



# HEALTH DISPARITIES DISCUSSION TOOLKIT

There are many books, podcasts, videos, webinars, and essays about health disparities that your group could discuss. To make it easy for new facilitators to get their feet wet, we have included this Discussion Toolkit that includes everything from the media choice to questions and feedback surveys. Have an idea for another health disparities discussion kit? Please let us know at [blog@dpf.org](mailto:blog@dpf.org).



## **Webinar:** [Health Disparities and Parkinson's: Understanding the Issues](#)

This first episode of the Davis Phinney Foundation's health disparities series identifies what health disparities look like in the Parkinson's community. Our expert panelists, who have extensive experience in research, medical care, hospital management, community outreach, and community programming, help define the problem and offer their experiences to help us root our understanding and name future actions. (You can read more about the series [here](#)).



**Viewing Options:** (1) Invite participants to a viewing party via Zoom, Google Meet, or another online platform. Introduce the webinar, then share your screen and play the video. Invite group members to type questions in the chatbox that arise during the webinar. (2) Send the link directly to group members and ask them to watch the webinar on their own before gathering for the scheduled group discussion online or in person. (3) When safe to do so, hold an in-person viewing party, where the group can watch the webinar together.



**Introductions:** Whether you meet in person or online, welcome attendees and ask them to introduce themselves and say why they're interested in taking part in the discussion.

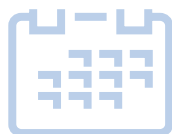


**Guidelines and Ground Rules:** Ask everyone to contribute ideas and make a list of guidelines about common language; openness and respect; a judgment-free space; equal speaking time; and acceptance of diverse opinions, values, and beliefs.



**Discussion:** Facilitate the conversation using the discussion questions on the next page, questions posed in your group's chatbox if you held an online viewing party, or that you thought of as you watched the webinar.

**Call to Action:** Ask attendees what they feel inspired to do based on the webinar and the group discussion. Plan for action as a group.



**Next Steps:** If you plan to meet again, set the date and time for your next meeting, and choose the next webinar, book, essay, or podcast to study. (Looking for ideas? [Choose the next episode in our series!](#)) If your group will only be meeting once, thank everyone for their participation, and encourage them to share their thoughts and ideas and, if they wish, with our staff as we plan future episodes of our health disparities and Parkinson's series.



## DISCUSSION QUESTIONS

The questions and prompts you use to guide your conversations will change depending on the topics and media your group chooses. Still, here are some general questions you can ask to kick off your discussion, or if you need to guide the conversation back to the subject at hand.

- » Why do health and healthcare disparities matter to you?
- » What are some of the current challenges of addressing disparities that you see in your community?
- » What did our reading/viewing/listening teach you about social determinants of health? How do you think that plays out in the Parkinson's community?
- » How do inequality and social injustice produce health consequences?
- » What were insights from the authors or speakers that were most compelling, interesting, or surprising to you?
- » How are health, social, and economic resources allocated in your community or society? How does that impact people living with Parkinson's?
- » Which issues most affect health in your community specifically? (Examples could include housing, jobs, income, transportation, racism, schools, social exclusion, civic engagement, land use, development, etc.) How?
- » What did you learn in your reading/watching/listening about the differences between health disparities and health equity? What's an example of a health difference that you would not consider to be a health disparity?
- » Whose responsibility is it to address inequities in health and society?
- » Who makes the decisions that affect your local Parkinson's community? Who's missing from the table? How can community members gain access to power? If you had the power, how would you change the process? What decisions would you make differently? What additional resources would you need? What are the priorities for action?
- » How was this reading/webinar/podcast the same or different from other media you have seen, read, or heard on these issues? In what ways did it confirm or challenge the ideas you held?
- » What questions surfaced that you'd like to know more about?