

SUNDAY MORNING Health Corner

Health Equity & Access

Your health matters, and so does the quality of care you receive. Too often, **Black and Brown** communities face challenges in accessing healthcare providers who understand their unique needs, cultural backgrounds, and lived experiences. **Culturally competent** healthcare ensures that patients receive care that is respectful, effective, and free from bias.

Why Culturally Competent Healthcare Matters

- ✔ **Better Communication** – A doctor who understands your background and concerns can provide clearer, more personalized guidance.
- ✔ **Improved Health Outcomes** – Patients are more likely to follow treatment plans when they feel understood and respected.
- ✔ **Reduced Disparities** – When healthcare providers acknowledge social, economic, and historical factors affecting health, they can offer better care.

How to Find Culturally Competent Providers

Tap Into Local & Faith-Based Health Resources:

Ask Your Community, Community Health Centers & Faith-Based Health Ministries- Many offer free or low-cost services tailored to underserved communities. Often times having health outreach programs offering screenings, support groups, and wellness education.

You Deserve Quality Care

Your health is your greatest asset. Seek out doctors and resources that truly see, hear, and care for you. By advocating for culturally competent care, we can take charge of our well-being and build healthier communities.



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