

WEBVTT

NOTE duration:"01:14:12.4160000"

NOTE language:en-us

NOTE Confidence: 0.893564999103546

00:00:00.000 --> 00:00:02.760 Racial and ethnic minority children and

NOTE Confidence: 0.893564999103546

00:00:02.760 --> 00:00:04.967 other vulnerable population that we

NOTE Confidence: 0.893564999103546

00:00:04.967 --> 00:00:07.319 don't always think about it in terms of

NOTE Confidence: 0.893564999103546

00:00:07.319 --> 00:00:09.601 the impact of racism and discrimination

NOTE Confidence: 0.893564999103546

00:00:09.601 --> 00:00:11.970 on their health and well being.

NOTE Confidence: 0.893564999103546

00:00:11.970 --> 00:00:14.160 With that, I'm extremely pleased

NOTE Confidence: 0.893564999103546

00:00:14.160 --> 00:00:16.350 to introduce Doctor Leap Actor.

NOTE Confidence: 0.893564999103546

00:00:16.350 --> 00:00:18.919 He is a professor of Pediatrics in

NOTE Confidence: 0.893564999103546

00:00:18.919 --> 00:00:21.179 population health at Thomas Jefferson

NOTE Confidence: 0.893564999103546

00:00:21.179 --> 00:00:23.359 University and senior physician,

NOTE Confidence: 0.893564999103546

00:00:23.360 --> 00:00:25.735 scientist and director of mentorship

NOTE Confidence: 0.893564999103546

00:00:25.735 --> 00:00:27.635 and professional development at

NOTE Confidence: 0.893564999103546

00:00:27.635 --> 00:00:29.969 the Value Institute at Christiana

NOTE Confidence: 0.893564999103546

00:00:29.969 --> 00:00:32.204 care health system in Delaware.

NOTE Confidence: 0.893564999103546

00:00:32.210 --> 00:00:34.569 Doctor Pachter also is the editor in

NOTE Confidence: 0.893564999103546

00:00:34.569 --> 00:00:37.411 chief of the Journal of developmental

NOTE Confidence: 0.893564999103546

00:00:37.411 --> 00:00:39.166 and behavioral Pediatrics.

NOTE Confidence: 0.893564999103546

00:00:39.170 --> 00:00:41.760 He received his DO degree from the

NOTE Confidence: 0.893564999103546

00:00:41.760 --> 00:00:44.279 Philadelphia College of osteopathic medicine.

NOTE Confidence: 0.893564999103546

00:00:44.280 --> 00:00:47.016 He was a pediatric resident at

NOTE Confidence: 0.893564999103546

00:00:47.016 --> 00:00:48.840 Saint Christopher's Hospital for

NOTE Confidence: 0.893564999103546

00:00:48.918 --> 00:00:50.730 children in Philadelphia.

NOTE Confidence: 0.893564999103546

00:00:50.730 --> 00:00:52.710 And completed a fellowship in

NOTE Confidence: 0.893564999103546

00:00:52.710 --> 00:00:54.294 academic general Pediatrics at

NOTE Confidence: 0.893564999103546

00:00:54.294 --> 00:00:56.138 Children's Hospital of Philadelphia.

NOTE Confidence: 0.893564999103546

00:00:56.140 --> 00:00:58.898 He was a faculty member at the

NOTE Confidence: 0.893564999103546

00:00:58.898 --> 00:01:01.060 University of Connecticut School of

NOTE Confidence: 0.893564999103546

00:01:01.060 --> 00:01:03.766 Medicine for 20 years before returning

NOTE Confidence: 0.893564999103546

00:01:03.766 --> 00:01:06.589 to Philadelphia to become chief of

NOTE Confidence: 0.893564999103546

00:01:06.589 --> 00:01:08.899 general Pediatrics at Saint Christophers

NOTE Confidence: 0.893564999103546

00:01:08.900 --> 00:01:11.000 Doctor Pachter's research has been

NOTE Confidence: 0.893564999103546

00:01:11.000 --> 00:01:13.970 in the area of cultural competency,

NOTE Confidence: 0.893564999103546

00:01:13.970 --> 00:01:15.353 cultural informed care,

NOTE Confidence: 0.893564999103546

00:01:15.353 --> 00:01:17.197 social determinants of Health,

NOTE Confidence: 0.893564999103546

00:01:17.200 --> 00:01:19.044 psychosocial stress and adversity,

NOTE Confidence: 0.893564999103546

00:01:19.044 --> 00:01:20.427 racism and discrimination,

NOTE Confidence: 0.893564999103546

00:01:20.430 --> 00:01:22.730 and Health Inequities and disparities.

NOTE Confidence: 0.893564999103546

00:01:22.730 --> 00:01:25.496 He's received grants from the NIH,

NOTE Confidence: 0.893564999103546

00:01:25.500 --> 00:01:25.961 CDC,

NOTE Confidence: 0.893564999103546

00:01:25.961 --> 00:01:26.422 hersa,

NOTE Confidence: 0.893564999103546

00:01:26.422 --> 00:01:28.727 and private foundations for research

NOTE Confidence: 0.893564999103546

00:01:28.727 --> 00:01:30.110 and program development.

NOTE Confidence: 0.893564999103546

00:01:30.110 --> 00:01:33.323 He received a grant from the CDC to study

NOTE Confidence: 0.893564999103546

00:01:33.323 --> 00:01:37.019 the effects of parenting maternal depression,

NOTE Confidence: 0.893564999103546

00:01:37.020 --> 00:01:39.828 the home environment and poverty are.

NOTE Confidence: 0.893564999103546

00:01:39.830 --> 00:01:41.838 Children's behavioral health in

NOTE Confidence: 0.893564999103546

00:01:41.838 --> 00:01:44.970 different racial and ethnic groups.

NOTE Confidence: 0.893564999103546

00:01:44.970 --> 00:01:47.794 His NIH K Award was used to study

NOTE Confidence: 0.893564999103546

00:01:47.794 --> 00:01:50.030 racism and minority children,

NOTE Confidence: 0.893564999103546

00:01:50.030 --> 00:01:52.562 and has resulted in the development

NOTE Confidence: 0.893564999103546

00:01:52.562 --> 00:01:53.828 of the precis,

NOTE Confidence: 0.893564999103546

00:01:53.830 --> 00:01:55.940 which is the perceptions of

NOTE Confidence: 0.893564999103546

00:01:55.940 --> 00:01:58.050 racism in children and youth.

NOTE Confidence: 0.893564999103546

00:01:58.050 --> 00:01:59.715 A psychometrically validated

NOTE Confidence: 0.893564999103546

00:01:59.715 --> 00:02:01.935 questionnaire to measure perceived

NOTE Confidence: 0.893564999103546

00:02:01.935 --> 00:02:04.230 racism and discrimination in youth.

NOTE Confidence: 0.893564999103546

00:02:04.230 --> 00:02:07.394 As a founding Co leader of the

NOTE Confidence: 0.893564999103546

00:02:07.394 --> 00:02:08.750 Philadelphia adverse childhood

NOTE Confidence: 0.893564999103546

00:02:08.830 --> 00:02:11.130 experiences or Asus task force,

NOTE Confidence: 0.893564999103546

00:02:11.130 --> 00:02:13.858 he was part of a team that developed

NOTE Confidence: 0.893564999103546

00:02:13.858 --> 00:02:17.109 the ace Philadelphia aces questionnaire,
NOTE Confidence: 0.893564999103546

00:02:17.110 --> 00:02:18.950 which included community level
NOTE Confidence: 0.893564999103546

00:02:18.950 --> 00:02:21.710 adversities such as experiences of racism,
NOTE Confidence: 0.893564999103546

00:02:21.710 --> 00:02:23.090 witnessing community violence,
NOTE Confidence: 0.893564999103546

00:02:23.090 --> 00:02:24.470 low social capital,
NOTE Confidence: 0.893564999103546

00:02:24.470 --> 00:02:25.516 and bullying.
NOTE Confidence: 0.893564999103546

00:02:25.516 --> 00:02:28.654 In addition to the traditional aces.
NOTE Confidence: 0.893564999103546

00:02:28.660 --> 00:02:31.124 He was also the piona herself funded
NOTE Confidence: 0.893564999103546

00:02:31.124 --> 00:02:33.183 project aimed at developing clinical
NOTE Confidence: 0.893564999103546

00:02:33.183 --> 00:02:35.508 an community approaches to trauma
NOTE Confidence: 0.893564999103546

00:02:35.508 --> 00:02:38.440 informed care in the state of Delaware.
NOTE Confidence: 0.893564999103546

00:02:38.440 --> 00:02:41.772 We also developed an was founding director
NOTE Confidence: 0.893564999103546

00:02:41.772 --> 00:02:45.170 of the academic pediatric associations.
NOTE Confidence: 0.893564999103546

00:02:45.170 --> 00:02:47.665 New scholars century program and
NOTE Confidence: 0.893564999103546

00:02:47.665 --> 00:02:50.160 national mentor ship program for
NOTE Confidence: 0.893564999103546

00:02:50.242 --> 00:02:52.468 underrepresented in medicine.

NOTE Confidence: 0.893564999103546
00:02:52.470 --> 00:02:54.854 Pediatric trainees interested in
NOTE Confidence: 0.893564999103546
00:02:54.854 --> 00:02:57.238 developing academic careers in
NOTE Confidence: 0.893564999103546
00:02:57.238 --> 00:02:59.160 health disparities research.
NOTE Confidence: 0.893564999103546
00:02:59.160 --> 00:03:02.009 The program, now in its 16th year,
NOTE Confidence: 0.893564999103546
00:03:02.010 --> 00:03:04.446 has been funded by the NIH,
NOTE Confidence: 0.893564999103546
00:03:04.450 --> 00:03:06.886 the US Office of minority health,
NOTE Confidence: 0.893564999103546
00:03:06.890 --> 00:03:08.518 the American Pediatric Society,
NOTE Confidence: 0.893564999103546
00:03:08.518 --> 00:03:09.739 the Kellogg Foundation,
NOTE Confidence: 0.893564999103546
00:03:09.740 --> 00:03:11.352 and the Aetna Foundation.
NOTE Confidence: 0.893564999103546
00:03:11.352 --> 00:03:14.241 Please join me in welcoming doctor Lee
NOTE Confidence: 0.893564999103546
00:03:14.241 --> 00:03:16.659 Pachter who's talk is entitled racism,
NOTE Confidence: 0.893564999103546
00:03:16.660 --> 00:03:18.692 adversity and child health.
NOTE Confidence: 0.893564999103546
00:03:18.692 --> 00:03:20.724 Thank you Doctor Cousteau.
NOTE Confidence: 0.893564999103546
00:03:20.730 --> 00:03:21.560 Thank you
NOTE Confidence: 0.848545074462891
00:03:21.560 --> 00:03:24.818 so much. First of all for inviting me and
NOTE Confidence: 0.848545074462891

00:03:24.818 --> 00:03:28.183 also for making sure that this subject is
NOTE Confidence: 0.848545074462891

00:03:28.183 --> 00:03:31.569 really front and center in your Department.
NOTE Confidence: 0.848545074462891

00:03:31.570 --> 00:03:35.314 So it's great to virtually be in New Haven.
NOTE Confidence: 0.848545074462891

00:03:35.320 --> 00:03:38.443 As Cindy said, I spent 20 years in Hartford
NOTE Confidence: 0.848545074462891

00:03:38.443 --> 00:03:42.457 at Saint Francis hospital as well as the
NOTE Confidence: 0.848545074462891

00:03:42.457 --> 00:03:44.600 Connecticut Children's Medical Center.
NOTE Confidence: 0.848545074462891

00:03:44.600 --> 00:03:47.270 And yeah, I have ties to New Haven as well.
NOTE Confidence: 0.848545074462891

00:03:47.270 --> 00:03:48.866 My wife, who is a psychiatrist,
NOTE Confidence: 0.848545074462891

00:03:48.870 --> 00:03:50.574 actually went to undergrad and medical
NOTE Confidence: 0.848545074462891

00:03:50.574 --> 00:03:52.610 school at Yale and my sister in law,
NOTE Confidence: 0.848545074462891

00:03:52.610 --> 00:03:54.746 who I believe is in the audience today.
NOTE Confidence: 0.848545074462891

00:03:54.750 --> 00:03:56.710 Heather just retired from the School of
NOTE Confidence: 0.848545074462891

00:03:56.710 --> 00:03:58.835 Nursing where she was a professor at the
NOTE Confidence: 0.848545074462891

00:03:58.835 --> 00:04:00.561 school of their scale. So it's great.
NOTE Confidence: 0.848545074462891

00:04:00.561 --> 00:04:02.760 I wish I was up in New Haven.
NOTE Confidence: 0.848545074462891

00:04:02.760 --> 00:04:04.956 The one bad thing about this virtual is that

NOTE Confidence: 0.848545074462891

00:04:04.956 --> 00:04:07.046 by virtual slice of Peppes Pizza isn't as

NOTE Confidence: 0.848545074462891

00:04:07.046 --> 00:04:09.427 good as my regular slice of Pepi's Pizza,

NOTE Confidence: 0.848545074462891

00:04:09.430 --> 00:04:10.770 and I really missed that.

