

RACIAL DISPARITIES IN HEALTH AND HUMAN SERVICES

2019 California WIC Association Conference
San Diego, CA

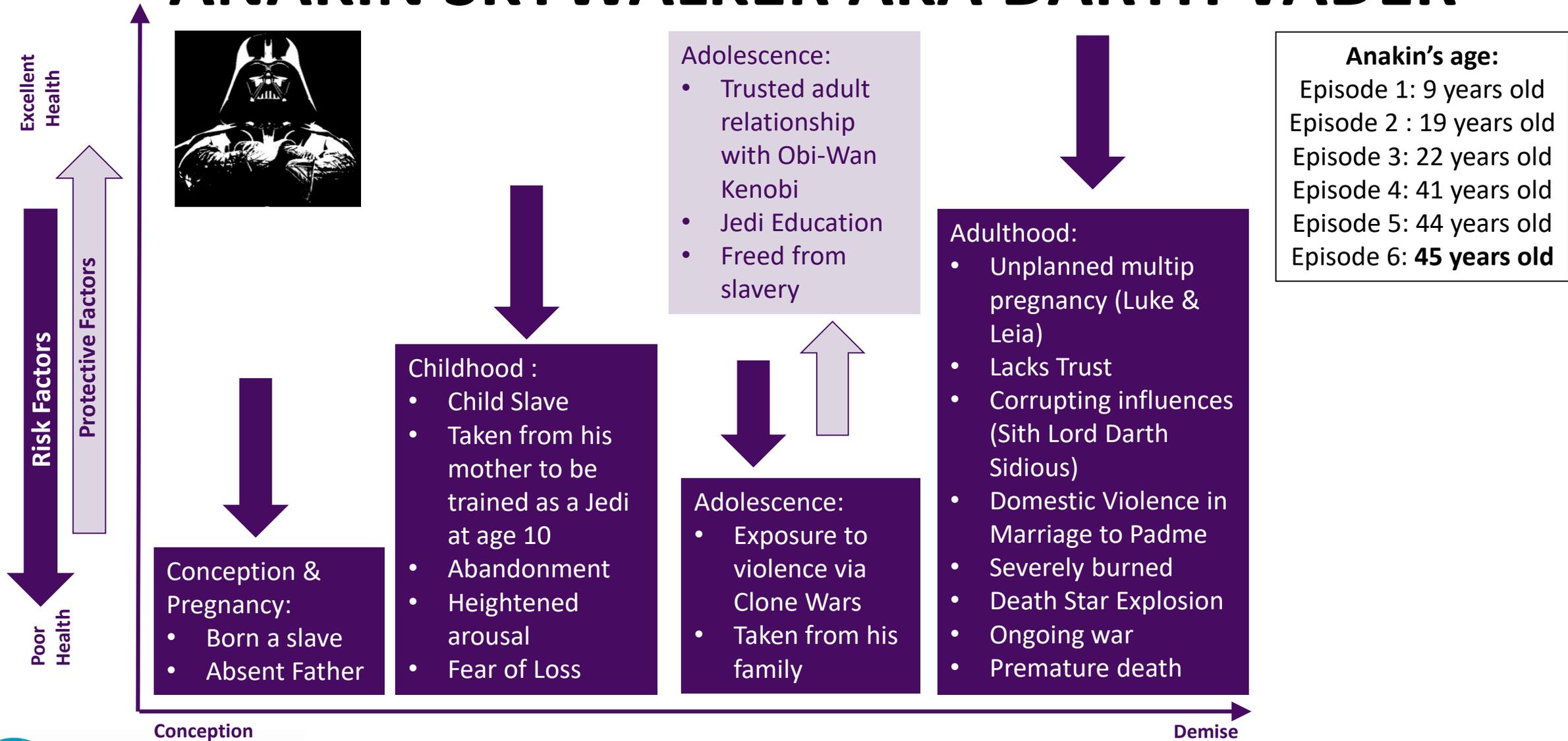


PUBLIC HEALTH
ADVOCATES

EVERYONE HAS THE RIGHT TO BE HEALTHY

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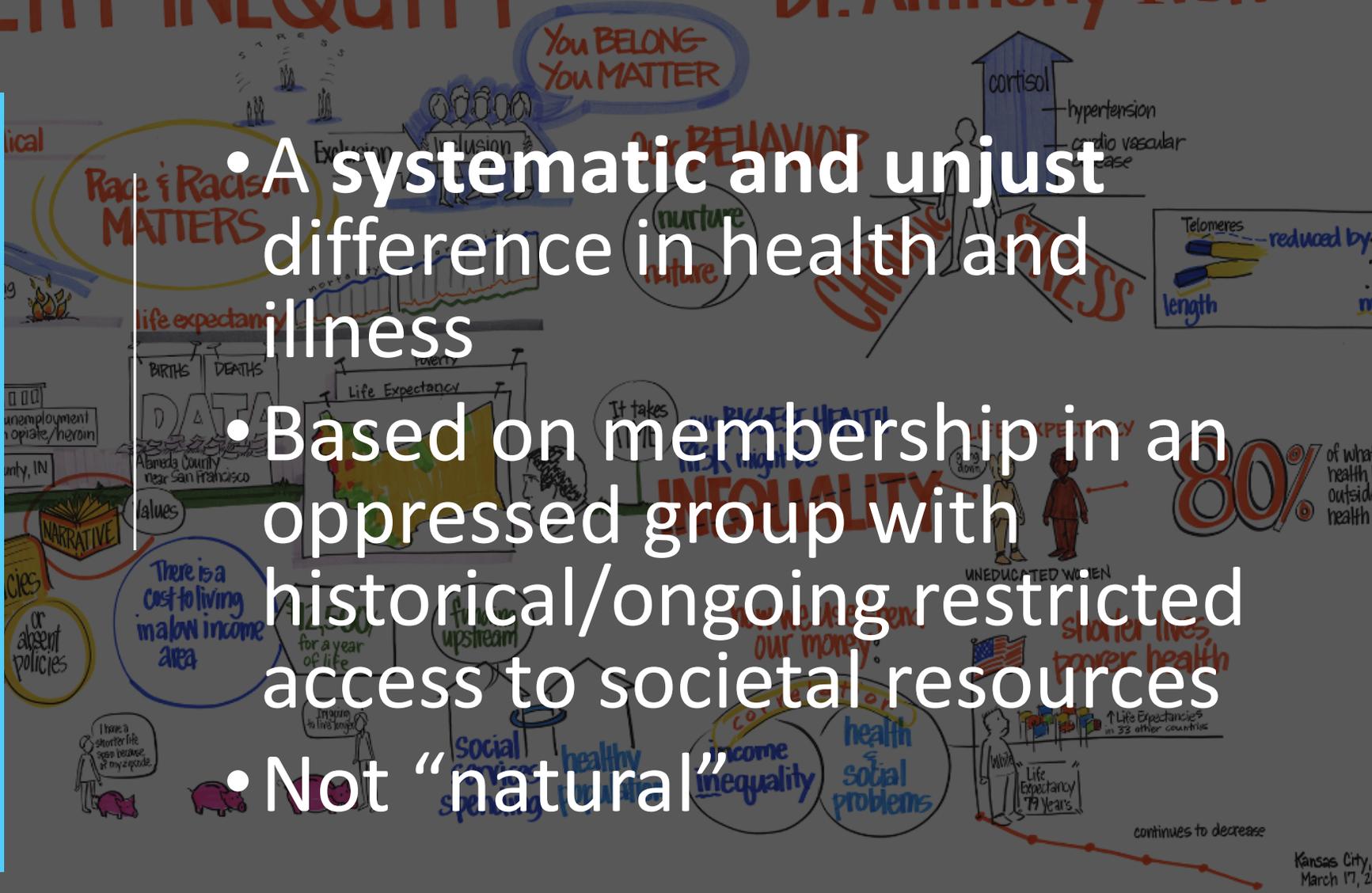
ANAKIN SKYWALKER AKA DARTH VADER



