

UW Collaborative Center for Health Equity

# Get Involved



Winter 2021/22

Achieving health equity requires efforts to address historical and contemporary injustices; overcome economic, social, and other obstacles to health and healthcare; and eliminate preventable health disparities. Community-Academic Partnership building in CCHE prioritizes use of campus and other resources to support community-led strategies to address inequities in health and health outcomes.

## CURATED EXPERTISE AVAILABLE

- Cancer basics, prevention and screening information for the most common forms of cancer (lung, colorectal, breast, prostate, pap smears, colonoscopies/stool samples, chest CTs) and treatments (radiation, chemotherapy). Specialized focus on health literacy for populations with heavier cancer burden
- Diabetes self management and education - information on healthy eating, exercise/sedentary activities, social support and health, stress management
- General health and medicine topics, interest in maternal-fetal medicine and sickle cell disease
- Nutrition education basics, including recipe modification, reading food labels, meal planning, etc.
- Physical activity and exercise classes and information
- Women's health including preventative care, contraception, STIs/safe sex, preconception, any pregnancy related topics, breastfeeding

Contact Tyson Jackson to get started.

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