NOTE Confidence: 0.848545074462891

00:04:10.770 --> 00:04:12.100 But anyway, but we'll take,

NOTE Confidence: 0.848545074462891

00:04:12.100 --> 00:04:13.440 we'll take it from here.

NOTE Confidence: 0.848545074462891

00:04:13.440 --> 00:04:15.924 I'm going to try to share my screen I.

NOTE Confidence: 0.848545074462891

00:04:15.930 --> 00:04:17.918 Please give me feedback if you don't

NOTE Confidence: 0.848545074462891

00:04:17.918 --> 00:04:20.568 see it or if slides are not advancing.

NOTE Confidence: 0.848545074462891

00:04:20.570 --> 00:04:24.953 You should now see a slide that says racism,

NOTE Confidence: 0.848545074462891

00:04:24.960 --> 00:04:26.912 adversity and childhood shop

NOTE Confidence: 0.848545074462891

00:04:26.912 --> 00:04:28.864 will take your fear.

NOTE Confidence: 0.86835331718127

00:04:31.090 --> 00:04:35.195 So. What my goals today are, first of all,

NOTE Confidence: 0.86835331718127

00:04:35.195 --> 00:04:37.983 to place this this topic of racism within

NOTE Confidence: 0.86835331718127

00:04:37.983 --> 00:04:41.063 the context of social determinants of Health.

NOTE Confidence: 0.86835331718127

00:04:41.070 --> 00:04:44.059 In other words, racism being a psychosocial

NOTE Confidence: 0.86835331718127

00:04:44.059 --> 00:04:47.100 stressor that can contribute to poor health
NOTE Confidence: 0.86835331718127

00:04:47.100 --> 00:04:50.120 outcomes in children and adults of color.
NOTE Confidence: 0.86835331718127

00:04:50.120 --> 00:04:52.088 Like to review the scant literature
NOTE Confidence: 0.86835331718127

00:04:52.088 --> 00:04:53.400 unfortunately on the relationship
NOTE Confidence: 0.86835331718127

00:04:53.455 --> 00:04:54.980 between racism and child health,
NOTE Confidence: 0.86835331718127

00:04:54.980 --> 00:04:57.708 hopefully, maybe advancing that.
NOTE Confidence: 0.86835331718127

00:04:57.710 --> 00:04:59.588 Also discuss how common is it?
NOTE Confidence: 0.86835331718127

00:04:59.590 --> 00:05:03.182 How common is racism in the lives of
NOTE Confidence: 0.86835331718127

00:05:03.182 --> 00:05:05.940 children color in the 21st century?
NOTE Confidence: 0.86835331718127

00:05:05.940 --> 00:05:08.796 I think what's really important to discuss
NOTE Confidence: 0.86835331718127

00:05:08.796 --> 00:05:10.927 the potential processes and mechanisms
NOTE Confidence: 0.86835331718127

00:05:10.927 --> 00:05:13.447 through which stressors such as racism
NOTE Confidence: 0.86835331718127

00:05:13.447 --> 00:05:15.718 may contribute to sub optimal health.
NOTE Confidence: 0.86835331718127

00:05:15.720 --> 00:05:17.370 And then finally, propose that racism
NOTE Confidence: 0.86835331718127

00:05:17.370 --> 00:05:19.100 should be considered within this grouping
NOTE Confidence: 0.86835331718127

00:05:19.100 --> 00:05:20.846 of adverse childhood experiences or aces.

NOTE Confidence: 0.86835331718127

00:05:20.850 --> 00:05:23.130 Now, I understand that this audience is very,

NOTE Confidence: 0.86835331718127

00:05:23.130 --> 00:05:25.013 very diverse in terms of everyone from

NOTE Confidence: 0.86835331718127

00:05:25.013 --> 00:05:26.838 medical students to America by professor.

NOTE Confidence: 0.86835331718127

00:05:26.840 --> 00:05:29.171 So I apologize if some of the things I've

NOTE Confidence: 0.86835331718127

00:05:29.171 --> 00:05:31.108 talked about their background to you,

NOTE Confidence: 0.86835331718127

00:05:31.110 --> 00:05:33.021 but I just want to make sure

NOTE Confidence: 0.86835331718127

00:05:33.021 --> 00:05:34.818 that we're on the same page,

NOTE Confidence: 0.86835331718127

00:05:34.820 --> 00:05:35.920 so we'll start there.

NOTE Confidence: 0.86835331718127

00:05:35.920 --> 00:05:37.913 But actually where I'd like to start

NOTE Confidence: 0.86835331718127

00:05:37.913 --> 00:05:39.943 this where I live now in Philadelphia,

NOTE Confidence: 0.86835331718127

00:05:39.950 --> 00:05:41.660 as much as I love Connecticut,

NOTE Confidence: 0.86835331718127

00:05:41.660 --> 00:05:43.370 my home now is in Philadelphia.

NOTE Confidence: 0.86835331718127

00:05:43.370 --> 00:05:45.071 It's a fun town and I'm sure

NOTE Confidence: 0.86835331718127

00:05:45.071 --> 00:05:47.088 many of you have visited either.

NOTE Confidence: 0.86835331718127

00:05:47.090 --> 00:05:49.826 For vacations or family or education,

NOTE Confidence: 0.86835331718127

00:05:49.830 --> 00:05:52.560 and if you've come to Philadelphia,
NOTE Confidence: 0.86835331718127

00:05:52.560 --> 00:05:55.668 probably at least partially stopped in the
NOTE Confidence: 0.86835331718127

00:05:55.668 --> 00:05:58.488 area of Philadelphia called society Hill.
NOTE Confidence: 0.86835331718127

00:05:58.490 --> 00:06:01.675 Very common place for people to go.
NOTE Confidence: 0.86835331718127

00:06:01.680 --> 00:06:03.960 It's beautiful old cobblestone streets,
NOTE Confidence: 0.86835331718127

00:06:03.960 --> 00:06:07.180 very much like New Haven colonial buildings.
NOTE Confidence: 0.86835331718127

00:06:07.180 --> 00:06:09.900 Our Roe homes and a lot of clubs
NOTE Confidence: 0.86835331718127

00:06:09.900 --> 00:06:10.580 and restaurants.
NOTE Confidence: 0.86835331718127

00:06:10.580 --> 00:06:12.620 Great place just to walk around.
NOTE Confidence: 0.86835331718127

00:06:12.620 --> 00:06:13.992 There are large condominiums.
NOTE Confidence: 0.86835331718127

00:06:13.992 --> 00:06:16.360 This one was designed by IM Pei.
NOTE Confidence: 0.86835331718127

00:06:16.360 --> 00:06:18.880 It's called Society Hill Towers.
NOTE Confidence: 0.86835331718127

00:06:18.880 --> 00:06:20.819 Of course we have all the historical
NOTE Confidence: 0.86835331718127

00:06:20.819 --> 00:06:23.044 stuff that goes on in Philadelphia from
NOTE Confidence: 0.86835331718127

00:06:23.044 --> 00:06:25.054 Independence Hall and the Liberty Bell.
NOTE Confidence: 0.86835331718127

00:06:25.060 --> 00:06:27.468 So that's probably with a lot of people.

NOTE Confidence: 0.86835331718127
00:06:27.470 --> 00:06:29.312 Think about when they visit or
NOTE Confidence: 0.86835331718127
00:06:29.312 --> 00:06:31.370 when they think about Philadelphia.
NOTE Confidence: 0.86835331718127
00:06:31.370 --> 00:06:33.548 Now there's another community in Philadelphia
NOTE Confidence: 0.86835331718127
00:06:33.548 --> 00:06:35.829 with another sort of colorful name.
NOTE Confidence: 0.86835331718127
00:06:35.830 --> 00:06:37.264 Very very close.
NOTE Confidence: 0.86835331718127
00:06:37.264 --> 00:06:38.698 Called Strawberry Mansion.
NOTE Confidence: 0.86835331718127
00:06:38.700 --> 00:06:39.405 Many of you,
NOTE Confidence: 0.86835331718127
00:06:39.405 --> 00:06:41.520 some of you may have visited them certain.
NOTE Confidence: 0.86835331718127
00:06:41.520 --> 00:06:43.050 Many of you have not let's,
NOTE Confidence: 0.86835331718127
00:06:43.050 --> 00:06:45.338 let's talk about a little bit of difference
NOTE Confidence: 0.86835331718127
00:06:45.338 --> 00:06:47.449 of these two very close communities.
NOTE Confidence: 0.86835331718127
00:06:47.450 --> 00:06:48.857 In Society Hill,
NOTE Confidence: 0.86835331718127
00:06:48.857 --> 00:06:51.202 the average adjusted gross income
NOTE Confidence: 0.86835331718127
00:06:51.202 --> 00:06:54.370 is a little bit over \$150,000.
NOTE Confidence: 0.86835331718127
00:06:54.370 --> 00:06:56.566 In Strawberry Mansion,
NOTE Confidence: 0.86835331718127

00:06:56.566 --> 00:07:00.226 the average income is \$24,000.
NOTE Confidence: 0.86835331718127

00:07:00.230 --> 00:07:01.283 In Society Hill,
NOTE Confidence: 0.86835331718127

00:07:01.283 --> 00:07:03.740 9% of the residents live below the
NOTE Confidence: 0.86835331718127

00:07:03.816 --> 00:07:06.226 poverty line in Strawberry Mansion,
NOTE Confidence: 0.86835331718127

00:07:06.230 --> 00:07:10.340 41% live below the poverty line.
NOTE Confidence: 0.86835331718127

00:07:10.340 --> 00:07:11.720 In Society Hill,
NOTE Confidence: 0.86835331718127

00:07:11.720 --> 00:07:14.480 the percentage of residents with a
NOTE Confidence: 0.86835331718127

00:07:14.480 --> 00:07:17.438 bachelors degree is a little bit over 70%.
NOTE Confidence: 0.86835331718127

00:07:17.440 --> 00:07:19.420 In Strawberry Mansion's 4%.
NOTE Confidence: 0.902532517910004

00:07:22.340 --> 00:07:25.568 The unemployment rate in Society Hill
NOTE Confidence: 0.902532517910004

00:07:25.568 --> 00:07:29.008 is 3.7% in Strawberry Mansion's.
NOTE Confidence: 0.902532517910004

00:07:29.008 --> 00:07:32.965 It's 25%. 2% of the residents in
NOTE Confidence: 0.902532517910004

00:07:32.965 --> 00:07:35.350 Society Hill receive food stamps,
NOTE Confidence: 0.902532517910004

00:07:35.350 --> 00:07:37.870 35% in Strawberry Mansion.
NOTE Confidence: 0.902532517910004

00:07:37.870 --> 00:07:40.224 78% of the residents of
NOTE Confidence: 0.902532517910004

00:07:40.224 --> 00:07:41.948 Society Hill are white.

