



**HEALTH UPDATES FROM THE
DOCTOR'S MINISTRY OF
GRACE**

**Pastor's Moment
4/16/2023**

APRIL HEALTH OBSERVANCES



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World Immunization Week
Alcohol Awareness Month
National Cancer Control Month
National Donate Life Month
Parkinson's Awareness Month
National Child Abuse Prevention Month

A poster for Black Maternal Health Week 2023. The background is a textured yellow-green. At the top, the text 'BLACK MATERNAL HEALTH WEEK 2023' is written in large, bold, white and yellow letters. To the right is a circular logo with a white flower and the text 'BLACK MATERNAL HEALTH WEEK APRIL 11 - 17, 2023'. In the center, two Black women are shown in a close embrace, smiling. At the bottom left is the 'BMMA' logo with the text 'BLACK MAMAS MATTER ALLIANCE'. At the bottom right, there is text about the week of activism and community building, along with the hashtags '#BMHW23' and '#BlackMaternalHealthWeek'. The website 'WWW.BLACKMAMASMATTER.ORG/BMHW' is at the very bottom.

Join us April 11-17 for a week of activism and community building for Black Mamas! In solidarity with National Minority Health Month and the International Day for Maternal Health and Rights, Black Mamas Matter Alliance founded BMHW to raise awareness, inspire activism, and strengthen organizing for Black maternal health.

