

Health Disparities Research

Larissa Avilés-Santa, MD, MPH, FACP, FACE

Medical Officer

National Heart, Lung, and Blood Institute

Introduction to Principles and Practice of Clinical Research

National Institutes of Health Clinical Center

March 15, 2016

## Disclaimer

The views expressed in this presentation do not necessarily represent the views of the National Heart, Lung, and Blood Institute; the National Institutes of Health; or the U.S. Department of Health and Human Services.

There are no conflicts of interest to disclose.

Objectives

Definitions

Factors or Areas of Study

Research Examples

What does the term disparities mean?

Why is it important to study them?

Disparity versus Difference

Element of injustice, inequity, disadvantage

Are all differences disparities?

Equality versus Equity

Equal utilization of services = the standard

Equal need

Equal preferences

Equal benefit

Assurance of access to necessary and high-quality care?

## Equity in Health Care

The clinical need is the primary determinant of equal opportunities for utilization of health care resources.

Disparities in Health

or

Disparities in Health Care?



Why is it important to study health disparities?

To ensure that we are:

Reducing and eliminating health disparities wherever we find them

Implementing and delivering the best health care practices for our patients

Disparities in Health or  
Disparities in Health Care  
as Research Questions

Why is it important that we continue doing research in health disparities?

Why is it important to study health disparities?

To ensure that we are:

Reducing and eliminating health disparities wherever we find them

Implementing and delivering the best health care practices for our patients

Why to do research in health or health care disparities?

Documentation

Explanation

Strategies towards reduction or elimination

Documentation

Newly recognized factor?

Revisiting a covariate?

New population?

Explanation

Mechanism of disease?

Clinical outcomes?

Change in policy?

Strategies towards reduction or elimination

Interventions

Reframing and reevaluation

Biological factors?

Clinical outcomes?

Utilization of health services?

Policy?

Socioeconomic factors?

Environmental factors?



Larissa Avilés-Santa, MD, MPH

301.435.0450

[avilessantal@nhlbi.nih.gov](mailto:avilessantal@nhlbi.nih.gov)