NOTE Confidence: 0.902532517910004
00:07:41.950 --> 00:07:44.554 And 93% of the residents in
NOTE Confidence: 0.902532517910004
00:07:44.554 --> 00:07:46.290 Strawberry mansion are black.
NOTE Confidence: 0.902532517910004
00:07:46.290 --> 00:07:47.810 Now here's the most all
NOTE Confidence: 0.902532517910004
00:07:47.810 --> 00:07:49.026 those stats are interesting,
NOTE Confidence: 0.902532517910004
00:07:49.030 --> 00:07:51.478 but here is I think the
NOTE Confidence: 0.902532517910004
00:07:51.478 --> 00:07:52.702 most interesting stat.
NOTE Confidence: 0.902532517910004
00:07:52.710 --> 00:07:53.769 In Society Hill,
NOTE Confidence: 0.902532517910004
00:07:53.769 --> 00:07:55.887 the life expectancy is 88 years.
NOTE Confidence: 0.776199102401733
00:07:58.060 --> 00:08:01.570 In Strawberry mentioned it's 68 years.
NOTE Confidence: 0.776199102401733
00:08:01.570 --> 00:08:03.761 So we're not talking about the difference
NOTE Confidence: 0.776199102401733
00:08:03.761 --> 00:08:06.390 between the US and some third world country.
NOTE Confidence: 0.776199102401733
00:08:06.390 --> 00:08:08.651 But we're not talking about the difference
NOTE Confidence: 0.776199102401733
00:08:08.651 --> 00:08:10.382 between New England and Louisiana
NOTE Confidence: 0.776199102401733
00:08:10.382 --> 00:08:12.506 or Mississippi were talking bout the
NOTE Confidence: 0.776199102401733
00:08:12.506 --> 00:08:14.566 walkable distance within a city. 20 years.
NOTE Confidence: 0.776199102401733

00:08:14.566 --> 00:08:16.830 Think about with 20 years is within a
NOTE Confidence: 0.776199102401733

00:08:16.895 --> 00:08:18.824 walkable distance. Life expectancy.
NOTE Confidence: 0.776199102401733

00:08:18.824 --> 00:08:21.868 So I guess the question is. Why?
NOTE Confidence: 0.776199102401733

00:08:21.868 --> 00:08:24.408 These are the usual suspects.
NOTE Confidence: 0.776199102401733

00:08:24.410 --> 00:08:26.552 Obviously from my slides you've seen
NOTE Confidence: 0.776199102401733

00:08:26.552 --> 00:08:29.140 that the housing stock is very different,
NOTE Confidence: 0.776199102401733

00:08:29.140 --> 00:08:32.044 as well as the stats on incoming education.
NOTE Confidence: 0.776199102401733

00:08:32.050 --> 00:08:34.866 I can tell you that neighborhood safety is
NOTE Confidence: 0.776199102401733

00:08:34.866 --> 00:08:37.148 quite different in these two communities.
NOTE Confidence: 0.776199102401733

00:08:37.150 --> 00:08:39.094 An power of neighborhood safety is
NOTE Confidence: 0.776199102401733

00:08:39.094 --> 00:08:41.691 allowing kids to go outside and do
NOTE Confidence: 0.776199102401733

00:08:41.691 --> 00:08:43.339 healthy activities like exercise,
NOTE Confidence: 0.776199102401733

00:08:43.340 --> 00:08:46.280 not that available in Strawberry Mansion.
NOTE Confidence: 0.776199102401733

00:08:46.280 --> 00:08:48.976 Should I mention is considered a food desert?
NOTE Confidence: 0.776199102401733

00:08:48.980 --> 00:08:51.500 You know most people get their food
NOTE Confidence: 0.776199102401733

00:08:51.500 --> 00:08:53.853 from corner stores which don't have

NOTE Confidence: 0.776199102401733
00:08:53.853 --> 00:08:56.253 the most healthy and nutritious food.
NOTE Confidence: 0.776199102401733
00:08:56.260 --> 00:08:57.880 A toxic exposures, you know,
NOTE Confidence: 0.776199102401733
00:08:57.880 --> 00:08:59.176 driving to work everyday.
NOTE Confidence: 0.776199102401733
00:08:59.176 --> 00:09:01.120 I drive on the Roosevelt Expressway,
NOTE Confidence: 0.776199102401733
00:09:01.120 --> 00:09:03.038 which is above its its its height
NOTE Confidence: 0.776199102401733
00:09:03.038 --> 00:09:05.009 and it's above Strawberry Mansion.
NOTE Confidence: 0.776199102401733
00:09:05.010 --> 00:09:07.159 I'm thinking of all the cartoons that
NOTE Confidence: 0.776199102401733
00:09:07.159 --> 00:09:09.219 are raining down upon the residence.
NOTE Confidence: 0.776199102401733
00:09:09.220 --> 00:09:09.559 Also,
NOTE Confidence: 0.776199102401733
00:09:09.559 --> 00:09:11.254 strawberry mansion has the highest
NOTE Confidence: 0.776199102401733
00:09:11.254 --> 00:09:13.110 rate of lead exposure in kids.
NOTE Confidence: 0.776199102401733
00:09:13.110 --> 00:09:15.510 Believing that 21% of children in
NOTE Confidence: 0.776199102401733
00:09:15.510 --> 00:09:17.950 Strawberry mansion have high lead levels.
NOTE Confidence: 0.776199102401733
00:09:17.950 --> 00:09:20.962 And obviously access to transportation and
NOTE Confidence: 0.776199102401733
00:09:20.962 --> 00:09:23.486 access to quality preventive healthcare
NOTE Confidence: 0.776199102401733

00:09:23.486 --> 00:09:26.601 are all potential reasons why we see
NOTE Confidence: 0.776199102401733

00:09:26.601 --> 00:09:28.908 this difference in life expectancy.
NOTE Confidence: 0.776199102401733

00:09:28.910 --> 00:09:31.106 If you take a step back and look at
NOTE Confidence: 0.776199102401733

00:09:31.106 --> 00:09:33.548 just the overall determinants of Health,
NOTE Confidence: 0.776199102401733

00:09:33.550 --> 00:09:35.398 they could be grouped into these
NOTE Confidence: 0.776199102401733

00:09:35.398 --> 00:09:36.322 type of categories.
NOTE Confidence: 0.776199102401733

00:09:36.330 --> 00:09:38.794 And again, if these slides aren't showing up,
NOTE Confidence: 0.776199102401733

00:09:38.800 --> 00:09:39.880 someone raised their hand,
NOTE Confidence: 0.776199102401733

00:09:39.880 --> 00:09:41.904 but there should be a slide that
NOTE Confidence: 0.776199102401733

00:09:41.904 --> 00:09:43.629 says determinants of Health and
NOTE Confidence: 0.776199102401733

00:09:43.629 --> 00:09:44.664 fix different categories.
NOTE Confidence: 0.776199102401733

00:09:44.670 --> 00:09:45.818 We all know biology,
NOTE Confidence: 0.776199102401733

00:09:45.818 --> 00:09:47.253 genetics and medical care are
NOTE Confidence: 0.776199102401733

00:09:47.253 --> 00:09:48.690 important determinants of Health,
NOTE Confidence: 0.776199102401733

00:09:48.690 --> 00:09:50.853 but as as we know as well
NOTE Confidence: 0.776199102401733

00:09:50.853 --> 00:09:51.780 the physical environment,

NOTE Confidence: 0.776199102401733

00:09:51.780 --> 00:09:53.320 the social environment and behavior,

NOTE Confidence: 0.776199102401733

00:09:53.320 --> 00:09:53.774 specifically,

NOTE Confidence: 0.776199102401733

00:09:53.774 --> 00:09:56.044 health behaviors are also important

NOTE Confidence: 0.776199102401733

00:09:56.044 --> 00:09:58.450 determinants of health care outcomes.

NOTE Confidence: 0.776199102401733

00:09:58.450 --> 00:10:00.655 So what was surprising to me when

NOTE Confidence: 0.776199102401733

00:10:00.655 --> 00:10:02.789 I first looked into these issues

NOTE Confidence: 0.776199102401733

00:10:02.789 --> 00:10:03.905 is that biology.

NOTE Confidence: 0.776199102401733

00:10:03.910 --> 00:10:05.610 Genetics, according to most studies,

NOTE Confidence: 0.776199102401733

00:10:05.610 --> 00:10:08.180 only account for about 30% of the

NOTE Confidence: 0.776199102401733

00:10:08.180 --> 00:10:09.900 variability in health outcomes.

NOTE Confidence: 0.776199102401733

00:10:09.900 --> 00:10:12.980 And Healthcare, which were all apart of.

NOTE Confidence: 0.776199102401733

00:10:12.980 --> 00:10:15.620 And we probably are little bit

NOTE Confidence: 0.776199102401733

00:10:15.620 --> 00:10:16.500 egocentric about.

NOTE Confidence: 0.776199102401733

00:10:16.500 --> 00:10:19.356 Many studies have shown that healthcare

NOTE Confidence: 0.776199102401733

00:10:19.356 --> 00:10:22.220 only contributes about 10 to 20% in

NOTE Confidence: 0.776199102401733

00:10:22.220 --> 00:10:24.420 the differences in health outcomes.
NOTE Confidence: 0.776199102401733

00:10:24.420 --> 00:10:25.740 So between biology,
NOTE Confidence: 0.776199102401733

00:10:25.740 --> 00:10:27.060 genetics and medical,
NOTE Confidence: 0.776199102401733

00:10:27.060 --> 00:10:29.700 it's really not that much whereas
NOTE Confidence: 0.776199102401733

00:10:29.700 --> 00:10:31.460 those top three categories,
NOTE Confidence: 0.776199102401733

00:10:31.460 --> 00:10:33.940 the physical and social environment
NOTE Confidence: 0.776199102401733

00:10:33.940 --> 00:10:36.420 and health behaviors they contribute.
NOTE Confidence: 0.776199102401733

00:10:36.420 --> 00:10:38.894 Anywhere from 50 to 70% of the
NOTE Confidence: 0.776199102401733

00:10:38.894 --> 00:10:40.654 differences in health care outcomes.
NOTE Confidence: 0.776199102401733

00:10:40.660 --> 00:10:43.476 So if you look at it this way,
NOTE Confidence: 0.776199102401733

00:10:43.480 --> 00:10:45.824 it really is true that your zip code
NOTE Confidence: 0.776199102401733

00:10:45.824 --> 00:10:47.976 is more important than your genetic
NOTE Confidence: 0.776199102401733

00:10:47.976 --> 00:10:50.890 code when it comes to health outcomes,
NOTE Confidence: 0.776199102401733

00:10:50.890 --> 00:10:53.476 you zip code is more important
NOTE Confidence: 0.776199102401733

00:10:53.476 --> 00:10:55.200 than your genetic code.
NOTE Confidence: 0.776199102401733

00:10:55.200 --> 00:10:57.054 Now by far my medical training

NOTE Confidence: 0.776199102401733

00:10:57.054 --> 00:10:58.628 emphasize those bottom three areas

NOTE Confidence: 0.776199102401733

00:10:58.628 --> 00:11:00.574 and I think I was woefully unprepared

NOTE Confidence: 0.776199102401733

00:11:00.574 --> 00:11:02.129 to really practice medicine.

NOTE Confidence: 0.776199102401733

00:11:02.130 --> 00:11:03.060 Because, you know,

NOTE Confidence: 0.776199102401733

00:11:03.060 --> 00:11:05.230 80% of my medical education has to

NOTE Confidence: 0.854133367538452

00:11:05.293 --> 00:11:06.229 do with biology,

NOTE Confidence: 0.854133367538452

00:11:06.230 --> 00:11:07.800 genetics in the healthcare system.

NOTE Confidence: 0.854133367538452

00:11:07.800 --> 00:11:09.375 It's changed a lot since

NOTE Confidence: 0.854133367538452

00:11:09.375 --> 00:11:10.950 I've gone to medical school,

NOTE Confidence: 0.854133367538452

00:11:10.950 --> 00:11:14.478 but we still have a long way to go.

NOTE Confidence: 0.854133367538452

00:11:14.480 --> 00:11:16.028 It's not only the professional training,

NOTE Confidence: 0.854133367538452

00:11:16.030 --> 00:11:17.478 but look at spending.

NOTE Confidence: 0.854133367538452

00:11:17.478 --> 00:11:18.926 Let's follow the money.

NOTE Confidence: 0.854133367538452

00:11:18.930 --> 00:11:21.436 Of the two point 9 trillion at

NOTE Confidence: 0.854133367538452

00:11:21.436 --> 00:11:23.488 the United States spends every

NOTE Confidence: 0.854133367538452

00:11:23.488 --> 00:11:25.728 year in health related costs,
NOTE Confidence: 0.854133367538452

00:11:25.730 --> 00:11:29.648 97% of the grows to Healthcare.
NOTE Confidence: 0.854133367538452

00:11:29.650 --> 00:11:31.936 So what that's saying is that
NOTE Confidence: 0.854133367538452

00:11:31.936 --> 00:11:34.305 97% of the expenditures is going
NOTE Confidence: 0.854133367538452

00:11:34.305 --> 00:11:36.705 to a category that only accounts
NOTE Confidence: 0.854133367538452

00:11:36.705 --> 00:11:39.199 for 10 to 20% of health outcomes.
NOTE Confidence: 0.922312438488007

00:11:41.240 --> 00:11:43.490 That also means that only
NOTE Confidence: 0.922312438488007

00:11:43.490 --> 00:11:45.413 3% of health expenditures.
NOTE Confidence: 0.922312438488007

00:11:45.413 --> 00:11:49.318 Go to the areas that attribute that accounted
NOTE Confidence: 0.922312438488007

00:11:49.318 --> 00:11:52.358 for 50 to 70% of the health outcomes.
NOTE Confidence: 0.922312438488007

00:11:52.358 --> 00:11:55.044 So it's not surprising that with all
NOTE Confidence: 0.922312438488007

00:11:55.044 --> 00:11:57.180 the health spending that we have,
NOTE Confidence: 0.922312438488007

00:11:57.180 --> 00:11:59.040 probably the most in the world,
NOTE Confidence: 0.922312438488007

00:11:59.040 --> 00:12:01.400 the United States ranks 31st
NOTE Confidence: 0.922312438488007

00:12:01.400 --> 00:12:06.880 in life expectancy. So.
NOTE Confidence: 0.922312438488007

00:12:06.880 --> 00:12:09.832 What do we talk about when we talk about

NOTE Confidence: 0.922312438488007

00:12:09.832 --> 00:12:12.377 these social determinants of health?

