

Racism and Its Impact on Child Health: The Role of Pediatricians and Pediatric Providers

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I have no actual or potential
conflicts of interest.

Learning Objectives

- * Understand the AAP policy statement: The Impact of Racism on Child and Adolescent Health
- * Understand Racism as a social determinant of health
- * Discuss the importance of talking to children about race
- * Understand how pediatric providers can help parents and families address issues of race and racism

Definition of Racism

- * A “system of structuring opportunity and assigning value based on the social interpretation of how one looks that unfairly disadvantages some individuals and communities, unfairly advantages other individuals and communities”

Experiences with Race and Racism



Levels of Racism

- * Institutionalized Racism

- * Defined as differential access to goods, services, and opportunities in society by race
- * Normative, structural, sometimes legalized
- * Inherited disadvantages

- * Personally-mediated Racism

- * Defined as prejudice and discrimination
- * Intentional and Unintentional
- * Acts of commission and acts of omission

- * Internalized Racism

- * Defined as acceptance by members of stigmatized races of negative messages about their own abilities and intrinsic worth



The Impact of Racism on Child and Adolescent Health

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The American Academy of Pediatrics is committed to addressing the factors that affect child and adolescent health with a focus on issues that may leave some children more vulnerable than others. Racism is a social determinant of health that has a profound impact on the health status of children, adolescents, emerging adults, and their families. Although progress has been made toward racial equality and equity, the evidence to support the continued negative impact of racism on health and well-being through implicit and explicit biases, institutional structures, and interpersonal relationships is clear. The objective of this policy statement is to provide an evidence-based document focused on the role of racism in child and adolescent development and health outcomes. By acknowledging the role of racism in child and adolescent health, pediatricians and other pediatric health professionals will be able to proactively engage in strategies to optimize clinical care, workforce development, professional education, systems engagement, and research in a manner designed to reduce the health effects of structural, personally mediated, and internalized racism and improve the health and well-being of all children, adolescents, emerging adults, and their families.

abstract

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Social Determinants of Health

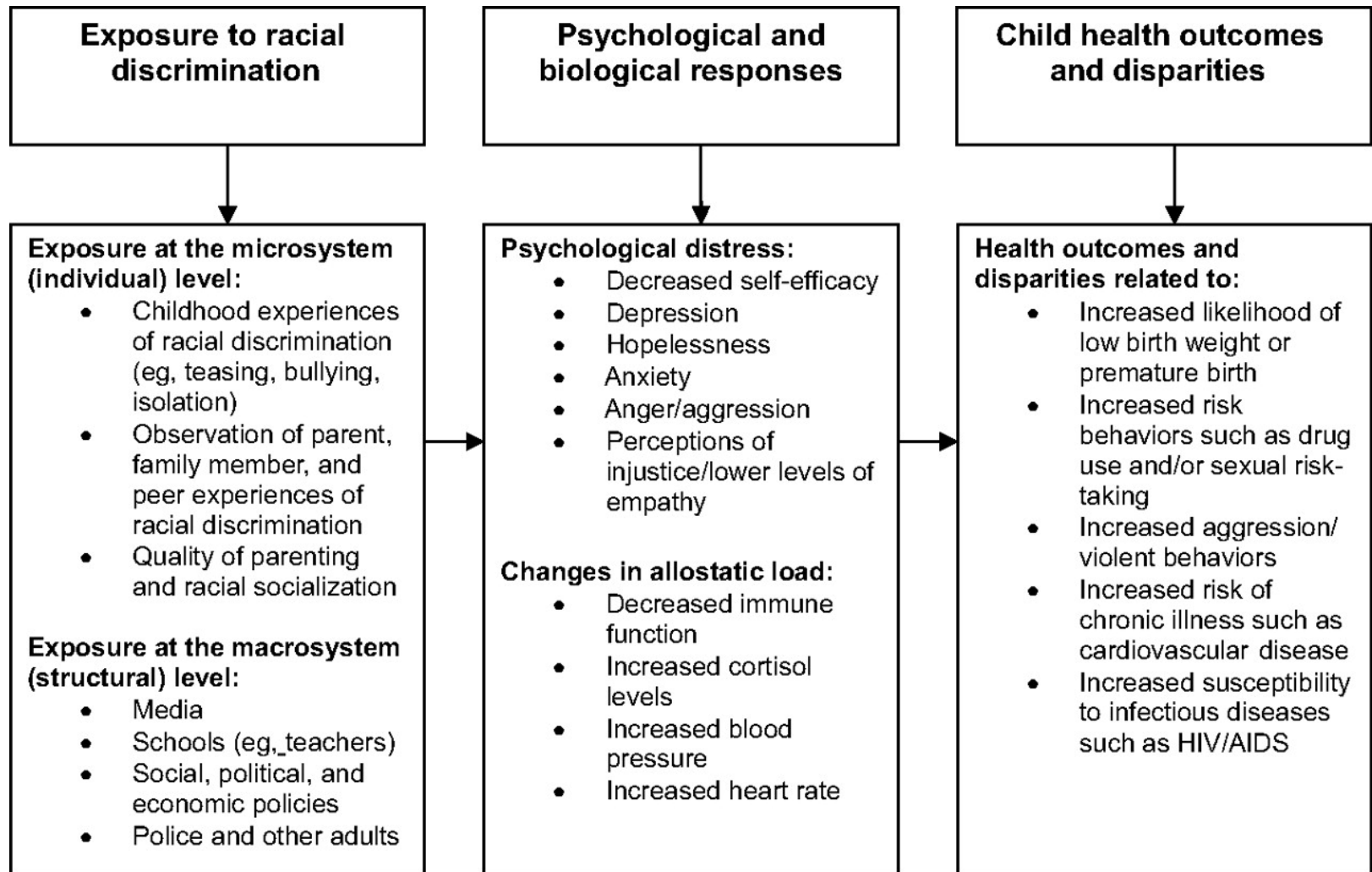
- * Primary drivers of health
- * Conditions in which people are born, grow, live, work and age

