Saving lives

Tichianaa Armah, MD
Chronic Low Grade Inflammation

Biological Dysregulation

Stress

Associated Diseases
  Diabetes
  Cancer
  CV disfunction
  Autoimmune Syndromes
  Depression
  Anxiety

Negative emotions

Chronic Low Grade Inflammation
Biological Dysregulation

Mariotti A., Future Sci OA. 2015; Williams, Lawrence, Davis, Ann Rev Public Health, 2019
Discrimination and Health

Positively associated with:

-- lower birth weight  (Earnshaw et al., Ann Beh Med, 2013)
-- coronary artery calcification (Lewis et al., Psy Med, 2006)
-- C-reactive protein  (Lewis et al., Brain Beh Immunity, 2010)
-- cognitive impairment  (Barnes et al., 2012)
-- poor sleep  (Lewis et al., Hlth Psy, 2012)
-- visceral fat  (Lewis et al., Am J Epidemiology, 2011)
Everyday Discrimination & Health

Diabetes Mellitus

Obesity

Poor sleep

High nocturnal BP

Breast Cancer

Markers of CVD

Nicotine Use

Cognitive decline

↓↓ Screening Breast & Cervical Cancer

Delayed Tx Seeking

Williams, Lawrence, Davis & Vu, *Health Services Research*, 2019
Telomeres

Repetitive nucleotide sequences at the ends of a chromosome, which protects the end from deterioration or fusion with neighboring chromosomes.
“Interpersonal experiences of racial discrimination & internalization of negative racial bias operate jointly to accelerate biological aging among African-American men.”

Chae, et. al., American Journal of Preventive Medicine, 2014
Killing of unarmed

Two Lives at Crossroads in Ferguson

A Low-Profile Officer With Unsettled Early Days

By MONICA DAVEY and FRANCES ROBLES

FERGUSON, Mo. — On the early afternoon of Feb. 28, 2013, Officer Darren Wilson answered a police call of a suspicious vehicle where, the police said, the occupants might have been making a drug transaction. After a struggle, Officer Wilson subdued the suspect and grabbed his car keys before help arrived, the police said.

A large amount of marijuana was found in the car, the police said, and the 28-year-old suspect now faces seven charges, including possession of marijuana with the intent to distribute and resisting arrest. The incident won Officer Wilson a commendation, presented by the police chief this year as Officer Wilson stood, hands clasped before him, and city officials looked on.

It was, until this month, the work for which Officer Wilson was best known in his five years with the police. But two weeks ago, Officer Wilson gained far wider attention when he fatally shot and killed 18-year-old Michael Brown, an unarmed black teenager.

A Teenager Grappling With Problems and Promise

By JOHN ELIGON

FERGUSON, Mo. — It was 1 a.m. and Michael Brown Jr. called his father, his voice trembling. He had seen something overpowering. In the thick gray clouds that lingered from a passing storm this past June, he made out an angel. And he saw Satan chasing the angel and the angel running into the face of God. Mr. Brown was a prankster, so his father and stepmother chuckled at first.

"No, no, Dad! No!" the elder Mr. Brown remembered his son protesting. "I'm serious."

And the black teenager from this suburb of St. Louis, who had just graduated from high school, saw his father and stepmother, a picture of the sky from his cellphone. "Now I believe," he told them.

In the weeks afterward, until his shooting death by Darren Wilson, a white police officer on Aug. 9, they detected a change in him as he spoke seriously about religion and the Bible, his father said. But Michael Brown Jr. was also a teenager grappled with problems and promise.
Police use of force is among the leading causes of death for young men of color. Risk is highest for Black men who face a 1 in 1,000 chance of being killed by police.