#BMHW23

#BlackMaternalHealthWeek

WWW.BLACKMAMASMATTER.ORG/BMHW



HEALTH IMPACT

CELEBRATING
SOCIAL JUSTICE SUNDAY

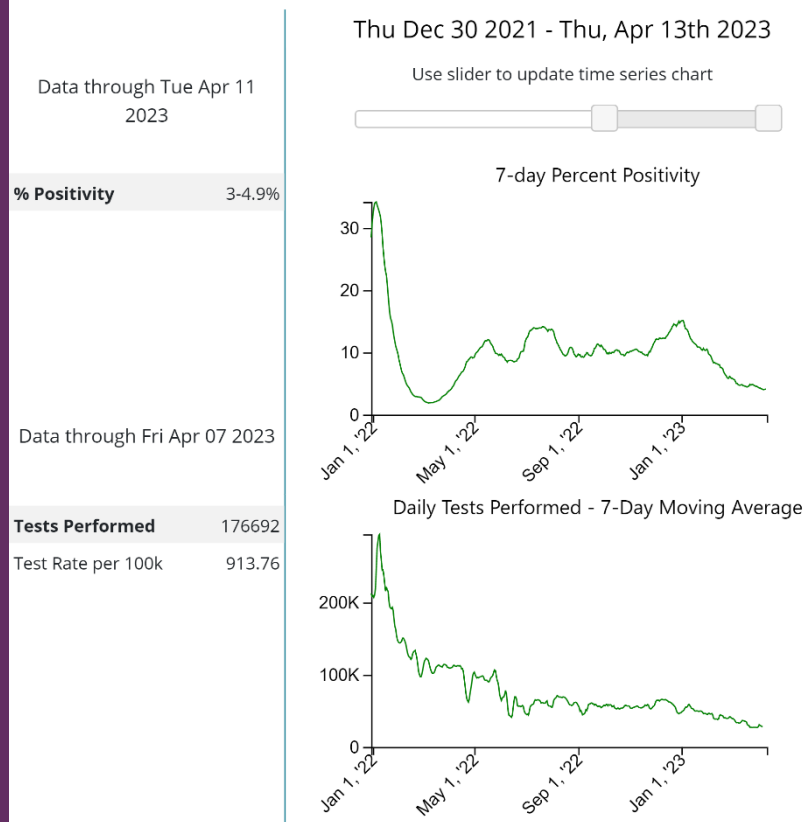


INJUSTICE AND INEQUITIES IN HEALTH CARE ARE SOCIAL JUSTICE ISSUES

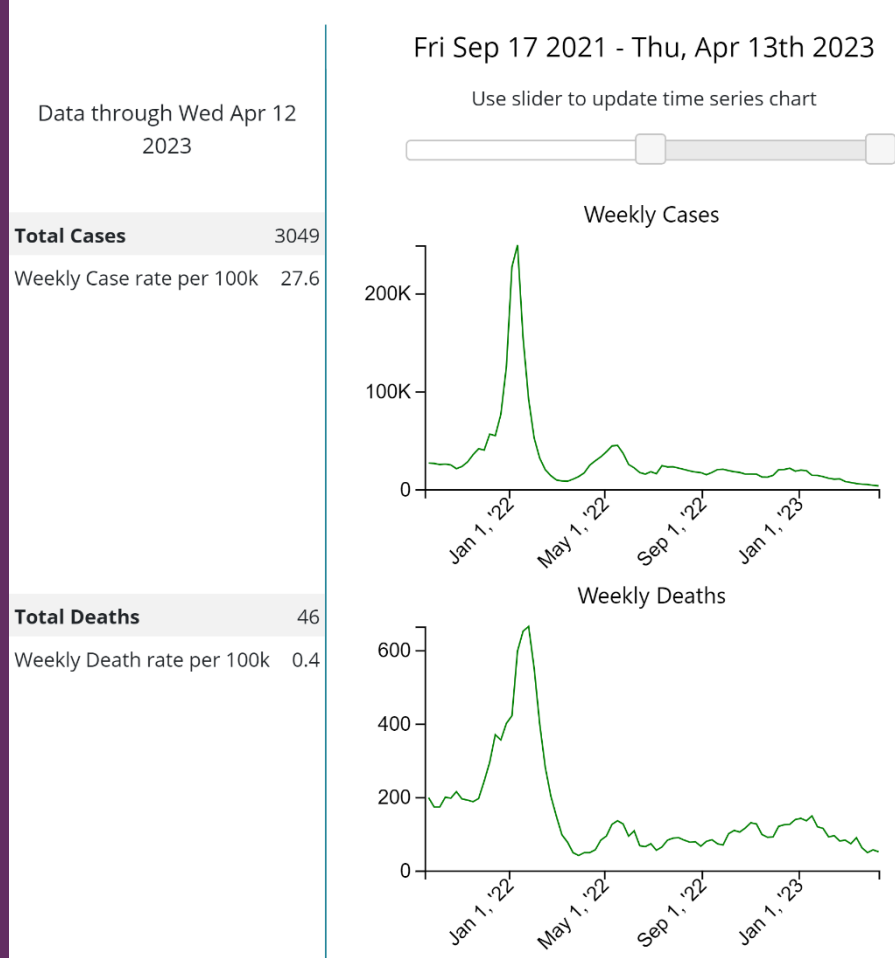
- In 2020, 18.7% of the US population identified themselves as Hispanic or Latino and 12.1% of the US population identified themselves as Black or African American, not Hispanic or Latino.
- While the US becomes more racially/ethnic diverse, we continue to see worsening disparities in health outcomes for communities of color.
- **Dr. Martin Luther King Jr is frequently quoted as saying “Of all the forms of inequality, injustice in health care is the most shocking and inhuman.”**
- Communities of color disproportionately have more chronic conditions such as diabetes and heart disease.
- The COVID 19 pandemic exacerbated existing health disparities
- There are many complex factors that contribute to health disparities such as lack of access of care, individual mistrust of health care systems, experiences of racism, discrimination and bias, language barriers, immigration status and social determinants of health.