NEW APPROACHES TO TACKLE THE ROOT CAUSES OF HEALTH INEQUITY

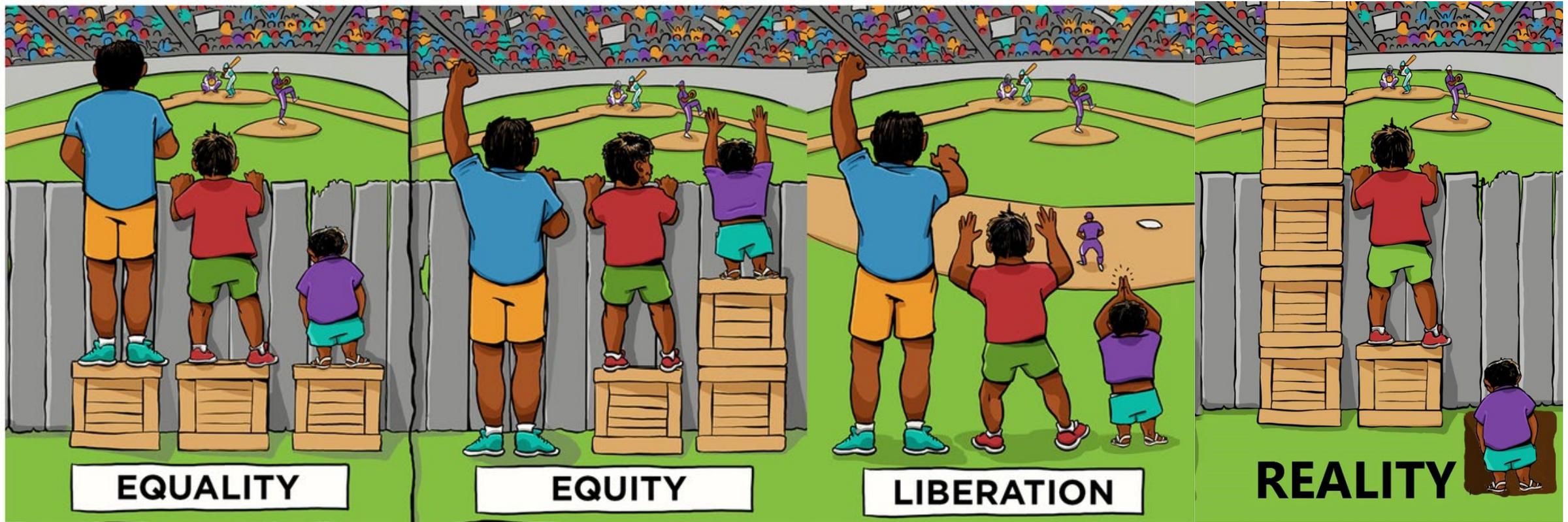
Dr. Anthony Iton

HEALTH INEQUITY



- A systematic and unjust difference in health and illness
- Based on membership in an oppressed group with historical/ongoing restricted access to societal resources
- Not “natural”

WHAT DOES HEALTH EQUITY LOOK LIKE?



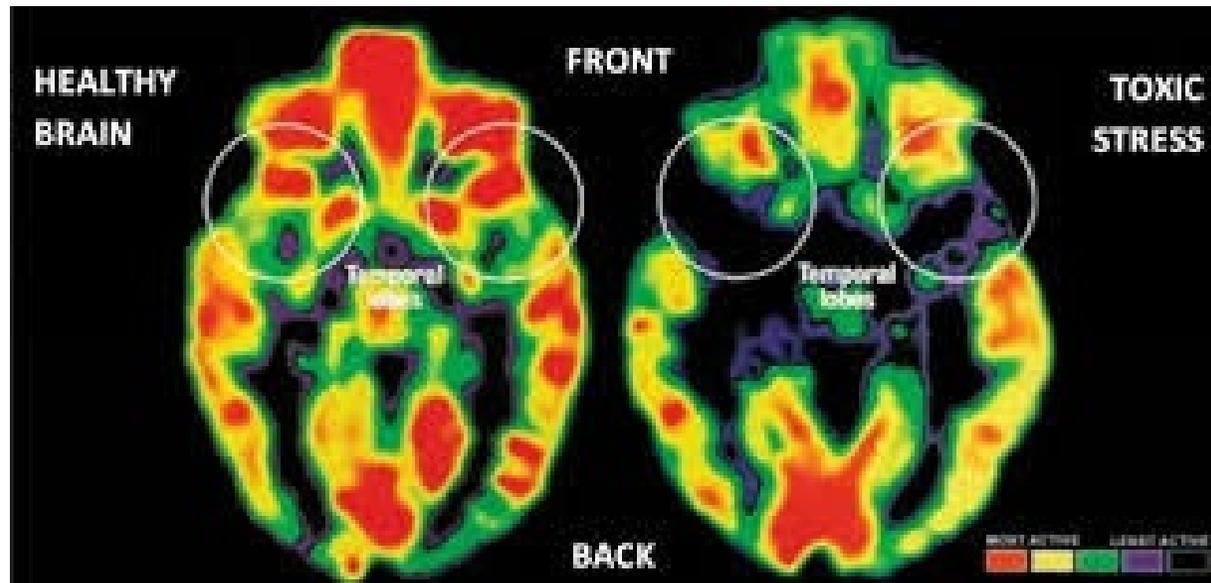
Ableism: Is this a family of different ages/abilities?

Queer/Transphobia: Is this a group of people with different heights?

Racism: Is this a group of people with some growth stunting from deprivation?

TOXIC STRESS

Health pathways are affected by toxic stress, especially during critical or sensitive periods



TYPES OF STRESS

POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

More severe stress response, but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response

Intense, prolonged, repeated, and unaddressed

Social-emotional buffering, parental resilience, early detection, and/or effective intervention

