

21 DAY EDI CHALLENGE

"I think of the coronavirus as a tutorial on racism because it illustrates the multiple pathways by which racism can have consequences for health. One of the pathways is that racism, through its institutional structural mechanisms, like residential segregation, creates access to opportunity in American society. Where you live, for most Americans, determines where you go to school and the quality of education you receive. Where you live determines the quality of your neighborhood environment. Where you live determines even the quality of city services that you have access to. So, in many profound ways, place, your zip code is a powerful predictor of the factors that drive health."

David Williams

Contents:

1. Definitions & General Concepts

2. Internalized Racism

3. Interpersonal Racism

4. Institutional Racism

5. Structural Racism

6. Next Steps

7. Additional Resources

Day Nineteen

Day Eighteen: Racism in Healthcare

For the last portion of our talks on structural racism, we will be looking at racism in healthcare. This was a topic that we felt would be especially pertinent given the current ongoing coronavirus pandemic, which has especially highlighted many pre-existing discrepancies within the industry.

Article(s)

Structural Racism Affects Healthcare -

Read the article below to learn about the many factors outside of the control of individual patients, their physicians, or health coverage and how they can impact health outcomes.

<https://www.medpagetoday.com/blogs/kevinmd/84362>

Navajo Women Work Together to Support Elders

From Indian Country Today: Indigenous tribes have their own cultures, languages and customs, but two common threads run through them – high esteem for their elders, and the heavy impact COVID-19 has had on Native communities.

<https://indiancountrytoday.com/news/navajo-women-mobilize-to-protect-elders-from-covid-19-0jNcjs6at0SrfoHQ4Issw>

Covid-19's 'Catastrophic' Impact on Latino Communities is Driven by 'savage disparities,' leaders and lawmakers say -

Read the article below to learn more about the aspects driving COVID-19's drastic impact on Latino Communities.

<https://www.cnn.com/2020/05/27/health/latino-impact-covid-19/index.html>

For Latinos and Covid-19, Doctors are Seeing an 'Alarming Disparity' -

Description from The New York Times: The outsized infection rate among Hispanics in some states could hobble efforts to quash the spread of Covid-19, prompting states like Oregon to step up testing and take emergency measures.

<https://www.nytimes.com/2020/05/07/us/coronavirus-latinos-disparity.html>

In Large Texas Cities, Access to Coronavirus Testing May Depend on Where you Live -

Description from NPR: As COVID-19 continues to spread across the country, state and local health officials rush to try and contain outbreaks before they get out of control. A key to that is testing, and despite a slow start, testing has increased around the country.

But it's still not always easy to get a test. While many things can affect access to testing, location is an important starting point.

NPR investigated the location of public testing sites in Texas, one of the first states to reopen, to see how they were distributed between predominantly white and predominantly minority areas. The investigation found that in four out of six of the largest cities in Texas, testing sites are disproportionately located in whiter neighborhoods.

<https://www.npr.org/sections/health-shots/2020/05/27/862215848/across-texas-black-and-hispanic-neighborhoods-have-fewer-coronavirus-testing-sites>

How Racism is Shaping the Coronavirus Pandemic -

Read this conversation with Evelyn Hammonds, the chair for the history of science department at Harvard University, as she discusses why African-Americans were once thought to be immune to various diseases, how this belief morphed into the fear that they were spreaders of contagion, and what lessons can be learned from a Civil War-era smallpox outbreak. All of this is used to demonstrate that the health discrepancies African Americans are currently facing amid COVID-19, are not new.

<https://www.newyorker.com/news/q-and-a/how-racism-is-shaping-the-coronavirus-pandemic>

Investing in Black Lives and Livelihoods: What Stakeholders can do

Description via McKinsey: Black Americans face longstanding economic challenges. The COVID-19 crisis could make these challenges worse. McKinsey partner Jason Wright discusses ways to support the health and wealth of Black businesses and households.

<https://www.mckinsey.com/about-us/covid-response-center/leadership-mindsets/webinars/investing-in-black-lives-and-livelihoods-what-stakeholders-can-do>

Video(s)

Racism and Health – (17:42)

Description from YouTube: Dennis Pocekay discusses the effects of racism in healthcare

Dennis Pocekay is a retired Kaiser Permanente Physician (Internal Medicine/Occupational Medicine), currently advising HOSA students at Casa Grande High School in Petaluma, teaching undergrad Intro to Public Health at UC Davis, and precepting medical students at the Paul Horn Free Asian Clinic in Sacramento. He has long been interested in the social determinants of health.

<https://www.youtube.com/watch?v=5LdwxTwh7VQ>

Podcast(s)

Ask Code Switch: The Coronavirus Edition – (27 Minutes) (Also includes 9 Minute article)

Description via NPR: We asked you to email us all your questions about race and COVID-19, and you sent us some great ones. We went through the inbox and narrowed them down to six we wanted to sink our teeth into.

On this week's episode, Karen Grigsby Bates and Gene Demby respond to a white woman who's concerned about being an ally to an Asian friend who is worried about harassment. And we take on the question of why Native American communities are so vulnerable to COVID-19 – and why so little is being done about it.

<https://www.npr.org/2020/05/12/854977002/ask-code-switch-the-coronavirus-edition>

Take This Seriously – (60 Minutes)

Description via Crooked: This week, DeRay, Brittany, Clint, and Sam discuss the spread of coronavirus and America's responses regarding law enforcement, prison populations, border enforcement, and the elevated risk to the African American population. Then, DeRay sits down with Andy Slavitt, Obama's Administrator of the Centers for Medicare and Medicaid services, to discuss COVID-19.

<https://crooked.com/podcast/take-this-seriously-with-andy-slavitt/>

Why is the Pandemic Killing so Many Black Americans

Description via NY Times: The novel coronavirus is killing black Americans at staggeringly higher rates than white Americans. Today, we examine how longstanding inequality is compounding the crisis.

On Today's Episode: Linda Villarosa, a writer for The New York Times Magazine covering racial health disparities, who spoke to Nicole Charles in New Orleans about the death of her husband, Cornell Charles, known as Dickey. He was 51.

<https://www.nytimes.com/2020/05/20/podcasts/the-daily/black-death-rate-coronavirus.html>



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