COVID-19 CASES AND DEATHS ARE DECLINING IN NEW YORK STATE

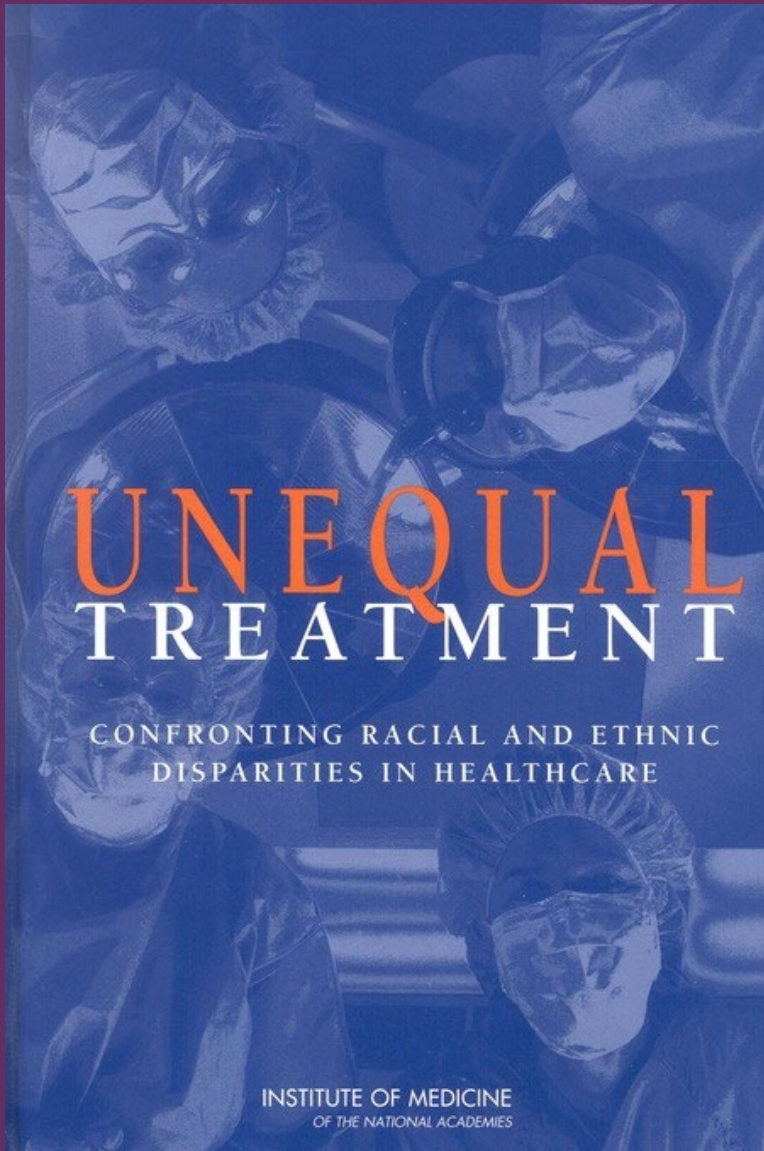
Testing in New York



Cases & Deaths in New York

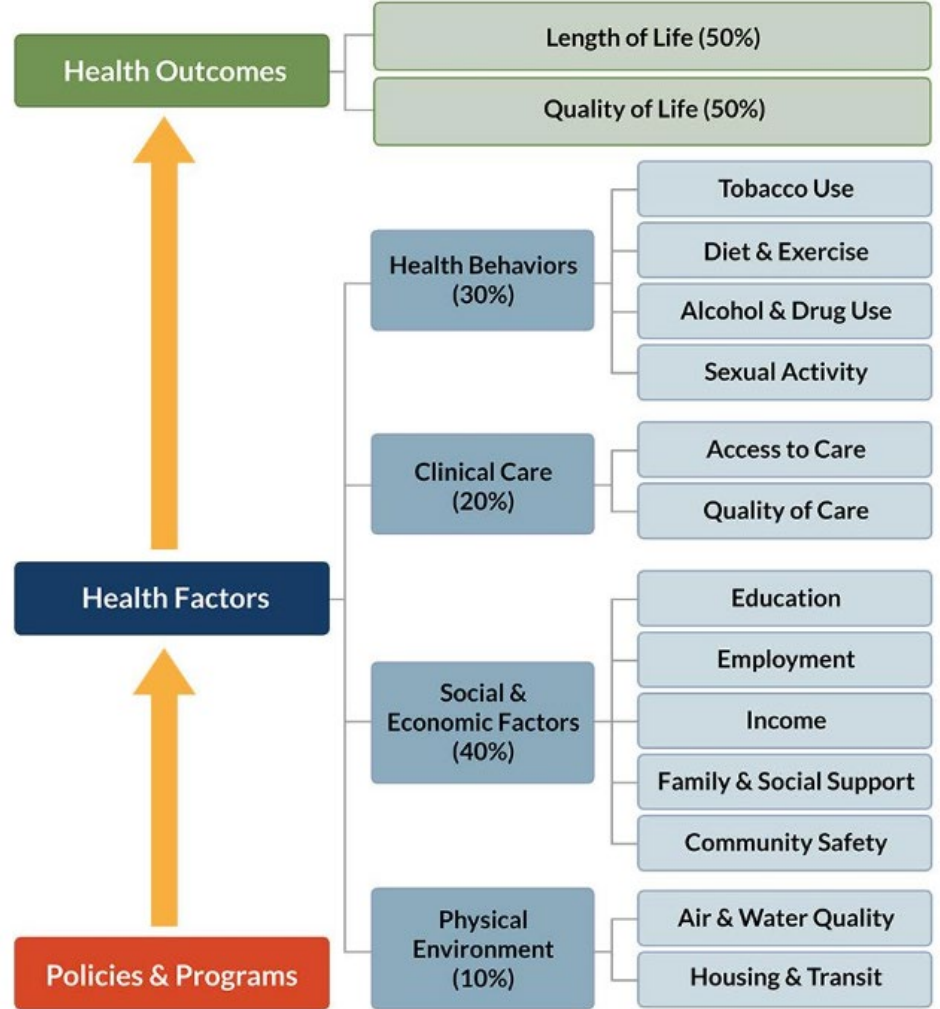


Source: CDC COVID Data Tracker: County View



- **Health Care Disparities** are racial or ethnic differences in the quality of health that are not due to access-related factors or clinical needs, preferences, and appropriateness of intervention
- “...bias, stereotyping, prejudice, and clinical uncertainty on the part of **healthcare providers** may contribute to racial and ethnic disparities in healthcare.”

WHAT FACTORS CONTRIBUTE TO HEALTH OUTCOMES?



County Health Rankings model © 2016 UWPHI

“A true and comprehensive approach to health equity requires addressing both the social and delivery system factors driving inequity. We must solve for clinician bias as well as limit the impact of social and economic factors on health to fully address disparities and better serve vulnerable populations.”