NOTE Confidence: 0.922312438488007

00:12:12.380 --> 00:12:14.738 You know, these include things such

NOTE Confidence: 0.922312438488007

00:12:14.738 --> 00:12:17.096 as you know, income and wealth,

NOTE Confidence: 0.922312438488007

00:12:17.096 --> 00:12:18.664 social class, food security,

NOTE Confidence: 0.922312438488007

00:12:18.664 --> 00:12:19.448 housing, security,

NOTE Confidence: 0.922312438488007

00:12:19.448 --> 00:12:21.016 preventative and risk taking

NOTE Confidence: 0.922312438488007

00:12:21.016 --> 00:12:22.988 behaviors and things like Education,

NOTE Confidence: 0.922312438488007

00:12:22.990 --> 00:12:23.770 Community, neighborhood,

NOTE Confidence: 0.922312438488007

00:12:23.770 --> 00:12:25.720 which also included in the

NOTE Confidence: 0.922312438488007

00:12:25.720 --> 00:12:27.320 social determinants of Health.

NOTE Confidence: 0.922312438488007

00:12:27.320 --> 00:12:30.030 Obviously our race and ethnicity.

NOTE Confidence: 0.922312438488007

00:12:30.030 --> 00:12:31.584 So race and ethnicity a demographic

NOTE Confidence: 0.922312438488007

00:12:31.584 --> 00:12:32.937 factors that are mentioned as

NOTE Confidence: 0.922312438488007

00:12:32.937 --> 00:12:34.009 social determinant of Health.

NOTE Confidence: 0.922312438488007

00:12:34.010 --> 00:12:35.963 But what we really mean when we

NOTE Confidence: 0.922312438488007

00:12:35.963 --> 00:12:37.933 talk about race and ethnicity as
NOTE Confidence: 0.922312438488007

00:12:37.933 --> 00:12:39.713 a social determinant of Health.
NOTE Confidence: 0.922312438488007

00:12:39.720 --> 00:12:42.040 So we all know now that it's commonly
NOTE Confidence: 0.922312438488007

00:12:42.040 --> 00:12:43.983 accepted that race is less of a
NOTE Confidence: 0.922312438488007

00:12:43.983 --> 00:12:45.920 biological issue as a social construct.
NOTE Confidence: 0.922312438488007

00:12:45.920 --> 00:12:47.684 That's why it's considered a social
NOTE Confidence: 0.922312438488007

00:12:47.684 --> 00:12:49.880 determinant of health, right?
NOTE Confidence: 0.922312438488007

00:12:49.880 --> 00:12:52.608 So if we agree that race is mostly,
NOTE Confidence: 0.922312438488007

00:12:52.610 --> 00:12:54.650 if not all, a social construct,
NOTE Confidence: 0.922312438488007

00:12:54.650 --> 00:12:56.504 then the next question is through
NOTE Confidence: 0.922312438488007

00:12:56.504 --> 00:12:58.533 what mechanism do we account for
NOTE Confidence: 0.922312438488007

00:12:58.533 --> 00:13:00.363 the racial and ethnic factors
NOTE Confidence: 0.922312438488007

00:13:00.363 --> 00:13:02.498 contributing to health outcomes so well?
NOTE Confidence: 0.922312438488007

00:13:02.500 --> 00:13:04.720 I would like to propose.
NOTE Confidence: 0.922312438488007

00:13:04.720 --> 00:13:06.680 So when we talk about race and
NOTE Confidence: 0.922312438488007

00:13:06.680 --> 00:13:08.628 ethnicity and health care in particular,

NOTE Confidence: 0.922312438488007

00:13:08.630 --> 00:13:10.436 it's the health disparities in outcomes.

NOTE Confidence: 0.922312438488007

00:13:10.440 --> 00:13:12.246 What we're really talking about is

NOTE Confidence: 0.922312438488007

00:13:12.246 --> 00:13:13.450 racial discrimination or racism,

NOTE Confidence: 0.922312438488007

00:13:13.450 --> 00:13:16.159 and that I hope to make that argument today.

NOTE Confidence: 0.87028671503067

00:13:18.470 --> 00:13:21.460 So. Common definition of racism.

NOTE Confidence: 0.87028671503067

00:13:21.460 --> 00:13:23.570 It's the negative beliefs, attitudes,

NOTE Confidence: 0.87028671503067

00:13:23.570 --> 00:13:25.570 and actions resulting from categorizing

NOTE Confidence: 0.87028671503067

00:13:25.570 --> 00:13:28.200 individuals or groups based on phenotype,

NOTE Confidence: 0.87028671503067

00:13:28.200 --> 00:13:29.463 heritage, or culture.

NOTE Confidence: 0.87028671503067

00:13:29.463 --> 00:13:31.989 Actually divided into 2 racial prejudices,

NOTE Confidence: 0.87028671503067

00:13:31.990 --> 00:13:34.900 our beliefs, attitudes and assumptions.

NOTE Confidence: 0.87028671503067

00:13:34.900 --> 00:13:37.126 And discrimination are actions and behaviors.

NOTE Confidence: 0.87028671503067

00:13:37.130 --> 00:13:39.260 Another way of breaking down racism

NOTE Confidence: 0.87028671503067

00:13:39.260 --> 00:13:41.969 is in terms of levels of racism.

NOTE Confidence: 0.87028671503067

00:13:41.970 --> 00:13:44.567 So this comes from a wonderful physician,

NOTE Confidence: 0.87028671503067

00:13:44.570 --> 00:13:46.054 Public Health Epidemiologist named
NOTE Confidence: 0.87028671503067

00:13:46.054 --> 00:13:48.660 Kamari Jones, who is the president of
NOTE Confidence: 0.87028671503067

00:13:48.660 --> 00:13:50.520 the American Public Health Association,
NOTE Confidence: 0.87028671503067

00:13:50.520 --> 00:13:52.650 and she is divided levels of
NOTE Confidence: 0.87028671503067

00:13:52.650 --> 00:13:54.620 racism into these three levels.
NOTE Confidence: 0.87028671503067

00:13:54.620 --> 00:13:57.908 Interpersonal, structural and internalize.
NOTE Confidence: 0.87028671503067

00:13:57.910 --> 00:13:58.885 So interpersonal racism,
NOTE Confidence: 0.87028671503067

00:13:58.885 --> 00:14:00.835 what we typically consider as racism,
NOTE Confidence: 0.87028671503067

00:14:00.840 --> 00:14:03.050 it's racial prejudices and discriminations
NOTE Confidence: 0.87028671503067

00:14:03.050 --> 00:14:06.038 that car on the personal level between
NOTE Confidence: 0.87028671503067

00:14:06.038 --> 00:14:08.886 two people or between the person and the
NOTE Confidence: 0.87028671503067

00:14:08.954 --> 00:14:11.786 group that he or she has prejudice against.
NOTE Confidence: 0.87028671503067

00:14:11.790 --> 00:14:12.508 Structural racism,
NOTE Confidence: 0.87028671503067

00:14:12.508 --> 00:14:14.303 which we're talking more about
NOTE Confidence: 0.87028671503067

00:14:14.303 --> 00:14:16.768 because of the because of the issues
NOTE Confidence: 0.87028671503067

00:14:16.768 --> 00:14:18.754 happening in the United States today.

NOTE Confidence: 0.87028671503067

00:14:18.760 --> 00:14:21.826 Structural racism is a system of

NOTE Confidence: 0.87028671503067

00:14:21.826 --> 00:14:23.870 organization that includes policies

NOTE Confidence: 0.87028671503067

00:14:23.952 --> 00:14:26.838 and practices and norms that contribute

NOTE Confidence: 0.87028671503067

00:14:26.838 --> 00:14:29.670 to an reinforce cultural inequality.

NOTE Confidence: 0.87028671503067

00:14:29.670 --> 00:14:31.346 So unlike interpersonal racism,

NOTE Confidence: 0.87028671503067

00:14:31.346 --> 00:14:34.333 this is not something that a small

NOTE Confidence: 0.87028671503067

00:14:34.333 --> 00:14:37.119 group of people or person can decide

NOTE Confidence: 0.87028671503067

00:14:37.119 --> 00:14:38.690 to participate in or not.

NOTE Confidence: 0.87028671503067

00:14:38.690 --> 00:14:40.645 It's intimately woven into the

NOTE Confidence: 0.87028671503067

00:14:40.645 --> 00:14:42.209 fabric of our culture.

NOTE Confidence: 0.87028671503067

00:14:42.210 --> 00:14:42.602 Basically,

NOTE Confidence: 0.87028671503067

00:14:42.602 --> 00:14:45.346 it's a pervasive feature of the social,

NOTE Confidence: 0.87028671503067

00:14:45.350 --> 00:14:47.454 economic, and political environment.

NOTE Confidence: 0.87028671503067

00:14:47.454 --> 00:14:50.610 So institutional racism is racism is

NOTE Confidence: 0.87028671503067

00:14:50.687 --> 00:14:53.760 one part of structural racism, and that

NOTE Confidence: 0.87028671503067

00:14:53.760 --> 00:14:56.490 occurs within large sectors of systems.

NOTE Confidence: 0.87028671503067

00:14:56.490 --> 00:14:58.760 For example, the education system,

NOTE Confidence: 0.87028671503067

00:14:58.760 --> 00:14:59.666 health care,

NOTE Confidence: 0.87028671503067

00:14:59.666 --> 00:15:02.384 or the judicial or correctional systems,

NOTE Confidence: 0.87028671503067

00:15:02.390 --> 00:15:04.655 and other structural racism component

NOTE Confidence: 0.87028671503067

00:15:04.655 --> 00:15:06.014 is residential segregation,

NOTE Confidence: 0.87028671503067

00:15:06.020 --> 00:15:06.930 for example.

NOTE Confidence: 0.857935547828674

00:15:09.190 --> 00:15:11.870 Now internalize racism is a

NOTE Confidence: 0.857935547828674

00:15:11.870 --> 00:15:14.014 somewhat controversial term which

NOTE Confidence: 0.857935547828674

00:15:14.014 --> 00:15:16.230 denotes negative beliefs and

NOTE Confidence: 0.857935547828674

00:15:16.230 --> 00:15:18.900 attitudes towards one's own group.

NOTE Confidence: 0.857935547828674

00:15:18.900 --> 00:15:21.504 And it could include beliefs in

NOTE Confidence: 0.857935547828674

00:15:21.504 --> 00:15:23.240 racial and ethnic stereotyping.

NOTE Confidence: 0.857935547828674

00:15:23.240 --> 00:15:24.476 Haven't once group,

NOTE Confidence: 0.857935547828674

00:15:24.476 --> 00:15:26.536 but internalised racism is thought

NOTE Confidence: 0.857935547828674

00:15:26.536 --> 00:15:28.491 to carve someone unconsciously

NOTE Confidence: 0.857935547828674

00:15:28.491 --> 00:15:31.141 because of constant exposure to

NOTE Confidence: 0.857935547828674

00:15:31.141 --> 00:15:33.260 interpersonal in structural racism.

NOTE Confidence: 0.857935547828674

00:15:33.260 --> 00:15:35.065 You know the classical example

NOTE Confidence: 0.857935547828674

00:15:35.065 --> 00:15:36.148 of internalised racism.

NOTE Confidence: 0.857935547828674

00:15:36.150 --> 00:15:38.340 That's partly children is the famous

NOTE Confidence: 0.857935547828674

00:15:38.340 --> 00:15:40.840 doll studies by Kenneth and Mamie Clark.