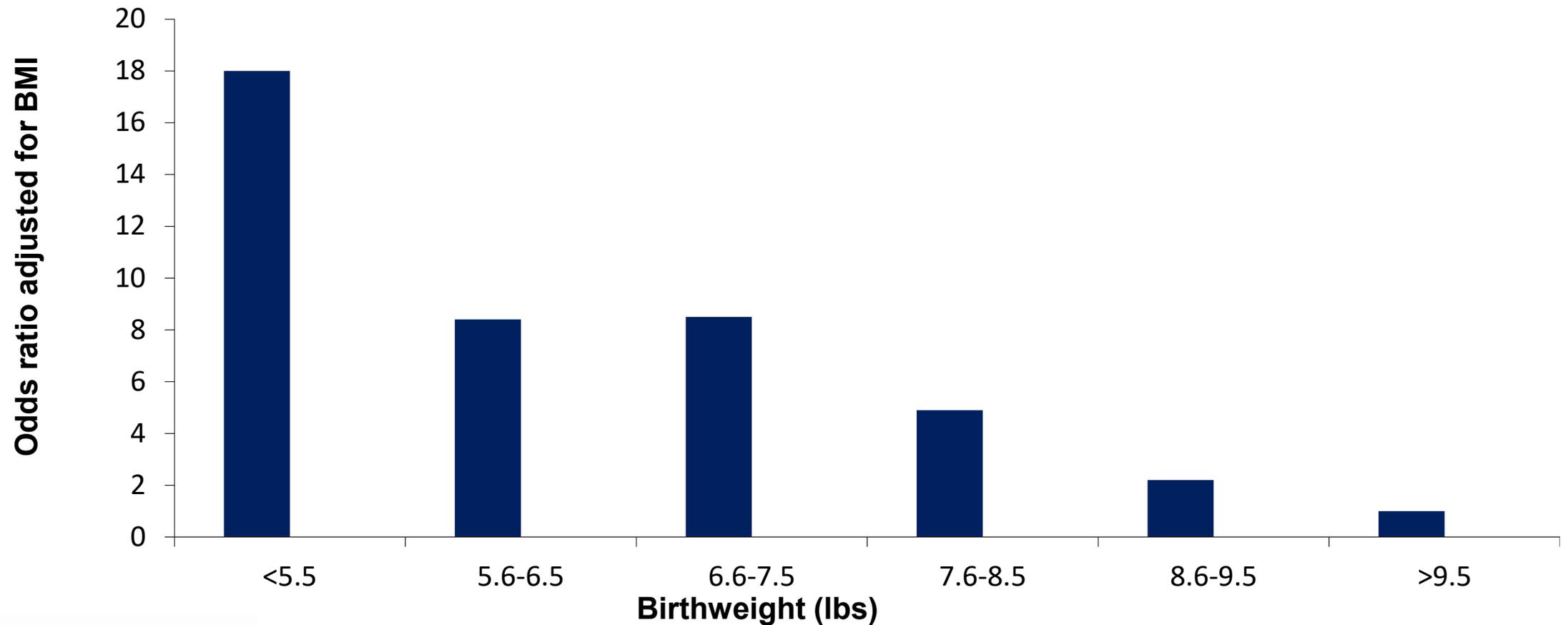
EARLY PROGRAMMING

Experiences during sensitive developmental periods in early life may encode function of organs or systems that manifest in health and disease later in life



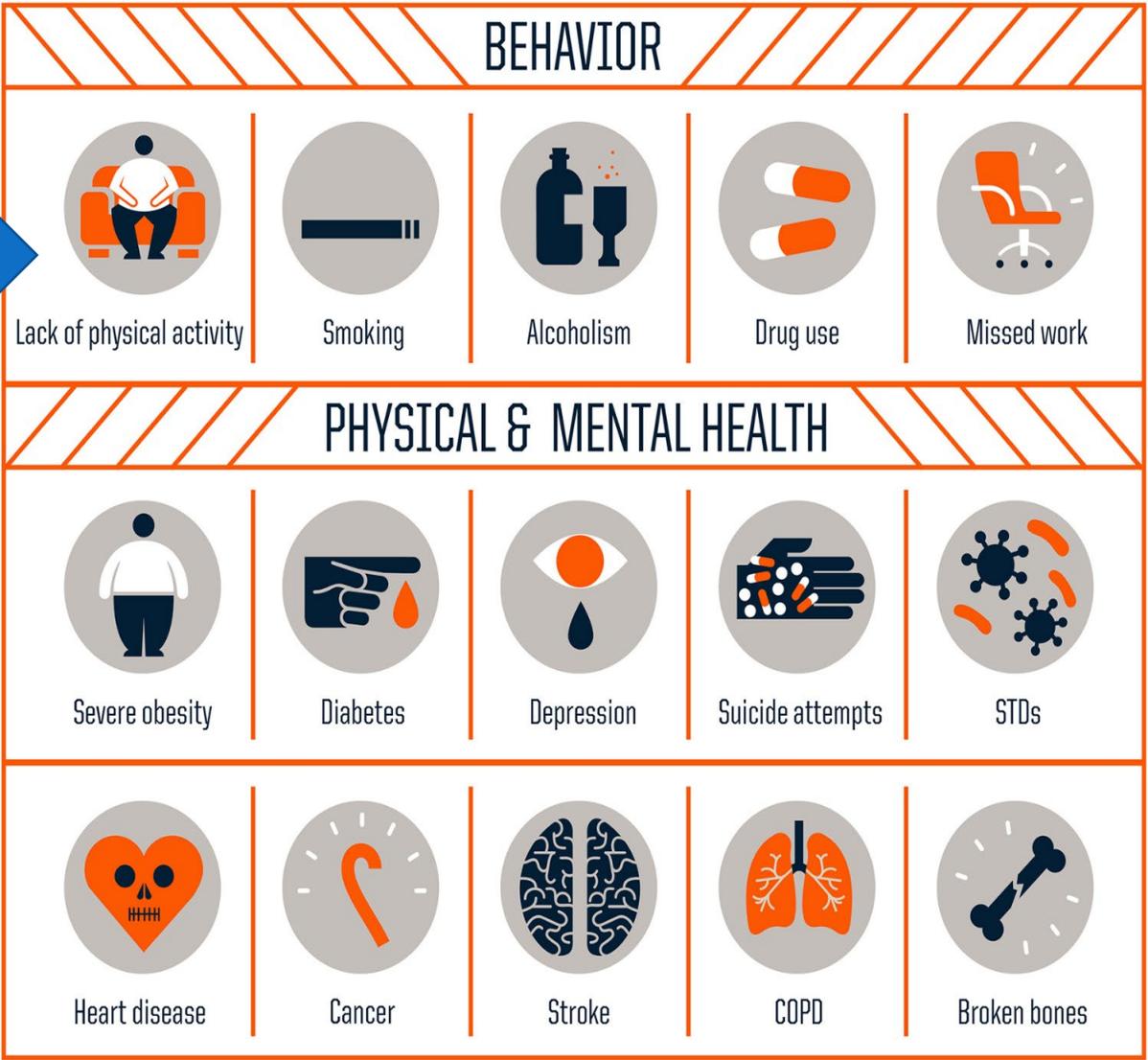
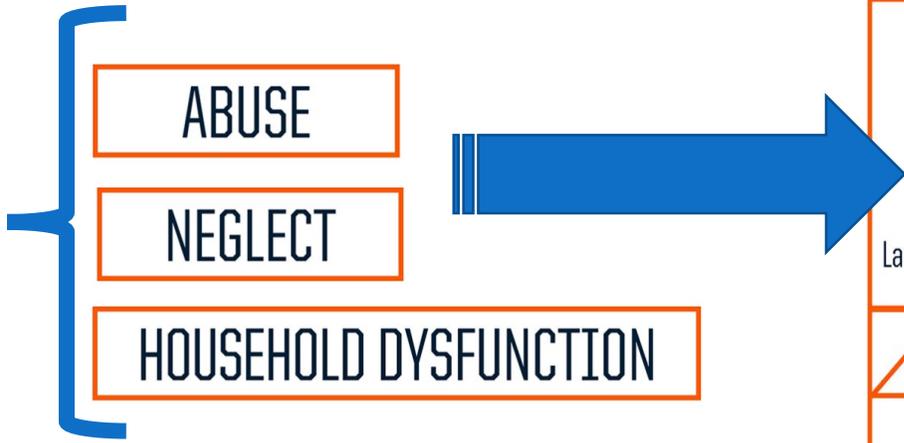
Barker Hypothesis: Fetal Origins of Disease