Frank Edwards et al. PNAS 2019

Lifetime risk of being killed by the police in the United States by sex and race–ethnicity for a synthetic cohort of 100,000 at 2013 to 2018 risk levels.
The Next Black America: Obstacles Amidst Opportunities for Black Families

Tichianaa Armah
Yale School of Medicine

My husband and I sat clutching hands in a cold ultrasound suite. It was time to learn the gender of our second child. When the technician learned our eldest was a girl she quipped, “It’s time to try for a boy.” When she told us we were having another girl, however, my husband and I looked at each another and breathed a loud simultaneous sigh of relief. Although we had not yet discussed it, we both secretly dreaded the prospect of raising a Black boy in the United States. When we spoke of it later, we returned once again to the news headlines and echoed throughout social media. It had been little over 15 years since the shooting deaths of unarmed Amadou Diallo and Patrick Dorismond and the sodomizing of Abner Louima in New York City. New York, where I lived at the time. People—and the media—had moved on from these stories. Thus, I have been deeply struck as I have watched the violence come to light once again. Has it really escalated, or have civilians become better at documenting it? Contrary to all the signs,
Summer 2020 vs 2016 views:

% who say it is a lot more difficult to be Black in this country than White.

#BLACKGIRLSMATTER

Pushed Out, Overpoliced, and Underprotected

THE REPORT  THE CAMPAIGN
For every dollar of income paid to Whites,

Blacks paid 59 cents

Latinx paid 73 cents

Adapted from Dr. David Williams; U.S. Census Bureau, Semega et al., 2019; For 2017; US Census Bureau, ACS, 2017
For every dollar of wealth that Whites own,

- Blacks own 10 cents
- Latinx own 12 cents
- Other Races own 38 cents

Adapted from Dr. David Williams; Dettling et al., FEDS Notes, Federal Reserve Board (SCF), 2017
Unemployment Rates 3rd Quarter Averages 2020

- Total
- White
- Black

Percentage
Call Backs for Employment

- White male without criminal record: 34 %
- White male with record: 17 %
- Black male without criminal record: 14 %
- Black male with record: 5 %
Homeownership while black
The devaluation of assets in black neighborhoods

In U.S. metropolitan areas, 10 percent of neighborhoods are majority black

50% LESS
homes in majority-black neighborhoods are undervalued compared to homes in neighborhoods with no black residents

Majority-black neighborhoods at a glance:
- 37% of the U.S. Black population live in these communities
- $609 billion in owner occupied housing assets
- 10,000 public schools
- 3 million businesses

Differences in home and neighborhood quality do not fully explain the devaluation of homes in majority-black neighborhoods

$48,000 average loss in home market value

Amounting to $156 billion in cumulative losses

Homes of similar quality in neighborhoods with similar amenities are worth 23% less in majority-black neighborhoods

Metropolitan areas with greater devaluation of black neighborhoods are more segregated

Black children who grow up in those communities have less upward mobility

Source: “The devaluation of assets in black neighborhoods: The case of residential property,” The Brookings Institution, November of 2018

BROOKINGS
RESEARCH REPORT

Explaining the Black-White Homeownership Gap
A Closer Look at Disparities across Local Markets

Jung Hyun Choi          Alanna McCargo          Michael Neal          Laurie Goodman
Caitlin Young
October 2019 (updated November 2019)
UNEQUAL TREATMENT

CONFRONTING RACIAL AND ETHNIC DISPARITIES IN HEALTHCARE

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES
Native American & Black women 2–3 x’s as likely to die from a pregnancy-related cause than white women.
Interventions

Formative Factors to promote resilience

➔ Cultural Pride Reinforcement
➔ Supports
➔ Exposures
Interventions

Formative Factors to promote resilience

→ Cultural Pride Reinforcement
Cultural pride reinforcement alone, is the most consistent of racial socialization messages correlated with greater cognitive and behavioral competence, self-esteem, and mental health.