From: Shantanu Agrawal, Adaeze Enekwechi
It’s Time To Address The Role Of Implicit Bias Within Health Care Delivery”, Health Affairs Blog, January 15, 2020. DOI: 10.1377/hblog20200108.34515

Graphic Source (for informational purposes only): County Health Rankings Model | County Health Rankings & Roadmaps



Slide Courtesy of Dr. Kevin Fiori

THE NEW YORKER

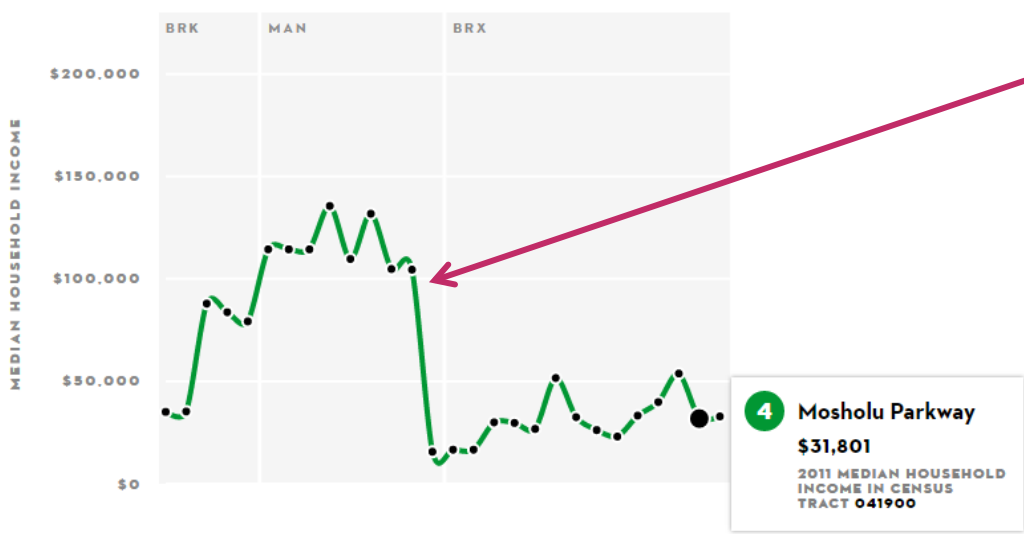
IDEA OF THE WEEK

INEQUALITY AND NEW YORK'S SUBWAY

New York City has a problem with income inequality. And it's getting worse—the top of the spectrum is gaining and the bottom is losing. Along individual subway lines, earnings range from poverty to considerable wealth. The interactive infographic here charts these shifts, using data on median household income, from the U.S. Census Bureau, for census tracts with subway stations.