Birthweight and Insulin Resistance

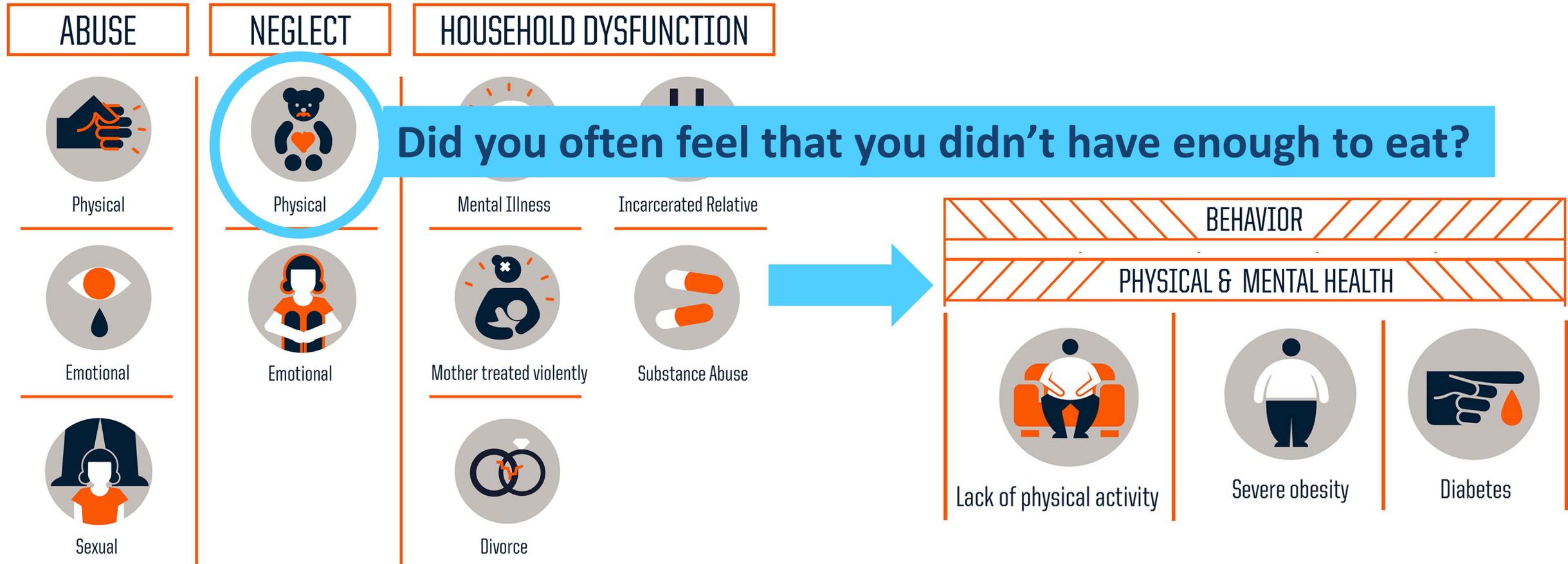


Childhood Trauma

Adverse CHILDHOOD Experiences



Adverse Childhood Experiences (ACEs)