NOTE Confidence: 0.857935547828674

00:15:40.840 --> 00:15:43.006 You may remember that this study,

NOTE Confidence: 0.857935547828674

00:15:43.010 --> 00:15:45.530 which was conducted actually in the 1940s,

NOTE Confidence: 0.857935547828674

00:15:45.530 --> 00:15:47.340 demonstrate that African American children,

NOTE Confidence: 0.857935547828674

00:15:47.340 --> 00:15:49.944 when given the choice between dollars with

NOTE Confidence: 0.857935547828674

00:15:49.944 --> 00:15:52.388 white skin color or Brown skin color,

NOTE Confidence: 0.857935547828674

00:15:52.390 --> 00:15:53.834 consistently showed a preference

NOTE Confidence: 0.857935547828674

00:15:53.834 --> 00:15:55.278 to the white bells,

NOTE Confidence: 0.857935547828674

00:15:55.280 --> 00:15:57.340 and these results were interpreted

NOTE Confidence: 0.857935547828674

00:15:57.340 --> 00:15:58.988 as demonstrating internalised racism

NOTE Confidence: 0.857935547828674

00:15:58.988 --> 00:16:01.363 in these kids who are subject to
NOTE Confidence: 0.857935547828674

00:16:01.363 --> 00:16:03.075 segregated schools and high degree
NOTE Confidence: 0.857935547828674

00:16:03.075 --> 00:16:04.980 of structural and systemic racism.
NOTE Confidence: 0.857935547828674

00:16:04.980 --> 00:16:06.670 And as you probably know,
NOTE Confidence: 0.857935547828674

00:16:06.670 --> 00:16:09.078 this study was used to as evidence in
NOTE Confidence: 0.857935547828674

00:16:09.078 --> 00:16:11.961 the Brown versus Board of Education case
NOTE Confidence: 0.857935547828674

00:16:11.961 --> 00:16:14.171 that struck down school desegregation.
NOTE Confidence: 0.857935547828674

00:16:14.180 --> 00:16:16.610 So if you think about these levels of racism,
NOTE Confidence: 0.857935547828674

00:16:16.610 --> 00:16:18.941 they kind of somehow map to those
NOTE Confidence: 0.857935547828674

00:16:18.941 --> 00:16:20.609 three different categories of
NOTE Confidence: 0.857935547828674

00:16:20.609 --> 00:16:22.380 social determinants of Health.
NOTE Confidence: 0.857935547828674

00:16:22.380 --> 00:16:23.228 Structural racism,
NOTE Confidence: 0.857935547828674

00:16:23.228 --> 00:16:24.500 particularly residential segregation,
NOTE Confidence: 0.857935547828674

00:16:24.500 --> 00:16:26.900 and its effect on unequal distribution
NOTE Confidence: 0.857935547828674

00:16:26.900 --> 00:16:29.590 of resources fits within the environment,
NOTE Confidence: 0.857935547828674

00:16:29.590 --> 00:16:31.939 the physical environment.

NOTE Confidence: 0.857935547828674

00:16:31.940 --> 00:16:34.568 Interpersonal racism is obviously

NOTE Confidence: 0.857935547828674

00:16:34.568 --> 00:16:36.539 a social construct.

NOTE Confidence: 0.857935547828674

00:16:36.540 --> 00:16:39.065 And internalize racism can influence

NOTE Confidence: 0.857935547828674

00:16:39.065 --> 00:16:40.580 behaviors, particularly health,

NOTE Confidence: 0.857935547828674

00:16:40.580 --> 00:16:42.600 promoting behaviors and risk

NOTE Confidence: 0.857935547828674

00:16:42.600 --> 00:16:43.610 taking behaviors.

NOTE Confidence: 0.885530114173889

00:16:45.850 --> 00:16:48.750 So this is the back on the topic of my talk.

NOTE Confidence: 0.885530114173889

00:16:48.750 --> 00:16:50.482 Is racism in children?

NOTE Confidence: 0.885530114173889

00:16:50.482 --> 00:16:53.080 So let's start talking about kids.

NOTE Confidence: 0.885530114173889

00:16:53.080 --> 00:16:55.240 So does racism affect Children's Health?

NOTE Confidence: 0.885530114173889

00:16:55.240 --> 00:16:58.120 There's not a lot of data on this,

NOTE Confidence: 0.885530114173889

00:16:58.120 --> 00:17:00.256 but there is enough to make

NOTE Confidence: 0.885530114173889

00:17:00.256 --> 00:17:02.080 some assumptions so awhile back,

NOTE Confidence: 0.885530114173889

00:17:02.080 --> 00:17:03.548 about 10 years ago,

NOTE Confidence: 0.885530114173889

00:17:03.548 --> 00:17:06.950 we did a systematic review of the literature.

NOTE Confidence: 0.885530114173889

00:17:06.950 --> 00:17:08.890 On the effects not effects,
NOTE Confidence: 0.885530114173889

00:17:08.890 --> 00:17:10.315 but the Association.
NOTE Confidence: 0.885530114173889

00:17:10.315 --> 00:17:12.690 I'm sorry between racism and
NOTE Confidence: 0.885530114173889

00:17:12.690 --> 00:17:14.499 Children's Health in general.
NOTE Confidence: 0.885530114173889

00:17:14.500 --> 00:17:16.887 We looked at all the medical literature,
NOTE Confidence: 0.885530114173889

00:17:16.890 --> 00:17:18.250 the social science literature,
NOTE Confidence: 0.885530114173889

00:17:18.250 --> 00:17:20.178 and that includes, obviously psychology,
NOTE Confidence: 0.885530114173889

00:17:20.178 --> 00:17:21.540 public health, etc.
NOTE Confidence: 0.885530114173889

00:17:21.540 --> 00:17:24.450 And what we found is that in the whole corpus
NOTE Confidence: 0.885530114173889

00:17:24.522 --> 00:17:27.434 of the medical and social science literature,
NOTE Confidence: 0.885530114173889

00:17:27.440 --> 00:17:30.554 we found at that point about 2000 seven 2009,
NOTE Confidence: 0.885530114173889

00:17:30.560 --> 00:17:34.043 only 40 papers that dealt with racism as it's
NOTE Confidence: 0.885530114173889

00:17:34.043 --> 00:17:36.707 associated with Children's Health outcomes.
NOTE Confidence: 0.885530114173889

00:17:36.710 --> 00:17:38.866 By far the largest part of the
NOTE Confidence: 0.885530114173889

00:17:38.866 --> 00:17:41.064 literature had to do with mental
NOTE Confidence: 0.885530114173889

00:17:41.064 --> 00:17:42.676 health and behavioral health.

NOTE Confidence: 0.885530114173889

00:17:42.680 --> 00:17:44.510 There was a small literature

NOTE Confidence: 0.885530114173889

00:17:44.510 --> 00:17:45.608 on birth outcomes,

NOTE Confidence: 0.885530114173889

00:17:45.610 --> 00:17:47.440 as many of you know,

NOTE Confidence: 0.885530114173889

00:17:47.440 --> 00:17:49.729 there are black white differences in things

NOTE Confidence: 0.885530114173889

00:17:49.729 --> 00:17:52.558 such as low birth weights and prematurity,

NOTE Confidence: 0.885530114173889

00:17:52.560 --> 00:17:54.534 and there was actually one study

NOTE Confidence: 0.885530114173889

00:17:54.534 --> 00:17:57.128 that showed that when you take into

NOTE Confidence: 0.885530114173889

00:17:57.128 --> 00:17:59.148 account maternal experiences of racism,

NOTE Confidence: 0.885530114173889

00:17:59.150 --> 00:18:01.676 the black white difference in pre

NOTE Confidence: 0.885530114173889

00:18:01.676 --> 00:18:03.360 term birth becomes insignificant.

NOTE Confidence: 0.885530114173889

00:18:03.360 --> 00:18:05.642 So maybe when looking at these racial

NOTE Confidence: 0.885530114173889

00:18:05.642 --> 00:18:07.510 ethnic differences in birth outcomes,

NOTE Confidence: 0.885530114173889

00:18:07.510 --> 00:18:09.240 we really talk about racism.

NOTE Confidence: 0.885530114173889

00:18:09.240 --> 00:18:10.970 And then there's a very,

NOTE Confidence: 0.885530114173889

00:18:10.970 --> 00:18:12.950 very small literature on some physical

NOTE Confidence: 0.885530114173889

00:18:12.950 --> 00:18:15.403 effects in kids mostly having to do
NOTE Confidence: 0.885530114173889

00:18:15.403 --> 00:18:17.193 with diabetes and cardiovascular health.
NOTE Confidence: 0.885530114173889

00:18:17.200 --> 00:18:19.643 When you look at the behavioral mental
NOTE Confidence: 0.885530114173889

00:18:19.643 --> 00:18:21.698 health literature on kids and racism,
NOTE Confidence: 0.885530114173889

00:18:21.700 --> 00:18:24.122 you know the suspects are, you know,
NOTE Confidence: 0.885530114173889

00:18:24.122 --> 00:18:26.198 higher degree of perceptions of racism,
NOTE Confidence: 0.885530114173889

00:18:26.200 --> 00:18:28.288 higher depression and anxiety.
NOTE Confidence: 0.885530114173889

00:18:28.288 --> 00:18:29.854 Lower self esteem,
NOTE Confidence: 0.885530114173889

00:18:29.860 --> 00:18:31.918 more behavioral problems.
NOTE Confidence: 0.885530114173889

00:18:31.918 --> 00:18:35.348 Delinquent in conduct disorder problems.
NOTE Confidence: 0.885530114173889

00:18:35.350 --> 00:18:37.835 Racism in adults have been shown to
NOTE Confidence: 0.885530114173889

00:18:37.835 --> 00:18:40.066 be associated with worse parenting
NOTE Confidence: 0.885530114173889

00:18:40.066 --> 00:18:42.258 practices and maternal depression,
NOTE Confidence: 0.885530114173889

00:18:42.260 --> 00:18:44.420 and it's also been associated
NOTE Confidence: 0.885530114173889

00:18:44.420 --> 00:18:46.580 with substance and alcohol use.
NOTE Confidence: 0.860203385353088

00:18:49.090 --> 00:18:50.570 So from a methodological perspective,

NOTE Confidence: 0.860203385353088
00:18:50.570 --> 00:18:52.050 I found something really interesting.
NOTE Confidence: 0.860203385353088
00:18:52.050 --> 00:18:53.505 When all these studies having
NOTE Confidence: 0.860203385353088
00:18:53.505 --> 00:18:55.310 to do with racism and kids,
NOTE Confidence: 0.860203385353088
00:18:55.310 --> 00:18:57.446 when you look at how they actually measured
NOTE Confidence: 0.860203385353088
00:18:57.446 --> 00:18:59.448 races and how they operationalized it,
NOTE Confidence: 0.860203385353088
00:18:59.450 --> 00:19:01.226 it was all over the board.
NOTE Confidence: 0.860203385353088
00:19:01.230 --> 00:19:02.710 There were 30 different questionnaires.
NOTE Confidence: 0.860203385353088
00:19:02.710 --> 00:19:03.670 An most importantly,
NOTE Confidence: 0.860203385353088
00:19:03.670 --> 00:19:05.590 most of the questionnaires were developed
NOTE Confidence: 0.860203385353088
00:19:05.590 --> 00:19:07.537 and tested in adults and they really
NOTE Confidence: 0.860203385353088
00:19:07.537 --> 00:19:09.219 didn't show there was no validity,
NOTE Confidence: 0.860203385353088
00:19:09.220 --> 00:19:10.108 reliability and kids.
NOTE Confidence: 0.860203385353088
00:19:10.108 --> 00:19:11.588 And as we all know,
NOTE Confidence: 0.860203385353088
00:19:11.590 --> 00:19:13.816 kids aren't little adults so this was
NOTE Confidence: 0.860203385353088
00:19:13.816 --> 00:19:15.864 something we'll talk about a little bit
NOTE Confidence: 0.860203385353088

00:19:15.864 --> 00:19:17.800 later when we talk about the crazy,
NOTE Confidence: 0.860203385353088

00:19:17.800 --> 00:19:19.648 but this is what we found.
NOTE Confidence: 0.860203385353088

00:19:19.650 --> 00:19:21.770 About 10 years ago,
NOTE Confidence: 0.860203385353088

00:19:21.770 --> 00:19:24.420 not a lot of literature,
NOTE Confidence: 0.860203385353088

00:19:24.420 --> 00:19:27.600 and the literature really was using.
NOTE Confidence: 0.860203385353088

00:19:27.600 --> 00:19:29.829 Questionnaires which were
NOTE Confidence: 0.860203385353088

00:19:29.829 --> 00:19:32.058 inappropriate for kids.
NOTE Confidence: 0.860203385353088

00:19:32.060 --> 00:19:34.440 So we know there is some Association
NOTE Confidence: 0.860203385353088

00:19:34.440 --> 00:19:36.828 between racism and kids health outcomes,
NOTE Confidence: 0.860203385353088

00:19:36.830 --> 00:19:39.399 but how common is racism in children?
NOTE Confidence: 0.860203385353088

00:19:39.400 --> 00:19:41.235 Is this something that's really
NOTE Confidence: 0.860203385353088

00:19:41.235 --> 00:19:43.070 common or not that common?
NOTE Confidence: 0.860203385353088

00:19:43.070 --> 00:19:45.646 So again as part of my K Award
NOTE Confidence: 0.860203385353088

00:19:45.646 --> 00:19:47.470 in developing our instrument,
NOTE Confidence: 0.860203385353088

00:19:47.470 --> 00:19:49.588 we interviewed alive kids and we
NOTE Confidence: 0.860203385353088