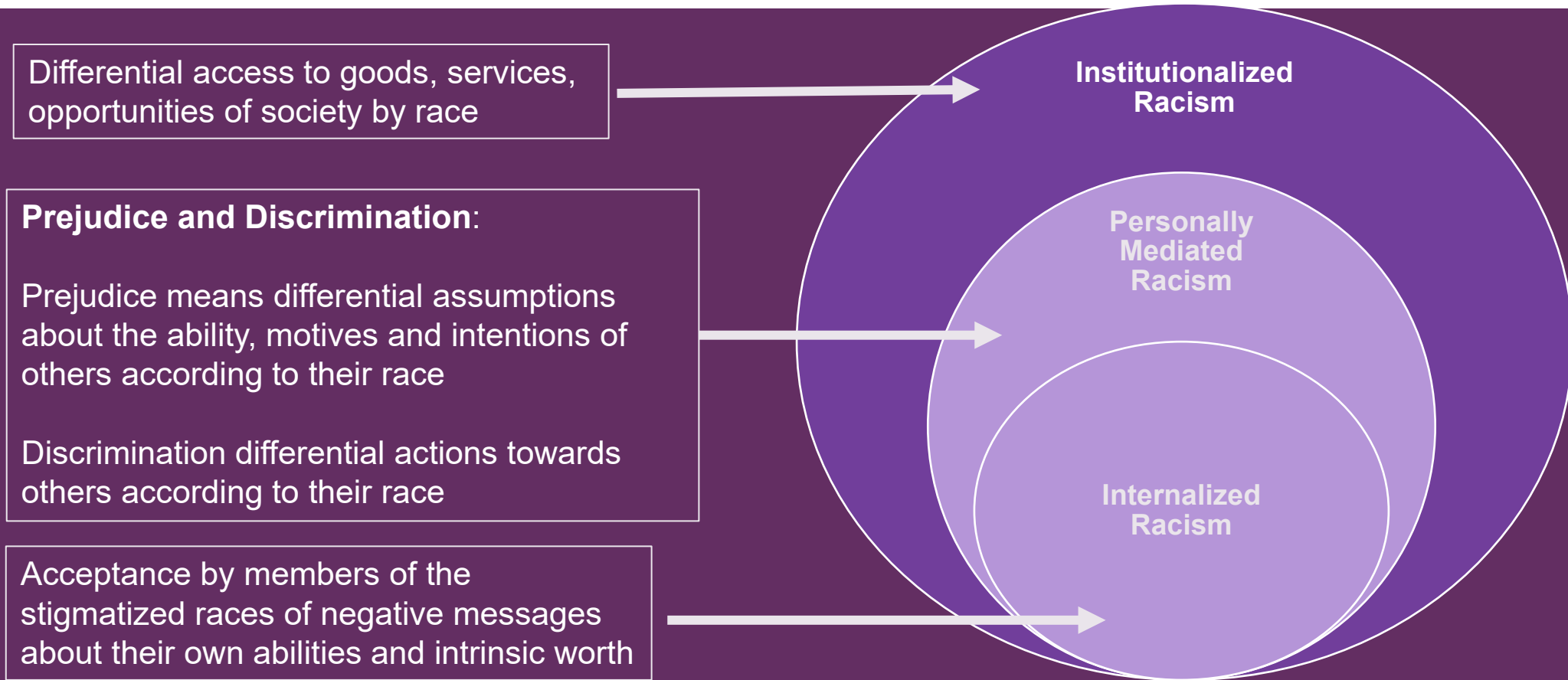
CHOOSE A LINE, TAKE A RIDE



[Image Source: A New Yorker Interactive](#)



LEVELS OF RACISM



RACISM RELATED STRESS

- Race-related life events
- Daily racism micro stressors
- Chronic conditions of living
- Intergenerational transmission of trauma
- Status related stress (i.e. sexism, disability discrimination, ageism, classism)
- Vicarious Racism: includes the indirect exposure to the prejudice and discrimination experienced by friends, family, and strangers, which can be distressing and may also affect health.