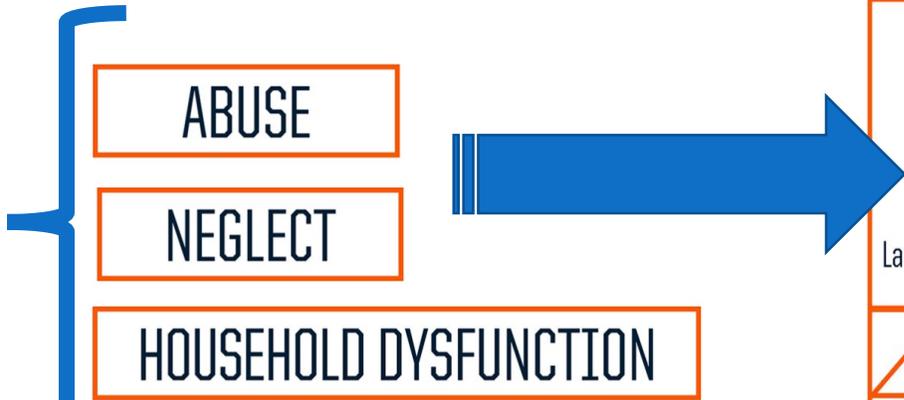
ENVIRONMENT

The broader community environment strongly affects the capacity to be healthy

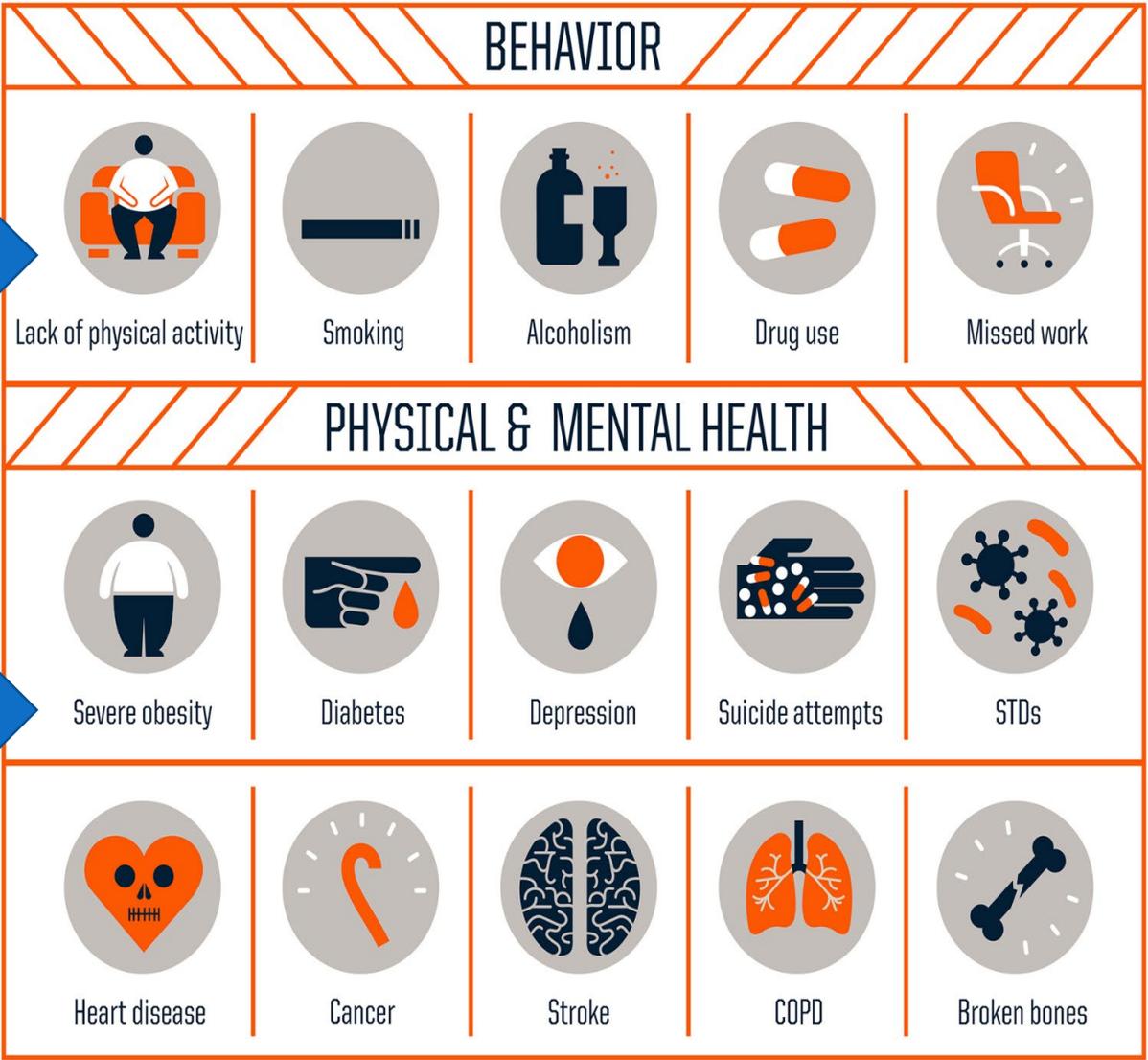


Community Trauma

Adverse
CHILDHOOD
Experiences



Adverse
COMMUNITY
Experiences



COMMUNITY TRAUMA



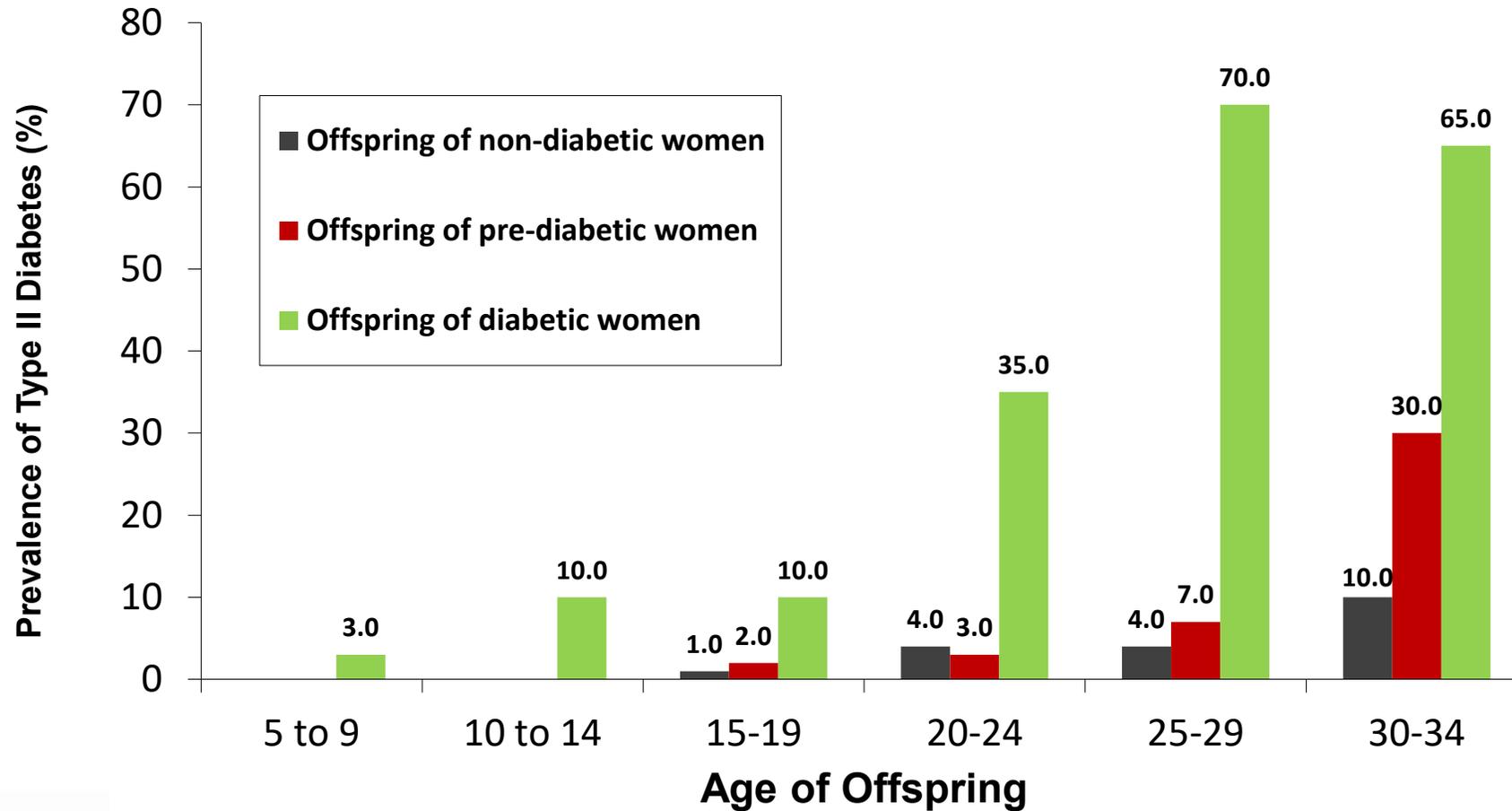
- Natural Disasters
 - Hurricanes/Tornadoes/Wildfires
- Discriminatory Policies
 - War on Drugs
 - Proposed Changes to Public Charge
 - Muslim & Latino Ban
 - Family Separation
- Vilification of Identity
 - White supremacy and “Othering”
 - Muslim = Terrorist
 - Black = Thug
 - Latinx = Undocumented
- Community Violence
 - Shootings
 - Sexual Assault
 - Refugee Asylum
 - Increase Law & Immigration Enforcement Presence
- Concentrated Poverty
 - Neighborhood appearance
 - Police Presence

GENERATIONS

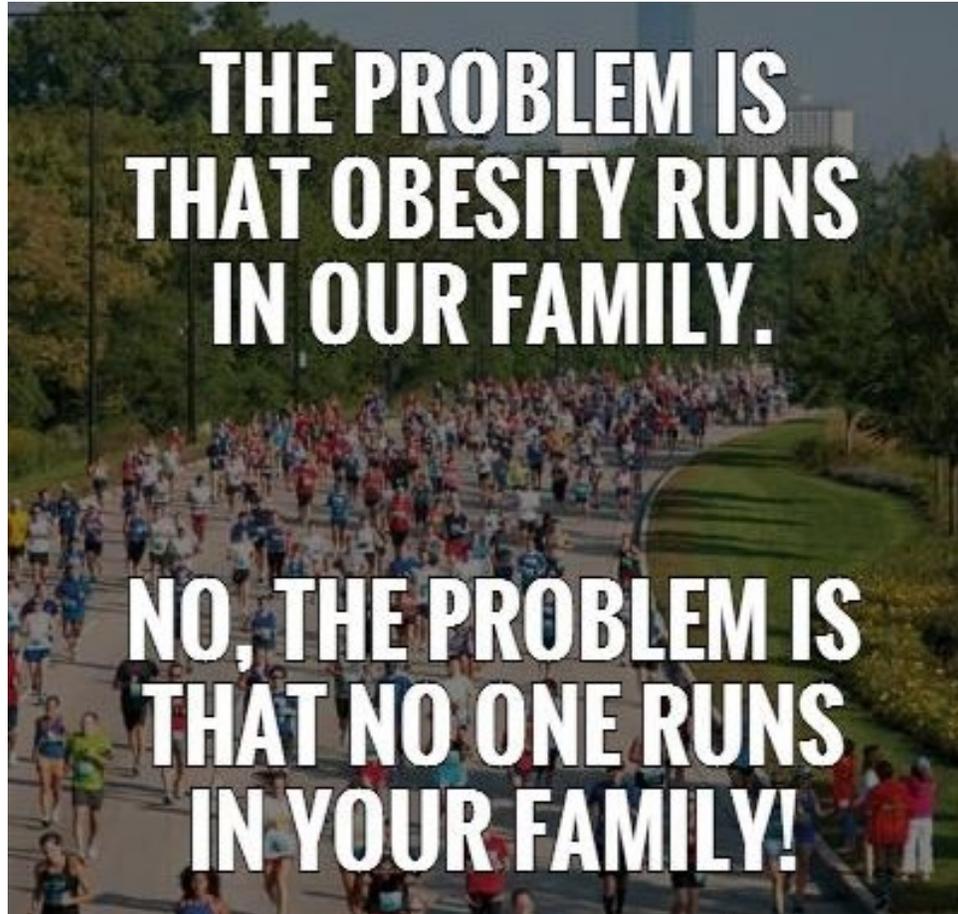
Health is shaped by human context
across lifetimes and generations



