

A Brief Overview of Cultural Competency

Open Attitude

Be open to a wide variety of ideas and approaches, seek out divergent views and contrary arguments, and consider the full range of pros and cons of an issue.

Self-Awareness

Understand your own culture, be aware of your assumptions and judgments, knowledge of your strengths and limitations, and capacity for self-reflection and intervention.

Awareness of Others

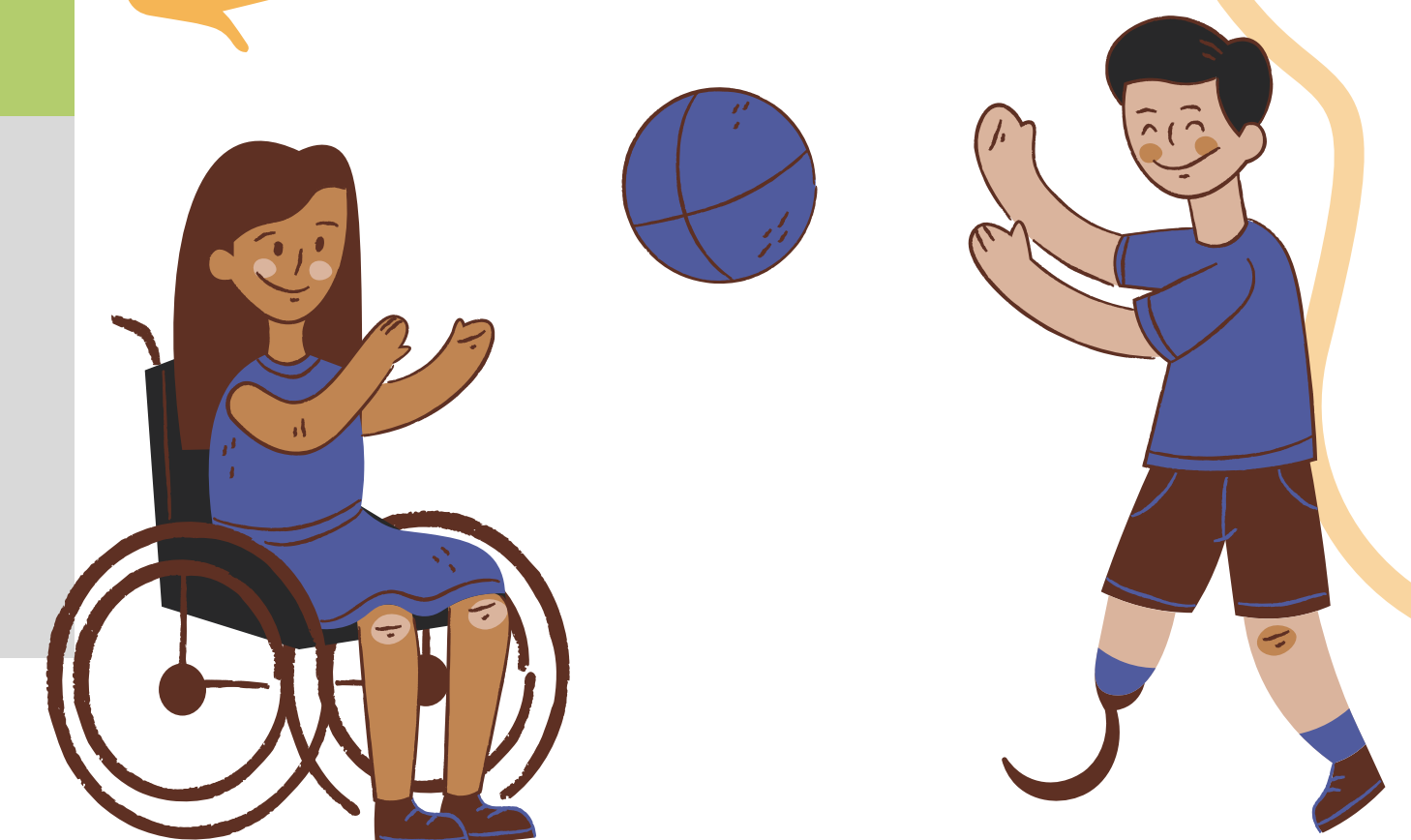
Recognize that all individuals are unique and have their own experiences and beliefs, they may not be yours but they are equally as valid and valuable.

Cultural Knowledge

Obtain information about others' beliefs, culture, values and norms. Can be acquired from conversations, information searching, or other reliable cultural sources.

Cultural Skills

Adapt communication style to different cultures, use active listening, identify areas of conflict and recognize their impact, establish mutual trust and relationships, and implement processes that promote inclusion.



Health Equity and Why It Matters



"Health equity is achieved when every person has the opportunity to 'attain his or her full health potential'."

Source:
<https://www.cdc.gov/chronicdisease/healthequity/index.htm>