00:19:49.588 --> 00:19:52.875 did a study of 277 kids in actually

NOTE Confidence: 0.860203385353088
00:19:52.875 --> 00:19:54.675 in Hartford and Providence.
NOTE Confidence: 0.860203385353088
00:19:54.680 --> 00:19:56.195 These kids were between 17
NOTE Confidence: 0.860203385353088
00:19:56.195 --> 00:19:57.710 and 18 years of age.
NOTE Confidence: 0.860203385353088
00:19:57.710 --> 00:19:59.528 Most of them were Latin X,
NOTE Confidence: 0.860203385353088
00:19:59.530 --> 00:20:00.466 an African American.
NOTE Confidence: 0.860203385353088
00:20:00.466 --> 00:20:02.338 Although we did have some West
NOTE Confidence: 0.860203385353088
00:20:02.338 --> 00:20:04.405 Indian Caribbean kids and some
NOTE Confidence: 0.860203385353088
00:20:04.405 --> 00:20:05.674 multiracial multicultural kids.
NOTE Confidence: 0.860203385353088
00:20:05.680 --> 00:20:08.683 And what we did is that through
NOTE Confidence: 0.860203385353088
00:20:08.683 --> 00:20:09.970 our instrument development,
NOTE Confidence: 0.860203385353088
00:20:09.970 --> 00:20:12.415 we identify common situations where
NOTE Confidence: 0.860203385353088
00:20:12.415 --> 00:20:15.850 kids have been have been told us
NOTE Confidence: 0.860203385353088
00:20:15.850 --> 00:20:18.120 to that they experience racism.
NOTE Confidence: 0.860203385353088
00:20:18.120 --> 00:20:19.720 So we asked them quite.
NOTE Confidence: 0.860203385353088
00:20:19.720 --> 00:20:22.466 We asked him 24 questions, questions such as.
NOTE Confidence: 0.860203385353088

00:20:22.466 --> 00:20:24.758 Will you ever watch closely or
NOTE Confidence: 0.860203385353088

00:20:24.758 --> 00:20:26.553 followed around by security guards
NOTE Confidence: 0.860203385353088

00:20:26.553 --> 00:20:29.229 or clerks at the store at the mall?
NOTE Confidence: 0.860203385353088

00:20:29.230 --> 00:20:31.906 Do teachers assume you're not smart
NOTE Confidence: 0.860203385353088

00:20:31.906 --> 00:20:34.500 or intelligent because of your race?
NOTE Confidence: 0.860203385353088

00:20:34.500 --> 00:20:37.122 Are you watch more closely by
NOTE Confidence: 0.860203385353088

00:20:37.122 --> 00:20:39.457 security at school? Will you be?
NOTE Confidence: 0.860203385353088

00:20:39.457 --> 00:20:41.152 Will you treated unfairly by
NOTE Confidence: 0.860203385353088

00:20:41.152 --> 00:20:42.440 a police officer?
NOTE Confidence: 0.860203385353088

00:20:42.440 --> 00:20:44.012 When you're walking down the street
NOTE Confidence: 0.860203385353088

00:20:44.012 --> 00:20:46.508 to people, hold their bags tight.
NOTE Confidence: 0.860203385353088

00:20:46.508 --> 00:20:48.476 When you pass them.
NOTE Confidence: 0.860203385353088

00:20:48.480 --> 00:20:50.388 Has someone made an insulting or
NOTE Confidence: 0.860203385353088

00:20:50.388 --> 00:20:52.980 bad remark about you, your race,
NOTE Confidence: 0.860203385353088

00:20:52.980 --> 00:20:54.960 your atmosphere language?
NOTE Confidence: 0.860203385353088

00:20:54.960 --> 00:20:56.790 And did you get poor service

NOTE Confidence: 0.860203385353088
00:20:56.790 --> 00:20:57.705 at the restaurant?
NOTE Confidence: 0.860203385353088
00:20:57.710 --> 00:20:59.838 This is just an example of the
NOTE Confidence: 0.860203385353088
00:20:59.838 --> 00:21:01.827 24 questions that we asked, so.
NOTE Confidence: 0.860203385353088
00:21:01.827 --> 00:21:04.449 Usually when I'm in the audience,
NOTE Confidence: 0.860203385353088
00:21:04.450 --> 00:21:06.208 Tyler asked for show of hands.
NOTE Confidence: 0.860203385353088
00:21:06.210 --> 00:21:08.543 I won't do it today, but how many?
NOTE Confidence: 0.860203385353088
00:21:08.543 --> 00:21:11.190 How many kids do you think of the 277?
NOTE Confidence: 0.860203385353088
00:21:11.190 --> 00:21:13.633 What percentage of kids said that they
NOTE Confidence: 0.860203385353088
00:21:13.633 --> 00:21:16.188 experience at least one of these situations?
NOTE Confidence: 0.860203385353088
00:21:16.190 --> 00:21:18.430 I know I see some of you smiling,
NOTE Confidence: 0.860203385353088
00:21:18.430 --> 00:21:20.327 so I think you all know that's
NOTE Confidence: 0.860203385353088
00:21:20.327 --> 00:21:22.348 on the lower end of this scale.
NOTE Confidence: 0.860203385353088
00:21:22.350 --> 00:21:24.830 Actually it was 88%.
NOTE Confidence: 0.860203385353088
00:21:24.830 --> 00:21:27.506 245 of the 277 kids experienced
NOTE Confidence: 0.860203385353088
00:21:27.506 --> 00:21:31.010 at least one of these situations.
NOTE Confidence: 0.860203385353088

00:21:31.010 --> 00:21:32.042 In this group,
NOTE Confidence: 0.860203385353088

00:21:32.042 --> 00:21:33.762 the average number of experiences
NOTE Confidence: 0.860203385353088

00:21:33.762 --> 00:21:35.358 were six out of the 24,
NOTE Confidence: 0.860203385353088

00:21:35.360 --> 00:21:37.226 and really concerning is at 12%
NOTE Confidence: 0.860203385353088

00:21:37.230 --> 00:21:39.096 answered at least half of these
NOTE Confidence: 0.860203385353088

00:21:39.096 --> 00:21:39.718 questions positively.
NOTE Confidence: 0.860203385353088

00:21:39.720 --> 00:21:42.208 So this is the elephant in the room.
NOTE Confidence: 0.860203385353088

00:21:42.210 --> 00:21:44.380 This is really a very common experience.
NOTE Confidence: 0.860203385353088

00:21:44.380 --> 00:21:46.230 This study provides data that
NOTE Confidence: 0.860203385353088

00:21:46.230 --> 00:21:48.080 confirm what we already knew.
NOTE Confidence: 0.860203385353088

00:21:48.080 --> 00:21:49.160 That racial discrimination,
NOTE Confidence: 0.860203385353088

00:21:49.160 --> 00:21:51.680 even today is all too common in
NOTE Confidence: 0.849885225296021

00:21:51.749 --> 00:21:52.850 children of color.
NOTE Confidence: 0.849885225296021

00:21:52.850 --> 00:21:54.712 So if you wanna know what some
NOTE Confidence: 0.849885225296021

00:21:54.712 --> 00:21:56.500 of the other questions were,
NOTE Confidence: 0.849885225296021

00:21:56.500 --> 00:21:57.965 the most common with someone

NOTE Confidence: 0.849885225296021
00:21:57.965 --> 00:21:59.805 made a racial remark to you
NOTE Confidence: 0.849885225296021
00:21:59.805 --> 00:22:01.355 called you an insulting name,
NOTE Confidence: 0.849885225296021
00:22:01.360 --> 00:22:02.395 again security guards.
NOTE Confidence: 0.849885225296021
00:22:02.395 --> 00:22:03.775 Being accused of something
NOTE Confidence: 0.849885225296021
00:22:03.775 --> 00:22:05.419 you didn't do at school.
NOTE Confidence: 0.849885225296021
00:22:05.420 --> 00:22:07.094 Now this one is really concerning
NOTE Confidence: 0.849885225296021
00:22:07.094 --> 00:22:09.450 to me as as a developmentalist.
NOTE Confidence: 0.849885225296021
00:22:09.450 --> 00:22:10.594 Did you have you?
NOTE Confidence: 0.849885225296021
00:22:10.594 --> 00:22:12.670 Have you ever seen your parents be
NOTE Confidence: 0.849885225296021
00:22:12.670 --> 00:22:14.756 treated badly because of the color of
NOTE Confidence: 0.849885225296021
00:22:14.756 --> 00:22:16.926 their skin because of their race etc.
NOTE Confidence: 0.849885225296021
00:22:16.930 --> 00:22:18.743 So these are kids who are seeing
NOTE Confidence: 0.849885225296021
00:22:18.743 --> 00:22:19.935 their their their authority
NOTE Confidence: 0.849885225296021
00:22:19.935 --> 00:22:21.710 figures being treated this way.
NOTE Confidence: 0.849885225296021
00:22:21.710 --> 00:22:24.128 It's pretty sad.
NOTE Confidence: 0.849885225296021

00:22:24.130 --> 00:22:26.110 So these were some of the
NOTE Confidence: 0.849885225296021

00:22:26.110 --> 00:22:27.800 some of the answers now.
NOTE Confidence: 0.849885225296021

00:22:27.800 --> 00:22:29.804 So these 24 questions were part
NOTE Confidence: 0.849885225296021

00:22:29.804 --> 00:22:31.140 of our instrument development,
NOTE Confidence: 0.849885225296021

00:22:31.140 --> 00:22:33.012 so we wanted to develop an
NOTE Confidence: 0.849885225296021

00:22:33.012 --> 00:22:34.260 instrument that measured perceptions
NOTE Confidence: 0.849885225296021

00:22:34.315 --> 00:22:36.427 of racism in children that that
NOTE Confidence: 0.849885225296021

00:22:36.427 --> 00:22:37.483 was developmentally appropriate,
NOTE Confidence: 0.849885225296021

00:22:37.490 --> 00:22:38.925 and we used mixed methods
NOTE Confidence: 0.849885225296021

00:22:38.925 --> 00:22:40.859 where we first started by doing
NOTE Confidence: 0.849885225296021

00:22:40.859 --> 00:22:42.170 key informant interviews.
NOTE Confidence: 0.849885225296021

00:22:42.170 --> 00:22:43.570 Qualitative key informant interviews
NOTE Confidence: 0.849885225296021

00:22:43.570 --> 00:22:46.021 with a number of children to I
NOTE Confidence: 0.849885225296021

00:22:46.021 --> 00:22:47.501 just identified talk about their
NOTE Confidence: 0.849885225296021

00:22:47.501 --> 00:22:49.430 lives and talk about how they
NOTE Confidence: 0.849885225296021

00:22:49.430 --> 00:22:50.462 perceived discrimination and

NOTE Confidence: 0.849885225296021

00:22:50.462 --> 00:22:52.536 racism and whether some of the

NOTE Confidence: 0.849885225296021

00:22:52.536 --> 00:22:54.266 context with which they would.

NOTE Confidence: 0.849885225296021

00:22:54.270 --> 00:22:56.300 With which they experienced it.

NOTE Confidence: 0.849885225296021

00:22:56.300 --> 00:22:59.234 From that from those key informant

NOTE Confidence: 0.849885225296021

00:22:59.234 --> 00:23:01.190 interviews we developed this

NOTE Confidence: 0.849885225296021

00:23:01.273 --> 00:23:03.758 proto questionnaire of 24 items.

NOTE Confidence: 0.849885225296021

00:23:03.760 --> 00:23:05.880 And then from those 24 items we did

NOTE Confidence: 0.849885225296021

00:23:05.880 --> 00:23:07.439 some psycho metrics to tighten it

NOTE Confidence: 0.849885225296021

00:23:07.439 --> 00:23:09.746 up and to make a much smaller and

NOTE Confidence: 0.849885225296021

00:23:09.746 --> 00:23:11.721 more clinically and research useful

NOTE Confidence: 0.849885225296021

00:23:11.721 --> 00:23:13.680 instrument of Justice. 10 questions.

NOTE Confidence: 0.849885225296021

00:23:13.680 --> 00:23:15.605 And that's what the prices.

NOTE Confidence: 0.849885225296021

00:23:15.610 --> 00:23:18.016 So the crazy is the perceptions

NOTE Confidence: 0.849885225296021

00:23:18.016 --> 00:23:20.460 of racism in children and youth.

NOTE Confidence: 0.849885225296021

00:23:20.460 --> 00:23:22.686 And we actually have two different forms.

NOTE Confidence: 0.849885225296021

00:23:22.690 --> 00:23:24.909 We have a precis for younger kids,

NOTE Confidence: 0.849885225296021

00:23:24.910 --> 00:23:26.422 meaning between, let's say,

NOTE Confidence: 0.849885225296021

00:23:26.422 --> 00:23:28.690 the ages of eight and 13.

NOTE Confidence: 0.849885225296021

00:23:28.690 --> 00:23:30.694 An adolescent version between

NOTE Confidence: 0.849885225296021

00:23:30.694 --> 00:23:33.199 14 and 20 or whatever.