DIABETES ACROSS GENERATIONS

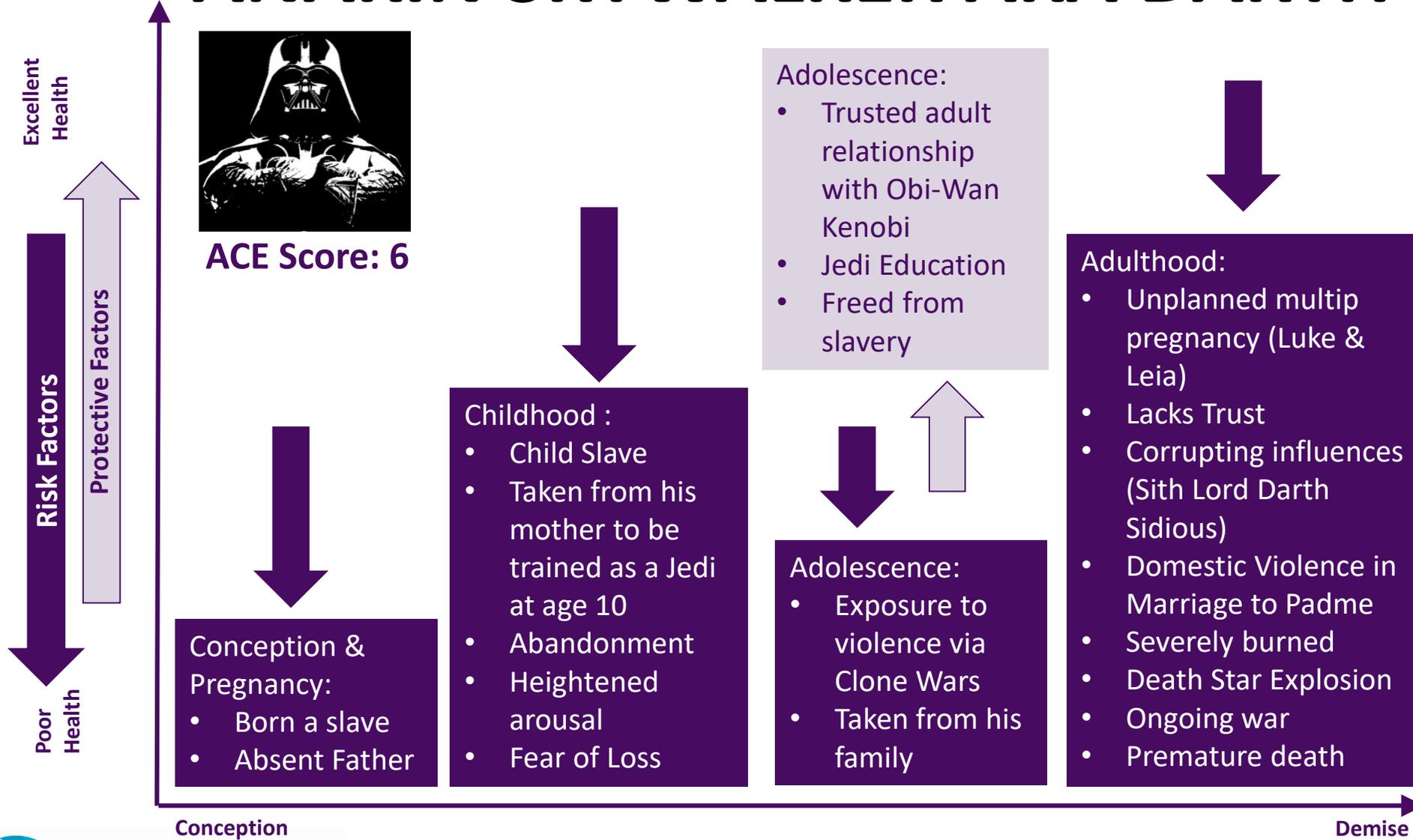


ENVIRONMENT/BEHAVIOR ACROSS GENERATIONS



- People within a family often share
 - Genetics
 - Environment
 - Intergenerational Trauma
 - Epigenetic transfer
 - Decreased DNA Methylation (gene silencing) of Glucocorticoid Receptors in hippocampus increases uptake of cortisol deregulates stress response
 - Behaviors

ANAKIN SKYWALKER AKA DARTH VADER



Anakin's age:
 Episode 1: 9 years old
 Episode 2 : 19 years old
 Episode 3: 22 years old
 Episode 4: 41 years old
 Episode 5: 44 years old
 Episode 6: **45 years old**



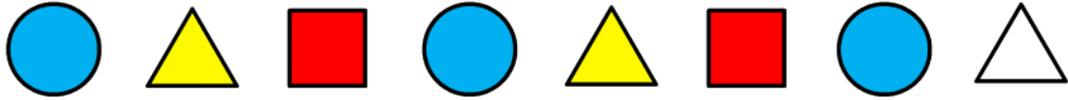
ACE Score: 5

SPOT THE PATTERN 2

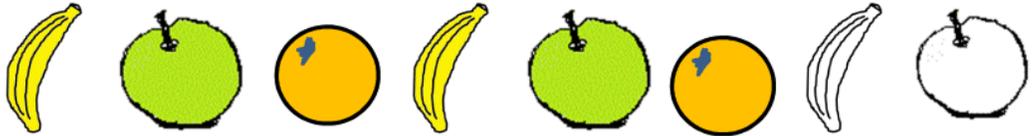


Spot the pattern and then fill in the missing patterns.

1) Shade the shape to finish the patterns.



2) Shade the shapes to finish the patterns.



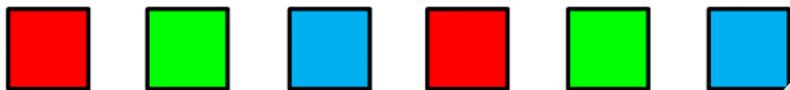
3) Shade the shape to finish the patterns.



4) Draw the next face to finish the patterns.



5) Shade the shape to finish the patterns.



6) Fill in the last letter.



SPOT THE PATTERN

Toxic Stress, Environmental
Risk Factors and
Intergenerational Factor
reflect **racial/ethnic**
designations