Armah, American Journal of Orthopsychiatry, 2015
American Indian and African-American Children More Likely to Experience Two or More Adverse Experiences, 2015-2016

<table>
<thead>
<tr>
<th>Category</th>
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<tr>
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National Survey of Children’s Health (NSCH)
Interventions

**Formative Factors** to promote resilience

➔ Cultural Pride Reinforcement

➔ Supports
MH student gets Horatio Alger award

By HOWARD KOLUS

Teen rises to top despite obstacles

Timmons is a whirlwind of enthusiasm and would not do. A senior is tempted to enterprise, but Timmons, a recipient of the Horatio Alger Scholarship, says she has experienced the hard work of early on. Still, she decided to show her

Tichonaa Timmons, winner of the Horatio Alger Scholarship Award, helps Lulu Tunis, her 8-year-old roommate, with some third-grade work. Tunis lives in a student home that participates in a program mixing students of different ages.

My mother was my best friend in the world. We thought we were coming here to a hospital bed instead of touring Germany as was scheduled for her. We thought that was going to make everything better.

"This young lady is so actively involved with all aspects of the school," said high school principal John Storm.

I never knew how much I love the city until now. I love the people here...
High **Social support** from caregiver & peer erased the **negative effect** of high **racial discrimination** levels experienced by teens on **biomarkers** (higher overnight cortisol, epi, norepi, SBP, DBP, CRP, BMI) at age 20.

Gene Brody et al., Child Development, 2014

Negative effects of discrimination on **mental health** were reduced by **aspects of religious engagement**: religious attendance, seeking religious guidance, & church based social support.

Ellison, Musick & Henderson, Jour Sci study of Religion, 2008; Ellison, DeAngelis Güven, Religions, 2017
Interventions

Formative Factors to promote resilience

➔ Cultural Pride Reinforcement
➔ Supports
➔ Exposures
Advocacy, protest, empowerment and cultural affirmation are associated with lower youth suicide risk with a dose-response relationship.

Chandler, & Lalonde, *Transcultural Psychiatry, 1998*
The devaluation of Black Lives occurs on a continuum.
“I can’t breathe.”
ERIC GARNER - JOHN CRAWFORD III - MICHAEL BROWN - EZELL FORD
DANTE PARKER - MICHELLE CUSSEAX - LAQUAN MCDONALD - GEORGE MANN
TANISHA ANDERSON - AKAI GURLEY - TAMIR RICE - RUMAIN BRISBON - JERAME REID
MATTHEW AJIBADE - FRANK SMART - NATASHA MCKENNA - TONY ROBINSON - ANTHONY HILL
MYA HALL - PHILLIP WHITE - ERIC HARRIS - WALTER SCOTT - WILLIAM CHAPMAN II
ALEXIA CHRISTIAN - BRENDON GLENN - VICTOR MANUEL LAROSA - JONATHAN SANDERS
FREDDIE GRAY - JOSEPH MANN - SALVADO ELLSWOOD - SANDRA BLAND
ALBERT JOSEPH DAVIS - DARRIUS STEWART - BILLY RAY DAVIS - SAMUEL DUBOSE
MICHAEL SABBIE - BRIAN KEITH DAY - CHRISTIAN TAYLOR - TROY ROBINSON
ASSHAMS PHAROAH MANLEY - FELIX KUMI - KEITH HARRISON MCLEOD - JUNIOR PROSPER
LAMONTEZ JONES - PATERSON BROWN - DOMINIC HUTCHINSON - ANTHONY ASHFORD
ALONZO SMITH - TYREE CRAWFORD - INDIA KAGER - LA'VANTE BIGGS
MICHAEL LEE MARSHALL - JAMAR CLARK - RICHARD PERKINS - NATHANIEL HARRIS PICKETT
BENNI LEE TIGNOR - MIGUEL ESPINAL - MICHAEL NOEL - KEVIN MATTHEWS - BETTIE JONES
QUINTONIO LEGRIER - KEITH CHILDRESS JR. - JANET WILSON - RANDY NELSON
ANTRONIE SCOTT - WENDELL CELESTINE - DAVID JOSEPH - CALIN ROQUEMORE - DYZHAWN
PERKINS - CHRISTOPHER DAVIS - MARCO LOUD - PETER GAINES - TORREY ROBINSON - DARIUS
ROBINSON - KEVIN HICKS - MARY TRUXILLO - DEMARcus SEMER - WILLIE TILLMAN
TERRILL THOMAS - SYLVILLE SMITH - ALTON STERLING - PHILANDO CASTILE - TERENCE
CRUTCHER - PAUL O'NEAL - ALTERIA WOODS - JORDAN EDWARDS - AARON BAILEY
RONELL FOSTER - STEPHON CLARK - ANTWON ROSE II - BOTHAM JEAN
PAMELA TURNER - DOMINIQUE CLAYTON - ATATIANA JEFFERSON - CHRISTOPHER WHITFIELD
CHRISTOPHER MCCORVEY - ERIC REASON - MICHAEL LORENZO DEAN - BREVONNA TAYLOR
GEORGE FLOYD
Devaluation of Black Lives Continuum

