



# INTERACT FOR HEALTH

A Catalyst for Health and Wellness

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# Interact for Health

Interact for Health improves the health of people in the Cincinnati region by being a catalyst for health and wellness.

We are a regional health conversion foundation that serves 20 counties in Ohio, Kentucky, and Indiana. Our focus is on health promotion with four priority areas:

- Healthy Eating
- Active Living
- Mental and Emotional Wellbeing
- Healthy Choices About Substance Use

Protecting the Healthcare Safety Net

- School Based Health

# Journey into Health Equity



# What is Equity?

**Equity: We advocate for just and fair inclusion into a society in which all can participate, prosper and reach their full potential.**

## Why having an Equity Lens matters?

- Targeted Universalism – focus on one group, improve the whole
- Understand how to address unique needs
- Policies and practices in place from decades of systemic racism – still have an effect on health
- Philanthropy can leverage power and privilege to disrupt the drivers of inequality

## What this means for our work

- Learn how to apply an equity lens to our priority areas – this sometimes leads us more towards the social determinants of health
- Focus on broad-level policy and systems change – not programs
- Intentional priority on under-resourced communities
- Follow the data – use disaggregated

# What this means for our work

## Health Eating

- Food distribution hub
- Food Policy Council
- Produce Perks
- Cook for America

## Physical Activity

- Physical Activity Environments
- Active Transportation

# Frameworks to Address Equity

## **Internal**

- Training
- Policies
- Work Culture

## **External**

- Organizing and advocacy
- Grantmaking
- Research and Data collection
- Partnerships
- Regional and cross-sectoral collaboration
- Community Engagement



# Questions