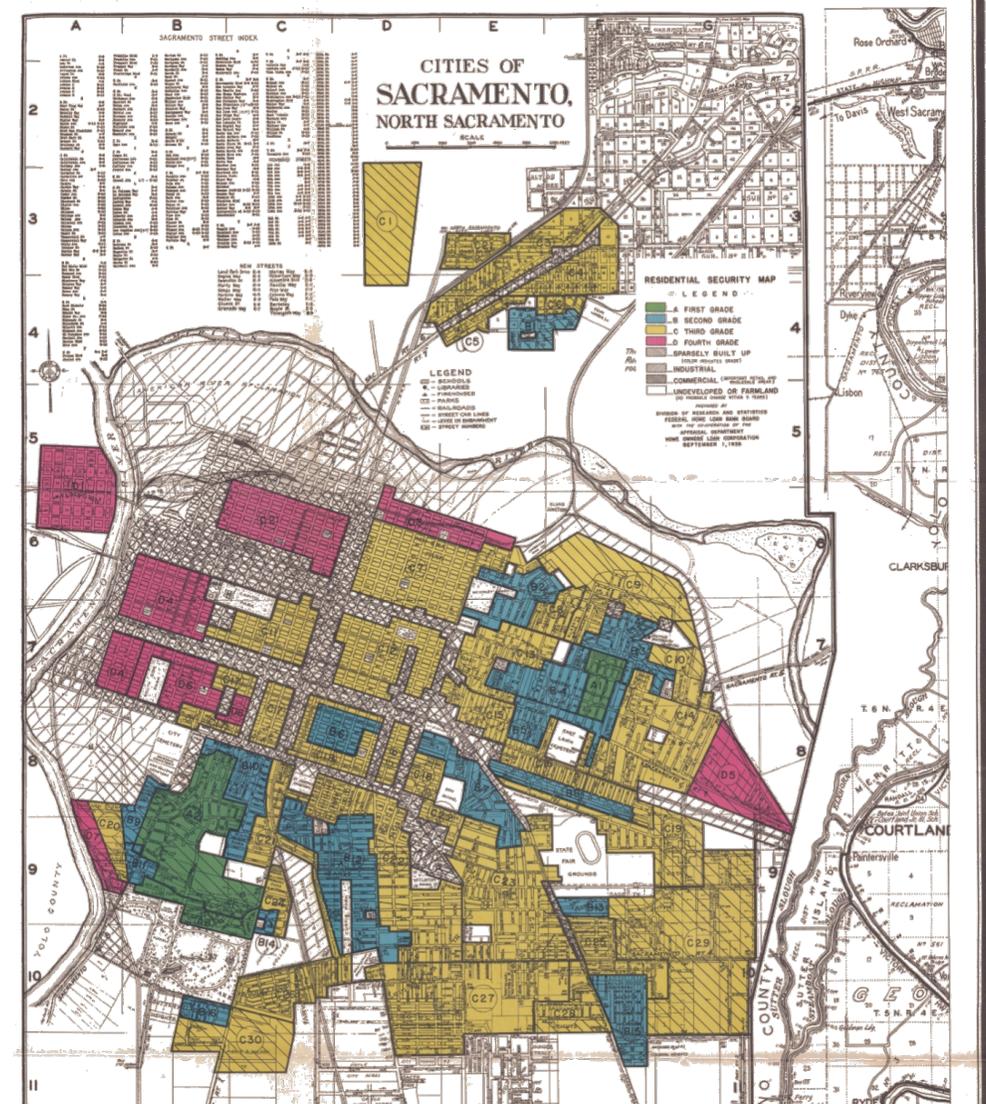
DEFINING RACISM

- **Personally-mediated racism** - an acute stressor, including individual insults and discriminatory acts
- **Institutionalized racism** - *discriminatory, race- or class-based policies and practices (informal and formal)*
- **Internalized racism** - acceptance by members of the stigmatized races of negative messages about their own abilities and intrinsic worth
- **Cultural racism** – determines which group qualities and characteristics are valued/devalued

The new
racism is
to deny
that racism
exists

RED LINING

- Official Practice 1934-1968
- Grades that FHA gave to neighborhoods
 - Green (A) - “best”
 - Blue (B) - “still desirable”
 - Yellow (C) - “definitely declining”
 - Red (D) for “hazardous”
- System based on white supremacy and proximity to blackness



THE LEGACY OF REDLINING

Fifty Years later in 2018...

- **2/3** of **D areas** are inhabited by mostly Black and Latinos
- **3/4** of **D areas** continue to struggle economically
- **91%** of **A areas** remain middle-to-upper-income today
- **85%** of **A areas** still predominantly white



DESIGNED FOR DISEASE

- The Link Between Local Food Environments and Obesity and Diabetes
- Higher the ratio of fast-food restaurants and convenience stores to grocery stores and produce vendors the higher the prevalence of obesity and diabetes
- **The highest rates of obesity and diabetes are among people who live in lower-income communities and have worse food environments**



