**Appendix 1**

**SSoDOH Assignment, Session 1: Health Equity – An Introduction**

The health equity disparities that have been exposed most recently through the COVID-19 pandemic highlighted the pressing need to address its root causes. This week’s session will review the historical and current impact racism has had on how we experience the social determinants of health. During today’s session we will use restorative practice techniques. These restorative practices aim to promote positive and healthy learning environments and dialogue building that helps create strong, restorative academic communities that are intentional, safe and brave spaces for learners, faculty and staff alike.

**Before our session, please review the required material outlined below:**

Required Readings

1. “Levels of Racism: A Theoretic Framework and a Gardener’s Tale”: <https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.90.8.1212>
2. Responding to the COVID-19 Pandemic: The Need for a Structurally Competent Health Care System. *JAMA.* 2020;324(3):231–232. doi:10.1001/jama.2020.9289 <https://jamanetwork.com/journals/jama/fullarticle/2767027>
3. Unnatural causes: Is inequality making us sick? https://unnaturalcauses.org/assets/uploads/file/camarajones.pdf

Reflection Question

*Reflecting on the readings above, what resonated with you? Where did you struggle?*

Additional resources if you’d like to dig deeper – **not required**

1. Dr. Camara Jones, Berkeley Q/A - “Achieving Health Equity - Tools for a National Campaign Against Racism”: <https://www.youtube.com/watch?v=3aXoBfmSBNQ&list=WL&index=12>
2. Dr. Jennifer Tsai, FX19 Lecture Series: <https://www.youtube.com/watch?v=S1vf3Dh1010>
3. Heather McGhee: Racism has a Cost for Everyone: <https://www.youtube.com/watch?v=eaCrsBtiYA4>

**To summarize, please prepare the following for our first session:**

* Complete required learning material
* **Bring an item of significance** that represents a passion of yours to the session that can serve as a *talking piece*. Something of significance is something that feels special to you and that has a story behind it. Prepare to share a bit about this special item.
* Arrive in the circle at least 5 minutes before our start time