SUPREME COURT JUSTICE KETANJI BROWN JACKSON



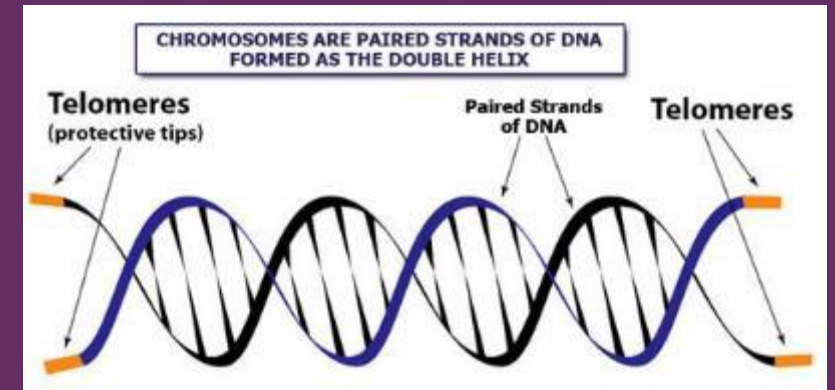
- Last year, I watched the Senate Confirmation Hearings for now Justice Brown Jackson
- This was stressful to watch and a real life of example of:
 - Microaggressions
 - Macroaggressions
 - Impact of Systemic Racism
 - Vicarious Racism
 - Difficult to Watch
 - Resonated and Triggering for many

WHAT IS THE IMPACT OF THESE EXPERIENCES?

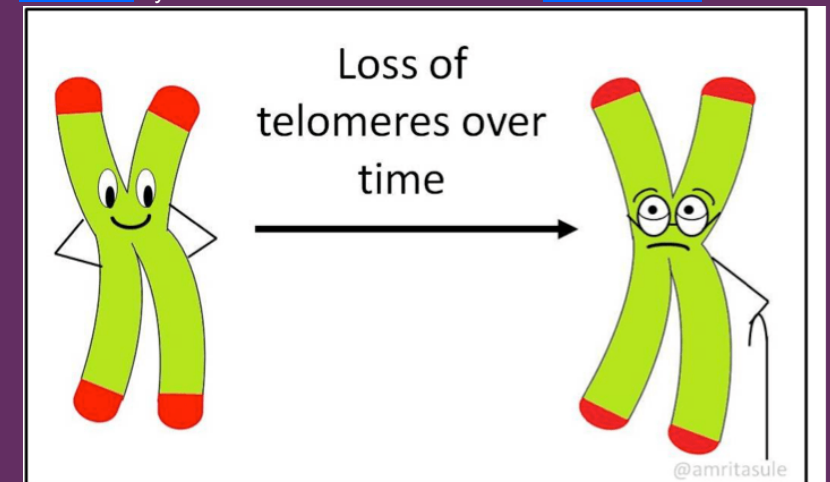
Has a toll on physical or mental health

WEATHERING

- Stress-induced wear and tear on the body
- Dr. Arline Geronimus said weathering *"causes a lot of different health vulnerabilities and increases susceptibility to infection.... "but also early onset of chronic diseases, in particular, hypertension and diabetes"*
- Accelerates aging at the molecular level
 - *telomeres (chromosomal markers of aging) of black women 49-55 years appeared 7.5 years older on average than those of whites of the same age*