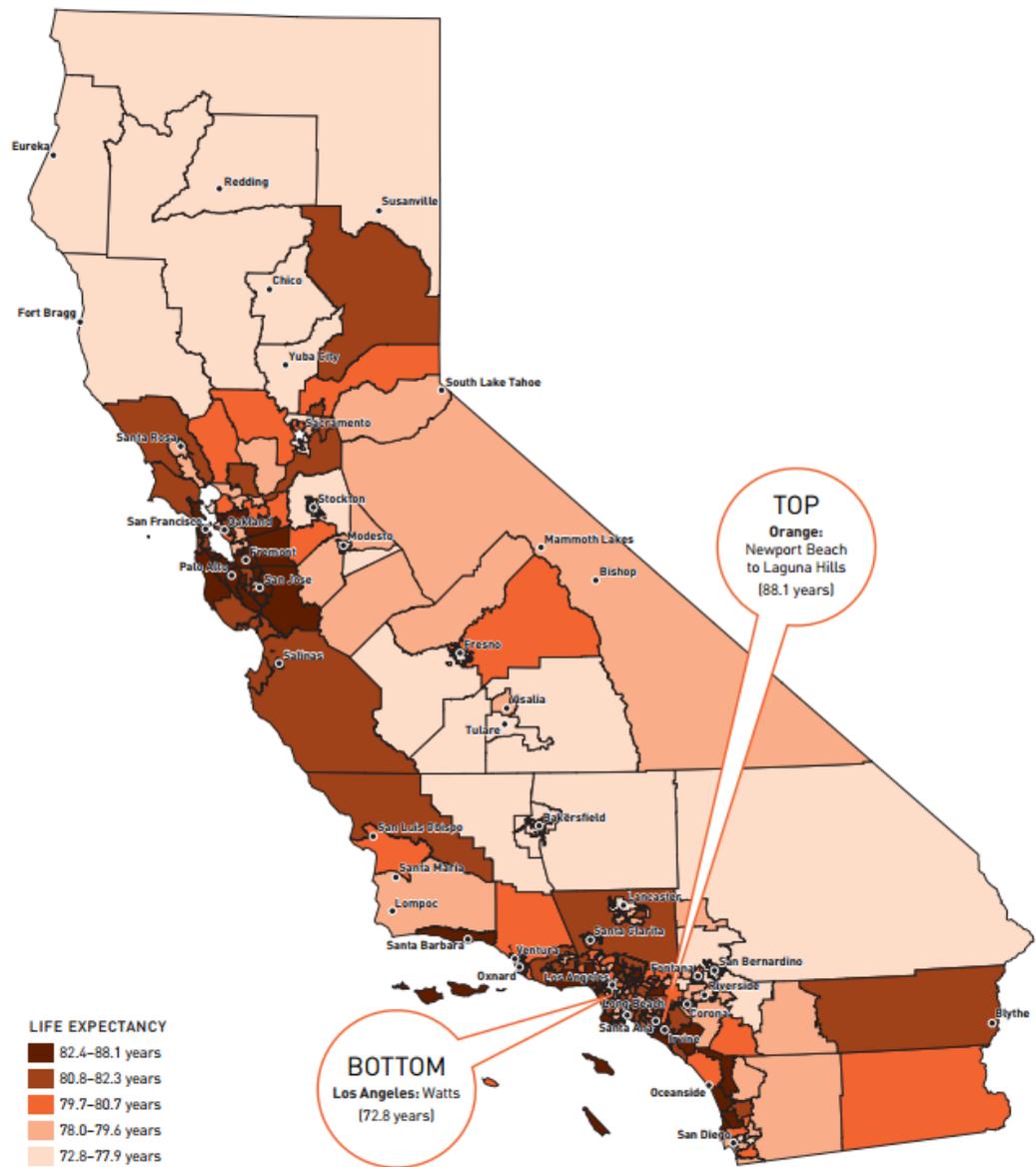
DIABETES & PRE-DIABETES IN CALIFORNIA

California adults with

- **Prediabetes: 46%**
 - **1/3 of young adults 18-39**
- **Diabetes: 9%**



PLACE MATTERS: LIFE EXPECTANCY IN CA



DIABETES BY ETHNICITY

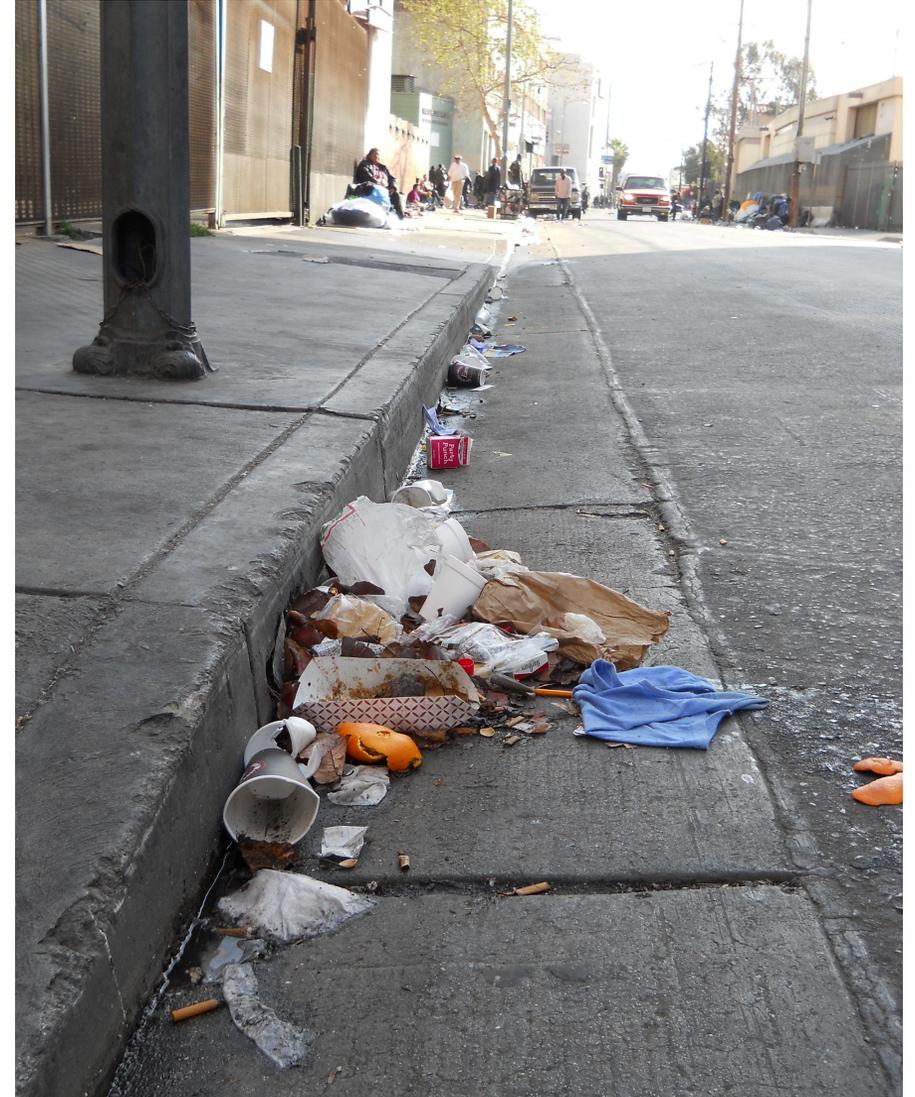
Ethnicity	Diabetes (40-54)	
American Indian	15%	2.5x
Latino	14%	2.3x
African-American	9%	1.5x
Asian	9%	1.5x
White	6%	
CALIFORNIA	9%	

DIABETES BY INCOME

Income	Diabetes (40-54)	
<100% FPL (\$25k)	20%	4x
100-199% FPL	10%	2x
200-299% FPL	10%	2x
>300% FPL (\$75k)	5%	
CALIFORNIA	9%	

THE IMPACT

- Poor/underperforming schools
- Poorly maintained areas
- Food deserts
- Community violence
- High incarceration rates
- Higher disease burden
- Lower life expectancy

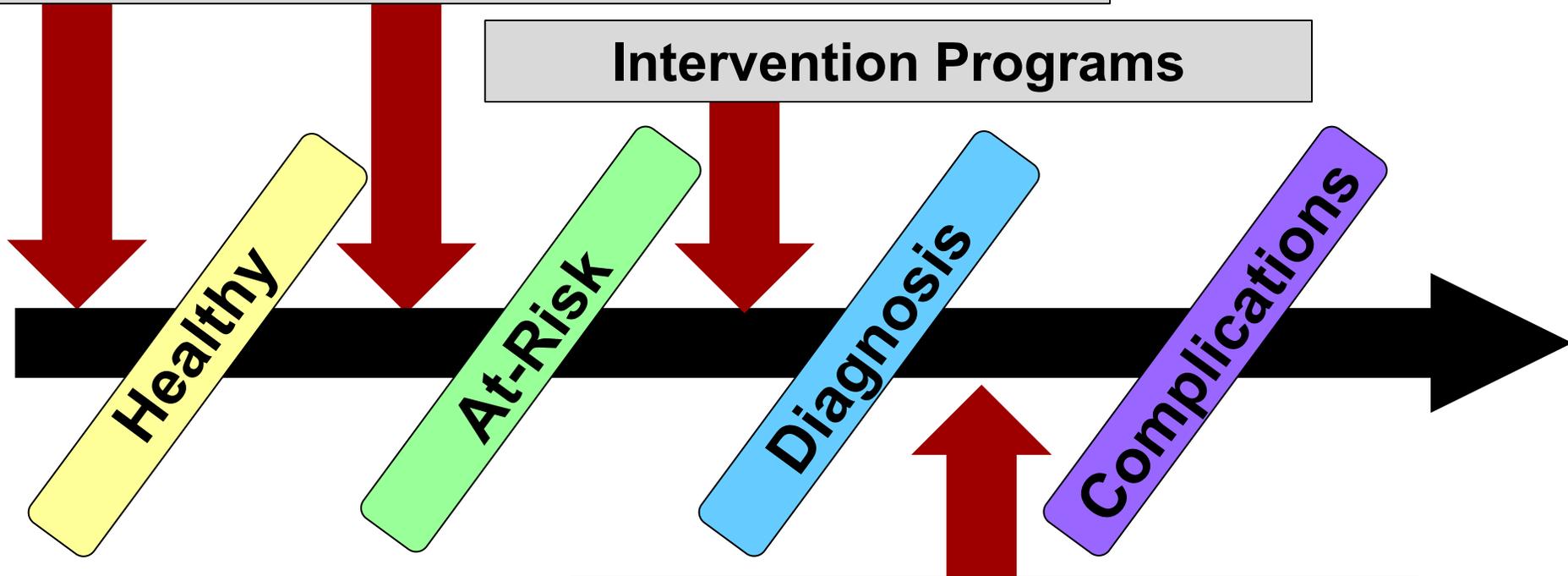


A COMPREHENSIVE APPROACH

Policy / Systems / Environmental Changes

- Healthy eating
- Physical activity
- Screening

Intervention Programs



Health Management Programs



CANNOT OVERCOME SOCIALIZATION IN 90 MINUTES

Best practices must be institutionalized

- Evidence-based techniques to achieve more racial equality
 - Withholding information at steps of process
 - Standardize compassion not punishment
- Increased interaction and understanding

**DESIGN WITH INTENTION
(WE CAN'T BE TRUSTED)**

Contact Information

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