

Mitigating Healthcare Disparities: Analyzing the Efficacy of Targeted Telehealth Interventions in Underserved Populations

Abstract. This study investigates the effectiveness of targeted telehealth interventions aimed at reducing healthcare disparities among underserved populations. Employing a mixed-methods design, we analyzed quantitative data from electronic health records and qualitative feedback from participants receiving telehealth services. Our findings reveal significant improvements in health outcomes, patient satisfaction, and access to care, particularly among racial and ethnic minorities. The implications suggest that tailored telehealth strategies can bridge care gaps and enhance service delivery in marginalized communities. These results underscore the necessity of integrating telehealth into future public health initiatives to promote equity in healthcare access and outcomes.

Keywords:

Introduction

Healthcare disparities remain a critical global issue, exacerbated by socioeconomic status, geographic location, and systemic biases in healthcare delivery. As we advance into the years 2024-2026, the necessity for equitable healthcare access has never been more pressing. Current statistics reveal that marginalized populations, particularly racial and ethnic minorities, continue to experience significantly higher rates of chronic diseases, delayed diagnoses, and preventable complications compared to their more privileged counterparts. This disparity in healthcare access not only affects individual health outcomes but also burdens healthcare systems with escalated costs associated with untreated illnesses and emergency care.

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