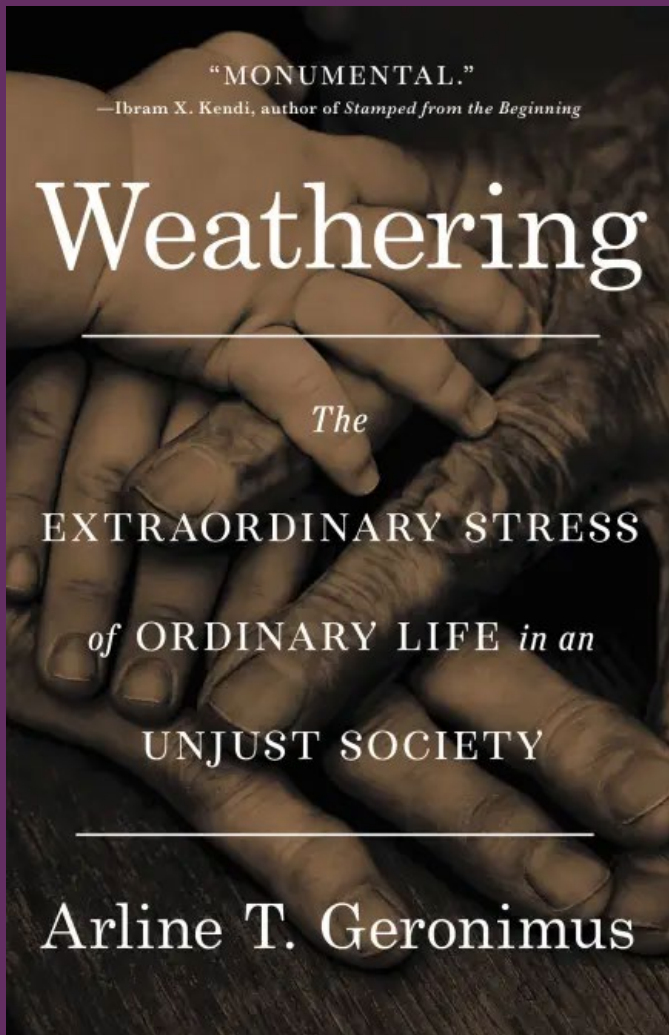


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WEATHERING



Health is not an immutable consequence of one's genetic code, nor a reflection of one's character. Living life according to the dominant social norms of personal responsibility and virtue is not universally health-promoting. On the contrary: if you're Black, working hard and playing by the rules can be part of what kills you. For the Black community, such virtue is a cause of death that dates back centuries, because the stress of navigating presumptions based on stereotypes, all while working hard and keeping a low profile, has been killing Black Americans since the time of slavery and continues to do so in the twenty-first century.

Dr. Arline T Geronimus

Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society

[#kindlequotes](#)

WHAT WOULD HAPPEN IF WE FIX THE SYSTEM?