Social and Economic Factors Drive Health Outcomes

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Racism and Discrimination					
Employment	Housing	Literacy	Food security	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Stress	
Medical bills	Playgrounds	Higher education		Exposure to violence/trauma	Quality of care
Support	Walkability				
	Zip code / geography				

Health Outcomes: Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Conceptual model of the impact of racial discrimination on child health outcomes and disparities.



Kathy Sanders-Phillips et al. Pediatrics 2009;124:S176-S186

Racism Should Be Treated as an Adverse Childhood Experience

Michael Vlessides

April 30, 2019



Racism can have deleterious effects and should be treated by pediatricians as an adverse childhood experience with significant physical and behavioral ramifications, according to Adiaha Spinks-Franklin, MD, from Texas Children's Hospital in Houston.

"By far, the number one stressor for black Americans is racism," Spinks-Franklin told *Medscape Medical News*. "And that stress has an effect on the entire physiologic system, including the nervous system, the immune system, the endocrine system, and the end organs."

Racial stress has been directly linked to preterm labor and birth, infant mortality, and maternal mortality, she reported during a symposium at the Pediatric Academic Societies 2019 Meeting in Baltimore.

Philadelphia Urban ACE Study

The Philadelphia Expanded ACE questions look at Community-Level Adversity

Witness Violence	How often, if ever, did you see or hear someone being beaten up, stabbed, or host in real life?
Felt discrimination	While you were growing up...How often did you feel that you were treated badly or unfairly because of your race or ethnicity?
Adverse Neighborhood experience	Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
Bullied	How often were you bullied by a peer or classmate?
Lived in foster care	Were you ever in foster care?

Philadelphia Urban ACE Study

Table 10. Urban ACE Indicators by Race

	White	Black
Witnessed violence	25.9% (n=203)	52.0%*** (n=390)
Felt discrimination	15.8% (n=124)	49.5%*** (n=372)
Adverse neighborhood experience	19.3% (n=152)	29.2%*** (n=221)
Bullied	9.0% (n=70)	6.4% (n=48)
Lived in foster care	1.0% (n=8)	4.1%*** (n=31)

Notes: *p<.05 **p<.01 ***p<.001, Chi-square

Data Source: Philadelphia Urban ACE Survey, 2013

Data Prepared by: The Research and Evaluation Group at PHMC

Role of the Pediatrician and Pediatric Providers

Role of the Pediatrician and Pediatric Providers

- * Optimize Clinical Practice
 - * Create a culturally safe medical home
 - * Assess patients for stressors
- * Optimize Workforce Development and Professional Education
- * Optimize Systems Through Community Engagement, Advocacy, and Public Policy
- * Optimize Research



Important to Talk to Children about Race

- * Children learn about racial differences and racial bias at an early age
 - * As early as 6 months, a baby's brain can notice race-based differences
 - * By ages 2 to 4, children can internalize racial bias
 - * By age 12, many children become set in their beliefs

How pediatric providers can help parents and families address racism

- * Encourage parents and families to have conversations about race and racism that are developmentally appropriate
- * Stress the importance of role modeling appropriate behavior about race and racism
- * Encourage parents to be their child's best advocate---get involved their child's school, place of worship, and politics

Summary

- * There are various levels of racism: institutional, personally-mediated, and internalized
- * Racism is a social determinant of health and adverse childhood experience (ACE)
- * Pediatricians and pediatric providers have a tremendous role in combating racism and its impact on child health

Thank You!

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