- Killing unarmed Black people
- Denying racism exists
- Stereotyping, blaming
- Systemic Racial Inequities
Devaluation of Black Lives Continuum

Microaggressions

Ignore  Delay  Dismiss  Underestimate
Save More Lives!

recommendations:
Pick up pens
Open to possibilities
Questions - Cultural Pride Reinforcement

1. What messages are conveyed to your children by the educational and promotional materials displayed on the walls of your buildings?
2. Do you seek out black-owned recruitment agencies?
3. Does your organization consider Black-owned vendors or service partners?
4. Do you support events by providing dedicated time to highlight Black achievements beyond MLK Day?
5. How much does your lack of knowledge about Black people in the History of America and the world shape the way you view Black people?
6. Do your daily interactions and assumptions strip Black people of their cultural pride because negative stereotypes dominate your interactions with them?
7. Can you see the value added by infusing the celebration of diverse culture instead of clinging to a harmful color-blind ideology?
Questions - Supports

1. Are you examining your patient population outcomes to identify racial trends and then using the data collected to effect positive change?
2. Do you identify and pay keen attention to racial disparities in the data reported?
3. Are any of your organization’s efforts student-driven or student-inspired?
4. Are you checking to make sure that the patient satisfaction data you are collecting includes responses from Black and Brown students and families?
5. If you are hiring black staff, how is their retention rate?
6. Are there forums for employees to present job-related concerns involving race?
7. Do you prepare and encourage Black staff members to apply for and take on leadership positions in your organization?
Questions - Exposures

1. Does the racial composition of your workforce reflect the communities served?
2. Could you provide expertise for community garden, wellness, or fitness programs?
3. Could you organize an annual workshop on financial literacy or how to prepare healthy foods on a limited budget?
4. Could you teach community members how to advocate for themselves by more effectively communicating with their legislators and the public?
5. Could you decrease the threat of police violence by facilitating an activity that would engage local police in interactions with your students of color?
6. Are you connecting your families to agencies that provide resources or can refer your families to groups that do, like 211 and Aunt Bertha?
7. Could you invest in on-the-job training, vocational education, internships, and mentorship for Black members of your communities? Or arrange a monthly hour of paid time for your staff to serve as mentors in your school’s community?
Talent is Universal but Opportunity is Preferential.
Build Resilience

Promoting:
- Cultural Pride Reinforcement
- Supports
- Exposures

Reflect Honestly

Recognizing this will take
- Dedicated Time
- Leadership
- Action
More Resources

Undoing Racism  
https://www.pisab.org/

Building Racial Equity  
https://www.raceforward.org/trainings

Beyond Diversity 101  
https://www.bd101.org/
Keep in touch:

LinkedIn: Tichiana Armah
Twitter: @DrArmah1

or

Find me on:

Youtube
Instagram
Appendix
Pregnancy-related deaths per 100,000 live births

- Less than High School
- High School
- Some College
- College Graduate or Higher

White  Black  American Indian/Alaskan Native
Inequality in lifetime risk of being killed by police use of force in the United States by sex and race–ethnicity at 2013 to 2018 risk levels.

Frank Edwards et al. PNAS 2019;116:34:16793-16798