

EQUITY AND PUBLIC HEALTH OUTCOMES

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Council on Community Pediatrics (COCP)

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OBJECTIVES

- Review new AAP policy statement, Racism and Its Health Impact on Children and Adolescents
- Discuss the importance of talking to kids about race
- Tools to help parents discuss race
- How pediatricians can help parents address issues of race and racism

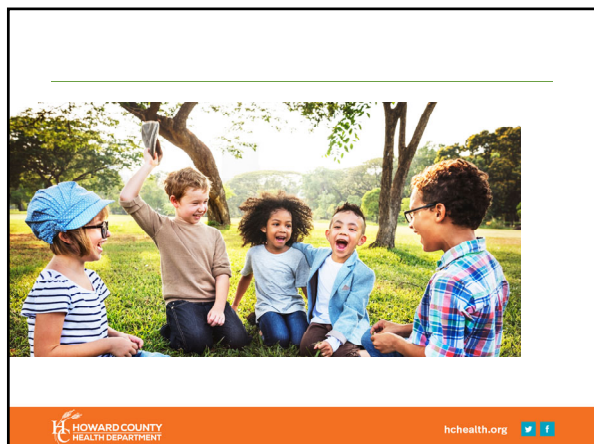
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TRENDS IN RACIAL AND ETHNIC DEMOGRAPHICS FOR CHILDREN

- The percentage of non-Hispanic white children is decreasing
- The United States is becoming more racially and ethnically diverse

Race and Hispanic Origin	2000	2010	2020 (Projected)
White, non-Hispanic	61%	54%	50%
Black, non-Hispanic	17%	14%	14%
Hispanic	17%	23%	26%
Asian or Pacific Islander, non-Hispanic	3.3%	4.4%	5.4%
American Indian or Alaska Native, non-Hispanic	1.0%	1.0%	0.8%

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Racism is a core social determinant of health inequities

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Health Effects of Racism

Stress Response

- The biological mechanism that emerges from chronic stress [racism] leads to increased and prolonged levels of exposure to stress hormones and oxidative stress at the cellular level
- Prolonged exposure to stress hormones, such as cortisol, leads to inflammatory reactions that predispose individuals to chronic disease.
- Response can occur with observed and perceived threats of racism

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Racial Disparities in Maternal Mortality in the United States

Non-Hispanic black women experience maternal deaths at three to four times that of non-Hispanic white women. The risk of maternal mortality among black women persists after controlling for socioeconomic status.

ACOG Postpartum Toolkit Retrieved from <https://www.acog.org/-/media/Departments/Toolkits/Health-Care-Provider/Postpartum-Toolkit/jpg-racial.pdf?forceDownload=201608270027569991>

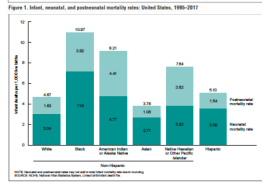
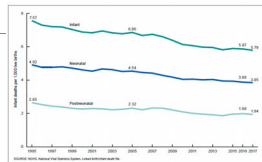


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INFANT MORTALITY RATES (IMR) BY RACE AND ETHNICITY, 2017

- IMR has decreased over time but disparities remain
- Non-Hispanic black infants had the highest mortality rate followed by non-Hispanic American Indian and Alaskan Native infants
- Infants of non-Hispanic black women had the highest mortality rates for disorders related to short gestation and low birthweight and maternal complications



By DM, Oriscoll AK. Infant mortality in the United States, 2017. Data from the period Infant Birth Infant Death File. National Vital Statistics Reports, vol 48 no 10. Hyattsville, MD: National Center for Health Statistics; 2019. Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr48/nvsr48_10_108.pdf



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MORE INFANT HEALTH DATA

- Recent study found that US immigration enforcement policies are impacting the health of Latina mothers, foreign born and US born

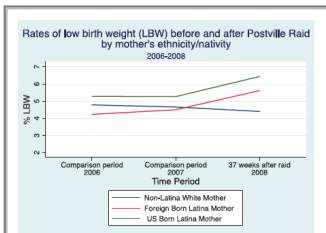


Figure 1. Descriptive graph: rates of low birthweight (LBW) in the 37 weeks following the Postville raid compared with the same time period 1 and 2 years earlier.

Novak, NL, Geronimus AT, Martinez-Cordero, AM. Change in birth outcomes among infants born to Latina mothers after a major immigration raid. International Journal of Epidemiology, 2017, Vol. 46, No. 3, E39-849. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC537205/pdf/ijep.46.3.e39.pdf>



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OTHER HEALTH CONSEQUENCES OF RACISM

- Mental Health
- Cardiovascular
- Developmental

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RACISM AND ITS IMPACT ON CHILD AND ADOLESCENT HEALTH

- New AAP policy statement released July 29, 2019
- First AAP policy to address racism

Racism harms the health of children, teens and families


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PEDIATRICIANS ROLE

- Optimizing Clinical Practice
- Optimizing Workforce Development and Professional Education
- Optimizing Systems Through Community Engagement, Advocacy, and Public Policy
- Optimizing Research

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OPTIMIZING CLINICAL PRACTICE

- Create a culturally-safe medical home, where the providers acknowledge and are sensitive to the racism that children and families experience
- Train clinical and office staff in culturally-competent care



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OPTIMIZING WORKFORCE DEVELOPMENT AND PROFESSIONAL EDUCATION

- Advocate for policies and programs that diversify the pediatric workforce and provide ongoing professional education for pediatricians in practice as a strategy to reduce implicit biases and improve safety and quality in the health care delivery system.



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OPTIMIZING SYSTEMS THROUGH COMMUNITY ENGAGEMENT, ADVOCACY, AND PUBLIC POLICY

- Advocate for increased support for mental health services in schools designed to help teachers better manage students with disruptive classroom behaviors and to reduce racial disparities in school expulsion
- Advocate for alternative strategies to incarceration for management of nonviolent youth behavior.



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OPTIMIZING RESEARCH

- Advocate for funding and dissemination of rigorous research that examines the impact of perceived and observed experiences of discrimination on child and family health outcomes



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WHY IT'S IMPORTANT TO TALK TO KIDS ABOUT RACE

- Infants recognize racial differences
- By ages 2 to 4, children can internalize racial bias
- Starting early and throughout childhood and adolescence is an opportunity to help children deal with racial bias and teach kids to respect others similarities and differences
- A positive racial identity mediates experiences of discrimination and generates optimal youth development outcomes.
- Race is a health issue



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CONCLUSION

- Racism affects all children and adolescents
- Racism is a social determinant of health that impacts the emotional and physical health of children and adolescents
- Pediatricians play a vital role in preventing and mitigating the impact of racism through examining personal biases, clinical practice, advocacy, research and community-based engagement
- The AAP policy statement on Racism and Its Impact on Children and Adolescent Health provides recommendation to help pediatricians address racism
- There is more work to be done to eliminate racism



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THANK YOU!!!

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