NOTE Confidence: 0.849885225296021

00:23:33.200 --> 00:23:35.153 I'll show you what the we did

NOTE Confidence: 0.849885225296021

00:23:35.153 --> 00:23:36.898 factor analysis and confirm atory

NOTE Confidence: 0.849885225296021

00:23:36.898 --> 00:23:38.594 factor analysis and different

NOTE Confidence: 0.849885225296021

00:23:38.594 --> 00:23:39.866 type of psychometrics,

NOTE Confidence: 0.849885225296021

00:23:39.870 --> 00:23:41.694 item response theory etc and he

NOTE Confidence: 0.849885225296021

00:23:41.694 --> 00:23:43.795 came up with these questions as

NOTE Confidence: 0.849885225296021

00:23:43.795 --> 00:23:45.840 being the most psychometric valid.

NOTE Confidence: 0.849885225296021

00:23:45.840 --> 00:23:47.874 So for this crazy 17 younger

NOTE Confidence: 0.849885225296021

00:23:47.874 --> 00:23:49.645 version again there are similar

NOTE Confidence: 0.849885225296021

00:23:49.645 --> 00:23:52.067 questions to what we just went over

NOTE Confidence: 0.849885225296021

00:23:52.067 --> 00:23:54.260 having to do with school stores,

NOTE Confidence: 0.849885225296021
00:23:54.260 --> 00:23:55.421 restaurants and again,
NOTE Confidence: 0.849885225296021
00:23:55.421 --> 00:23:58.130 have you seen your parents or other
NOTE Confidence: 0.849885225296021
00:23:58.201 --> 00:24:00.736 family members being treated unfairly?
NOTE Confidence: 0.849885225296021
00:24:00.740 --> 00:24:02.300 There wasn't much difference between the
NOTE Confidence: 0.849885225296021
00:24:02.300 --> 00:24:03.970 younger version in the older version.
NOTE Confidence: 0.849885225296021
00:24:03.970 --> 00:24:05.923 The only two questions that were in
NOTE Confidence: 0.849885225296021
00:24:05.923 --> 00:24:07.801 the older version where you're being
NOTE Confidence: 0.849885225296021
00:24:07.801 --> 00:24:09.769 treated unfairly by a police officer.
NOTE Confidence: 0.849885225296021
00:24:09.770 --> 00:24:11.474 And people assume you're
NOTE Confidence: 0.849885225296021
00:24:11.474 --> 00:24:13.178 not smart for intelligent.
NOTE Confidence: 0.849885225296021
00:24:13.180 --> 00:24:14.937 So these are the 10:10 items on
NOTE Confidence: 0.849885225296021
00:24:14.937 --> 00:24:16.190 the different crazy versions.
NOTE Confidence: 0.849885225296021
00:24:16.190 --> 00:24:18.656 Now many people just use it as a score.
NOTE Confidence: 0.849885225296021
00:24:18.660 --> 00:24:20.844 You know a scale of 1 to 10.
NOTE Confidence: 0.849885225296021
00:24:20.850 --> 00:24:22.768 What we do in addition to that,
NOTE Confidence: 0.849885225296021

00:24:22.770 --> 00:24:25.236 for every item that a child says yes to,
NOTE Confidence: 0.849885225296021

00:24:25.240 --> 00:24:27.004 we asked additional questions to get a
NOTE Confidence: 0.849885225296021

00:24:27.004 --> 00:24:29.069 little bit more into the experience itself.
NOTE Confidence: 0.849885225296021

00:24:29.070 --> 00:24:30.648 So the first thing we asked
NOTE Confidence: 0.849885225296021

00:24:30.648 --> 00:24:32.360 is how often did it happen?
NOTE Confidence: 0.849885225296021

00:24:32.360 --> 00:24:33.440 What was the frequency?
NOTE Confidence: 0.849885225296021

00:24:33.440 --> 00:24:35.395 Is this a one time deal or
NOTE Confidence: 0.849885225296021

00:24:35.395 --> 00:24:36.740 did it happen more often?
NOTE Confidence: 0.849885225296021

00:24:36.740 --> 00:24:39.515 You know weekly, once a month, once a year.
NOTE Confidence: 0.849885225296021

00:24:39.515 --> 00:24:39.890 Secondly,
NOTE Confidence: 0.849885225296021

00:24:39.890 --> 00:24:41.390 we asked about Attribution.
NOTE Confidence: 0.840818345546722

00:24:41.390 --> 00:24:42.890 I'm interested in racial discrimination,
NOTE Confidence: 0.840818345546722

00:24:42.890 --> 00:24:45.258 but as we know, kids can be discriminated
NOTE Confidence: 0.840818345546722

00:24:45.258 --> 00:24:47.090 against for many, many different reasons.
NOTE Confidence: 0.840818345546722

00:24:47.090 --> 00:24:49.490 So the 1st, four or five have to
NOTE Confidence: 0.840818345546722

00:24:49.490 --> 00:24:50.690 do with racial discrimination.

NOTE Confidence: 0.840818345546722

00:24:50.690 --> 00:24:52.430 I was it happened because of

NOTE Confidence: 0.840818345546722

00:24:52.430 --> 00:24:54.590 the color of my skin, my race,

NOTE Confidence: 0.840818345546722

00:24:54.590 --> 00:24:56.090 my culture, language and accent,

NOTE Confidence: 0.840818345546722

00:24:56.090 --> 00:24:58.490 but it could be because of my age,

NOTE Confidence: 0.840818345546722

00:24:58.490 --> 00:25:00.290 my gender, the clothes I wear,

NOTE Confidence: 0.840818345546722

00:25:00.290 --> 00:25:02.090 the music, I listen to, etc.

NOTE Confidence: 0.840818345546722

00:25:02.090 --> 00:25:03.290 So we got frequency.

NOTE Confidence: 0.840818345546722

00:25:03.290 --> 00:25:05.978 We have Attribution.

NOTE Confidence: 0.840818345546722

00:25:05.980 --> 00:25:08.640 Emotional response when this happens

NOTE Confidence: 0.840818345546722

00:25:08.640 --> 00:25:13.019 you has it make you feel I got angry,

NOTE Confidence: 0.840818345546722

00:25:13.020 --> 00:25:15.036 sad, depressed, hopeless, powerless,

NOTE Confidence: 0.840818345546722

00:25:15.036 --> 00:25:16.040 strengthened, etc.

NOTE Confidence: 0.840818345546722

00:25:16.040 --> 00:25:18.540 And finally, after emotional response,

NOTE Confidence: 0.840818345546722

00:25:18.540 --> 00:25:20.060 we asked about coping response.

NOTE Confidence: 0.840818345546722

00:25:20.060 --> 00:25:23.258 How did you deal with it?

NOTE Confidence: 0.840818345546722

00:25:23.260 --> 00:25:25.918 I ignored it. I accepted it.
NOTE Confidence: 0.840818345546722

00:25:25.920 --> 00:25:29.384 I spoke up, I kept it to myself.
NOTE Confidence: 0.840818345546722

00:25:29.390 --> 00:25:30.940 I lost interest in things.
NOTE Confidence: 0.840818345546722

00:25:30.940 --> 00:25:32.794 I prayed in this positive and
NOTE Confidence: 0.840818345546722

00:25:32.794 --> 00:25:34.030 negative coping responses right?
NOTE Confidence: 0.840818345546722

00:25:34.030 --> 00:25:35.570 I tried to change things.
NOTE Confidence: 0.840818345546722

00:25:35.570 --> 00:25:37.115 I hit someone I worked
NOTE Confidence: 0.840818345546722

00:25:37.115 --> 00:25:38.660 harder to prove them wrong.
NOTE Confidence: 0.840818345546722

00:25:38.660 --> 00:25:39.142 So these,
NOTE Confidence: 0.840818345546722

00:25:39.142 --> 00:25:39.624 you know,
NOTE Confidence: 0.840818345546722

00:25:39.624 --> 00:25:41.562 for those people who are just interested
NOTE Confidence: 0.840818345546722

00:25:41.562 --> 00:25:43.298 in associations and Correlations,
NOTE Confidence: 0.840818345546722

00:25:43.300 --> 00:25:45.260 you can use the one to 10 scale
NOTE Confidence: 0.840818345546722

00:25:45.260 --> 00:25:47.304 if you're more interested in some
NOTE Confidence: 0.840818345546722

00:25:47.304 --> 00:25:49.164 of these more dynamic variables,
NOTE Confidence: 0.840818345546722

00:25:49.170 --> 00:25:51.018 you can look at coping response.

NOTE Confidence: 0.840818345546722

00:25:51.020 --> 00:25:52.445 Emotional response because I truly

NOTE Confidence: 0.840818345546722

00:25:52.445 --> 00:25:54.587 think that racism is a toxic stressor

NOTE Confidence: 0.840818345546722

00:25:54.587 --> 00:25:56.573 that all children of color experience.

NOTE Confidence: 0.840818345546722

00:25:56.580 --> 00:25:59.352 What makes some sort of not rise above it,

NOTE Confidence: 0.840818345546722

00:25:59.360 --> 00:26:01.558 but I think that coping emotion response

NOTE Confidence: 0.840818345546722

00:26:01.558 --> 00:26:04.048 really kind of separates out some of the.

NOTE Confidence: 0.840818345546722

00:26:04.050 --> 00:26:06.996 Outcomes, and there's very very common

NOTE Confidence: 0.840818345546722

00:26:06.996 --> 00:26:11.130 psychosocial stressor of kids. So.

NOTE Confidence: 0.840818345546722

00:26:11.130 --> 00:26:14.958 We know that racism effects health.

NOTE Confidence: 0.840818345546722

00:26:14.960 --> 00:26:17.584 We know that it's common in kids lives.

NOTE Confidence: 0.840818345546722

00:26:17.590 --> 00:26:19.445 We decide to do with just a

NOTE Confidence: 0.840818345546722

00:26:19.445 --> 00:26:21.508 few really basic studies on the

NOTE Confidence: 0.840818345546722

00:26:21.508 --> 00:26:23.508 Association between racism and health,

NOTE Confidence: 0.840818345546722

00:26:23.510 --> 00:26:25.958 and the first one we did I actually

NOTE Confidence: 0.840818345546722

00:26:25.958 --> 00:26:28.028 a medical student in mind who

NOTE Confidence: 0.840818345546722

00:26:28.028 --> 00:26:29.763 now is a pediatric gastro.
NOTE Confidence: 0.840818345546722

00:26:29.770 --> 00:26:31.738 Inter ologist did this with me.
NOTE Confidence: 0.840818345546722

00:26:31.740 --> 00:26:33.430 We looked at the relationship
NOTE Confidence: 0.840818345546722

00:26:33.430 --> 00:26:34.782 between racism and depressive
NOTE Confidence: 0.840818345546722

00:26:34.782 --> 00:26:36.020 symptoms in some children.
NOTE Confidence: 0.840818345546722

00:26:36.020 --> 00:26:37.988 So we interviewed 52 minority youth.
NOTE Confidence: 0.840818345546722

00:26:37.990 --> 00:26:39.630 Actually at the boys and
NOTE Confidence: 0.840818345546722

00:26:39.630 --> 00:26:40.942 girls clubs in Hartford,
NOTE Confidence: 0.840818345546722

00:26:40.950 --> 00:26:43.382 and we want to look at the relationship
NOTE Confidence: 0.840818345546722

00:26:43.382 --> 00:26:44.900 between racism and oppression.
NOTE Confidence: 0.840818345546722

00:26:44.900 --> 00:26:47.870 But also we want to look at Self Esteem.
NOTE Confidence: 0.840818345546722

00:26:47.870 --> 00:26:49.482 Lation ship between self
NOTE Confidence: 0.840818345546722

00:26:49.482 --> 00:26:51.094 esteem racism and oppression.
NOTE Confidence: 0.840818345546722

00:26:51.100 --> 00:26:52.850 My hypothesis going in is that there
NOTE Confidence: 0.840818345546722

00:26:52.850 --> 00:26:54.834 would be a relationship between racism
NOTE Confidence: 0.840818345546722

