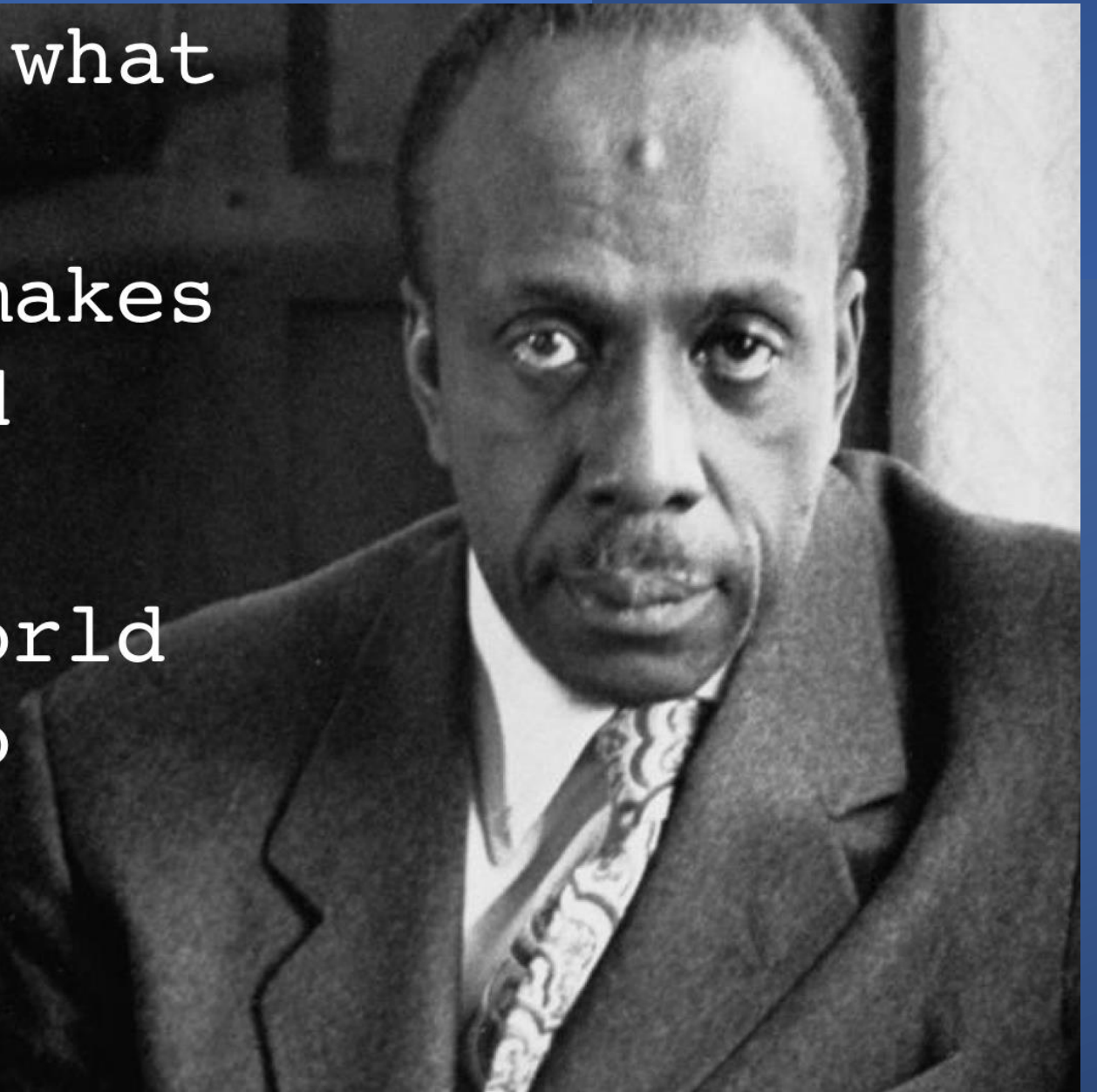




Don't ask yourself what  
the world needs.

Ask yourself what makes  
you come alive, and  
go do that,  
because what the world  
needs is people who  
have come alive.

Howard Thurman



## Reflection

What role do you currently play—or could play—in advancing health equity?





## Reflection

Are there actions,  
even small ones,  
YOU can take to  
promote equity?



# Looking At Systems and Structures



## Reflection

What systemic issues or institutional practices do you think contribute to health inequity in your workplace or organization?



## Reflection

How can the  
organization work  
together to shift these  
systems?





**Looking At One  
Another**

## Reflection

What does effective collaboration look like in your setting?





A wide-angle photograph of a two-lane asphalt road winding through a dry, hilly landscape. The road has white dashed lines in the center and solid lines on the sides. In the background, a range of mountains is visible under a dramatic sky with orange and yellow clouds, suggesting a sunset or sunrise. The overall tone is contemplative and inspiring.

If you want to go fast, go alone. If  
you want to go far, go together.

African Proverb









## Reflection

How do we move  
from conversation to  
meaningful, sustained  
action?







# Thank you to the 2025 Forum partners!

Forum on Rural  
Population Health