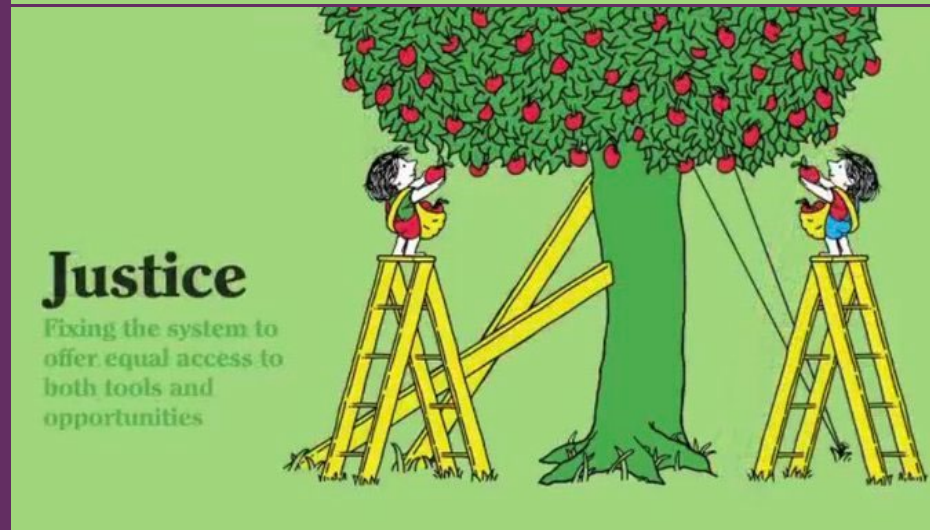
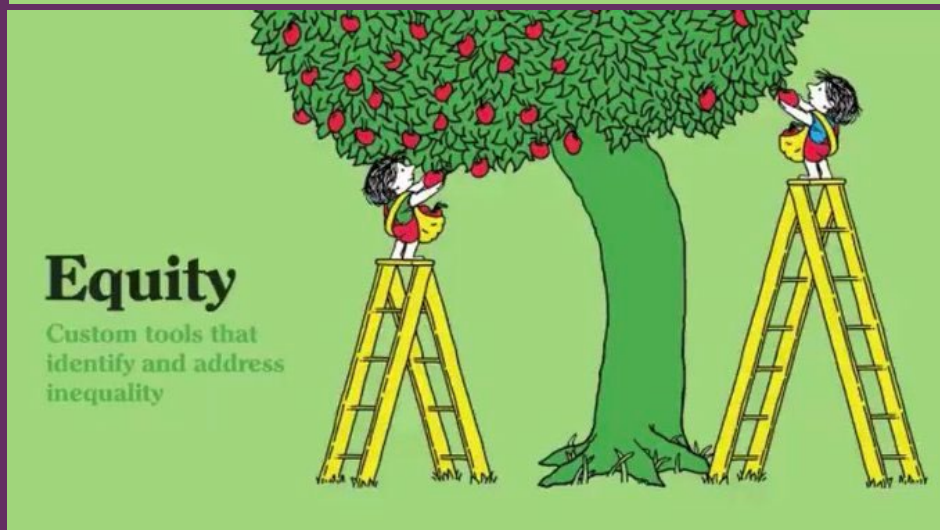
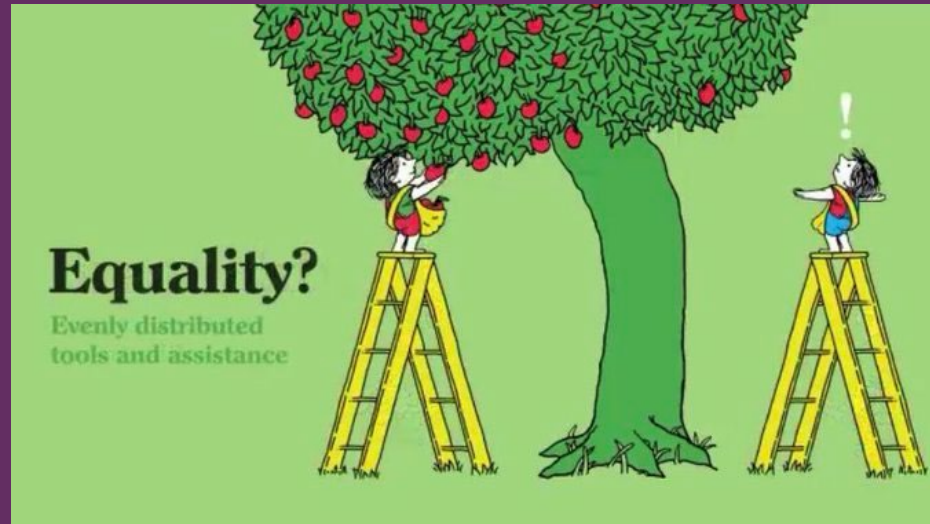
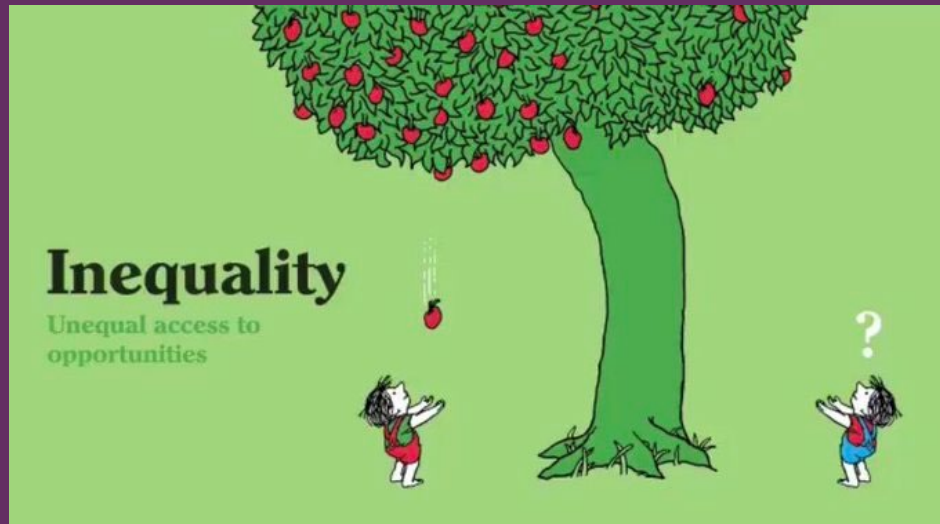


Image Source:
"Addressing
Imbalance," by Tony
Ruth for the 2019
Design in Tech Report.
External Report.
External

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