



Healthy Bite

# Equitable Research Trends at a Glance

From the Humana Foundation's Latest Report:  
Strengthening Science and Community Impact  
Through Equitable Research Practices

Humana  
Foundation



## Purpose

Offers funders a framework for developing investment strategies that promote health equity through community-engaged research practices.



## What We Examined

**11**  
**research projects**

funded by the  
Humana Foundation  
in 2023 and 2024

**6**  
**interviews**

with principal  
investigators



## 3 Core Themes of Equitable Research

- 1 Access & Opportunity**
- 2 Community Leadership**
- 3 Respect for Human Dignity**

All projects focus on health equity interventions and strategies that promote nutrition security, prevent suicide, and improve mental health, with an emphasis on social connectedness.



## Why It Matters

Community-engaged research builds trust, increases relevance, and improves outcomes for communities.



## Call to Action for Funders

- Prioritize equity and dignity in your research strategy
- Stay informed on community-engaged research trends
- Adopt flexible and responsive research funding models

Read the full report at  
[www.humanafoundation.org/  
content/dam/humana-assets/  
design-assets/sites/humana-  
foundation/assets/humana-  
foundation-report.pdf](http://www.humanafoundation.org/content/dam/humana-assets/design-assets/sites/humana-foundation/assets/humana-foundation-report.pdf).