00:26:54.834 --> 00:26:57.192 and oppression which would be mediated

NOTE Confidence: 0.840818345546722
00:26:57.192 --> 00:26:59.347 through self esteem and interesting Lee.
NOTE Confidence: 0.840818345546722
00:26:59.350 --> 00:27:01.085 Although there was a significant
NOTE Confidence: 0.840818345546722
00:27:01.085 --> 00:27:02.820 relationship between racism and oppression
NOTE Confidence: 0.840818345546722
00:27:02.866 --> 00:27:04.296 and self esteem and depression,
NOTE Confidence: 0.840818345546722
00:27:04.300 --> 00:27:05.950 there wasn't a significant Association
NOTE Confidence: 0.840818345546722
00:27:05.950 --> 00:27:07.600 between racism and self esteem.
NOTE Confidence: 0.840818345546722
00:27:07.600 --> 00:27:08.260 You know,
NOTE Confidence: 0.840818345546722
00:27:08.260 --> 00:27:10.570 it's a very very small sample size,
NOTE Confidence: 0.840818345546722
00:27:10.570 --> 00:27:13.870 so I'm not going to put a lot into that,
NOTE Confidence: 0.840818345546722
00:27:13.870 --> 00:27:16.516 but this is what we found.
NOTE Confidence: 0.840818345546722
00:27:16.520 --> 00:27:18.620 Another study that we did which didn't
NOTE Confidence: 0.840818345546722
00:27:18.620 --> 00:27:21.205 then use the pricey but we looked at
NOTE Confidence: 0.840818345546722
00:27:21.205 --> 00:27:23.180 the National Survey of American life,
NOTE Confidence: 0.840818345546722
00:27:23.180 --> 00:27:23.945 the NSA L,
NOTE Confidence: 0.840818345546722
00:27:23.945 --> 00:27:25.730 which is a very very large data
NOTE Confidence: 0.840818345546722

00:27:25.799 --> 00:27:27.929 set mostly in minority individuals,
NOTE Confidence: 0.840818345546722

00:27:27.930 --> 00:27:30.906 and they have an adolescent supplement.
NOTE Confidence: 0.840818345546722

00:27:30.910 --> 00:27:32.926 And what we want to look at is
NOTE Confidence: 0.840818345546722

00:27:32.926 --> 00:27:34.150 the Association between racism
NOTE Confidence: 0.840818345546722

00:27:34.150 --> 00:27:35.795 and mental health in teens.
NOTE Confidence: 0.840818345546722

00:27:35.800 --> 00:27:39.110 So the NSA L had about a little bit over
NOTE Confidence: 0.840920865535736

00:27:39.194 --> 00:27:42.518 thousand African American and Afro Caribbean
NOTE Confidence: 0.840920865535736

00:27:42.518 --> 00:27:45.900 youth between the ages of 13 and 17,
NOTE Confidence: 0.840920865535736

00:27:45.900 --> 00:27:48.010 and according to this questionnaire,
NOTE Confidence: 0.840920865535736

00:27:48.010 --> 00:27:49.273 again, 85% discriminates.
NOTE Confidence: 0.840920865535736

00:27:49.273 --> 00:27:50.957 Xperience discrimination as expected,
NOTE Confidence: 0.840920865535736

00:27:50.960 --> 00:27:53.060 and when we did analysis
NOTE Confidence: 0.840920865535736

00:27:53.060 --> 00:27:53.900 logistic regressions,
NOTE Confidence: 0.840920865535736

00:27:53.900 --> 00:27:56.605 we found that discrimination was
NOTE Confidence: 0.840920865535736

00:27:56.605 --> 00:27:58.769 associated with major depression.
NOTE Confidence: 0.840920865535736

00:27:58.770 --> 00:28:01.440 With anxiety and with social phobia,

NOTE Confidence: 0.840920865535736
00:28:01.440 --> 00:28:04.830 both lifetime and last 12 months.
NOTE Confidence: 0.840920865535736
00:28:04.830 --> 00:28:05.416 Interesting Lee.
NOTE Confidence: 0.840920865535736
00:28:05.416 --> 00:28:08.490 When we set out to do this, I really.
NOTE Confidence: 0.840920865535736
00:28:08.490 --> 00:28:10.530 My hypothesis was that.
NOTE Confidence: 0.840920865535736
00:28:10.530 --> 00:28:12.180 We're gonna see these associations,
NOTE Confidence: 0.840920865535736
00:28:12.180 --> 00:28:14.154 but they be different among African
NOTE Confidence: 0.840920865535736
00:28:14.154 --> 00:28:15.470 American Afro Caribbean Youth.
NOTE Confidence: 0.840920865535736
00:28:15.470 --> 00:28:17.726 I mean, there are some data to suggest
NOTE Confidence: 0.840920865535736
00:28:17.726 --> 00:28:19.985 that the social context between Africa
NOTE Confidence: 0.840920865535736
00:28:19.985 --> 00:28:22.433 Caribbean and an American born African
NOTE Confidence: 0.840920865535736
00:28:22.497 --> 00:28:25.017 Americans might be a little bit different.
NOTE Confidence: 0.840920865535736
00:28:25.020 --> 00:28:25.682 But interesting,
NOTE Confidence: 0.840920865535736
00:28:25.682 --> 00:28:27.337 we didn't find any differences
NOTE Confidence: 0.840920865535736
00:28:27.337 --> 00:28:28.740 between these two groups.
NOTE Confidence: 0.840920865535736
00:28:28.740 --> 00:28:30.858 Now the sample of Afro Caribbean
NOTE Confidence: 0.840920865535736

00:28:30.858 --> 00:28:32.270 were second generation living
NOTE Confidence: 0.840920865535736

00:28:32.328 --> 00:28:34.146 in the United States for awhile,
NOTE Confidence: 0.840920865535736

00:28:34.150 --> 00:28:36.145 and further so that might be the
NOTE Confidence: 0.840920865535736

00:28:36.145 --> 00:28:38.420 thing that you know living in a
NOTE Confidence: 0.840920865535736

00:28:38.420 --> 00:28:40.115 racist society as United States
NOTE Confidence: 0.840920865535736

00:28:40.115 --> 00:28:41.919 Trump's any positive potential.
NOTE Confidence: 0.840920865535736

00:28:41.920 --> 00:28:43.610 Positive cultural aspects of effort.
NOTE Confidence: 0.840920865535736

00:28:43.610 --> 00:28:44.618 Caribbean youth culture.
NOTE Confidence: 0.915270200142494

00:28:47.780 --> 00:28:50.167 OK. So now I guess the question
NOTE Confidence: 0.915270200142494

00:28:50.167 --> 00:28:52.938 is how does racism affect health?
NOTE Confidence: 0.915270200142494

00:28:52.940 --> 00:28:56.148 You know, we we see that their associations
NOTE Confidence: 0.915270200142494

00:28:56.148 --> 00:28:59.429 were not quite sure you know what it is,
NOTE Confidence: 0.915270200142494

00:28:59.430 --> 00:29:00.550 but. You know what?
NOTE Confidence: 0.915270200142494

00:29:00.550 --> 00:29:02.744 How we have to look at different
NOTE Confidence: 0.915270200142494

00:29:02.744 --> 00:29:05.378 levels of how racism affects health.
NOTE Confidence: 0.915270200142494

00:29:05.380 --> 00:29:07.564 Really, from the macro to the micro,

NOTE Confidence: 0.915270200142494
00:29:07.570 --> 00:29:09.700 from neighborhoods to neurons, really.
NOTE Confidence: 0.915270200142494
00:29:09.700 --> 00:29:11.428 So if you think about it,
NOTE Confidence: 0.915270200142494
00:29:11.430 --> 00:29:12.880 let's go down these levels.
NOTE Confidence: 0.915270200142494
00:29:12.880 --> 00:29:15.184 The first level is the macro level as
NOTE Confidence: 0.915270200142494
00:29:15.184 --> 00:29:17.209 we discussed as we started this talk,
NOTE Confidence: 0.915270200142494
00:29:17.210 --> 00:29:18.660 you know separate residential segregation.
NOTE Confidence: 0.915270200142494
00:29:18.660 --> 00:29:20.100 Segregation increases exposure to
NOTE Confidence: 0.915270200142494
00:29:20.100 --> 00:29:22.679 things that are unhealthy and that could
NOTE Confidence: 0.915270200142494
00:29:22.679 --> 00:29:24.489 contribute to poor health outcomes.
NOTE Confidence: 0.915270200142494
00:29:24.490 --> 00:29:25.366 In addition,
NOTE Confidence: 0.915270200142494
00:29:25.366 --> 00:29:27.556 in addition to residential segregation,
NOTE Confidence: 0.915270200142494
00:29:27.560 --> 00:29:29.750 structural racism causes resource inequities,
NOTE Confidence: 0.915270200142494
00:29:29.750 --> 00:29:31.940 resources such as jobs, education,
NOTE Confidence: 0.915270200142494
00:29:31.940 --> 00:29:33.692 health care and Justice.
NOTE Confidence: 0.915270200142494
00:29:33.692 --> 00:29:36.522 Again, these can all contribute
NOTE Confidence: 0.915270200142494

00:29:36.522 --> 00:29:38.914 to poor health outcomes.
NOTE Confidence: 0.915270200142494

00:29:38.920 --> 00:29:41.656 Let's take it down to the intermediate level.
NOTE Confidence: 0.915270200142494

00:29:41.660 --> 00:29:42.689 Again, interpersonal racism
NOTE Confidence: 0.915270200142494

00:29:42.689 --> 00:29:43.718 causes psychological distress.
NOTE Confidence: 0.915270200142494

00:29:43.720 --> 00:29:45.696 As the data shows,
NOTE Confidence: 0.915270200142494

00:29:45.696 --> 00:29:48.660 as well as risk taking behaviors.
NOTE Confidence: 0.915270200142494

00:29:48.660 --> 00:29:50.562 And for me, the real interesting
NOTE Confidence: 0.915270200142494

00:29:50.562 --> 00:29:52.250 points of this micro level.
NOTE Confidence: 0.915270200142494

00:29:52.250 --> 00:29:53.146 Psychosocial distress,
NOTE Confidence: 0.915270200142494

00:29:53.146 --> 00:29:55.382 such as racism, can actually,
NOTE Confidence: 0.915270200142494

00:29:55.382 --> 00:29:57.166 as you will know,
NOTE Confidence: 0.915270200142494

00:29:57.170 --> 00:30:00.449 cause physiologic dysfunction.
NOTE Confidence: 0.915270200142494

00:30:00.450 --> 00:30:02.165 So it's talking about is that racism
NOTE Confidence: 0.915270200142494

00:30:02.165 --> 00:30:03.729 is a chronic psychosocial toxic
NOTE Confidence: 0.915270200142494

00:30:03.729 --> 00:30:05.659 stressor that can cause dysregulation
NOTE Confidence: 0.915270200142494

00:30:05.659 --> 00:30:07.470 of normal Physiology and biology.

NOTE Confidence: 0.915270200142494
00:30:07.470 --> 00:30:09.701 We all know about allostatic load, right?
NOTE Confidence: 0.915270200142494
00:30:09.701 --> 00:30:11.627 So this is the allostatic load
NOTE Confidence: 0.915270200142494
00:30:11.627 --> 00:30:13.209 theory as pertaining to racism.
NOTE Confidence: 0.915270200142494
00:30:13.210 --> 00:30:13.828 Now again,
NOTE Confidence: 0.915270200142494
00:30:13.828 --> 00:30:15.682 I don't need to talk about
NOTE Confidence: 0.915270200142494
00:30:15.682 --> 00:30:17.359 allostatic load to this audience,
NOTE Confidence: 0.915270200142494
00:30:17.360 --> 00:30:19.341 but there may be some who may
NOTE Confidence: 0.915270200142494
00:30:19.341 --> 00:30:21.498 not be as familiar with it,
NOTE Confidence: 0.915270200142494
00:30:21.500 --> 00:30:23.884 so I'll just give a general overview of
NOTE Confidence: 0.915270200142494
00:30:23.884 --> 00:30:25.824 Allostasis and allostatic load we
NOTE Confidence: 0.915270200142494
00:30:25.824 --> 00:30:28.200 all know about the stress response system,
NOTE Confidence: 0.915270200142494
00:30:28.200 --> 00:30:28.520 right?
NOTE Confidence: 0.915270200142494
00:30:28.520 --> 00:30:30.760 This is the normal stress response system.
NOTE Confidence: 0.915270200142494
00:30:30.760 --> 00:30:32.440 You're exposed to a stressor.
NOTE Confidence: 0.915270200142494
00:30:32.440 --> 00:30:34.265 Annular system ramps up to
NOTE Confidence: 0.915270200142494

00:30:34.265 --> 00:30:35.360 address the stressor.
NOTE Confidence: 0.915270200142494

00:30:35.360 --> 00:30:35.737 OK,
NOTE Confidence: 0.915270200142494

00:30:35.737 --> 00:30:36.868 usually it's cortisol.
NOTE Confidence: 0.915270200142494

00:30:36.868 --> 00:30:38.753 Sympathetic with ever and then
NOTE Confidence: 0.915270200142494

00:30:38.753 --> 00:30:41.268 once that stress was out of your
NOTE Confidence: 0.915270200142494

00:30:41.268 --> 00:30:42.652 environment you get recovery.
NOTE Confidence: 0.915270200142494

00:30:42.660 --> 00:30:44.478 You get ramped down and shut
NOTE Confidence: 0.915270200142494

00:30:44.478 --> 00:30:47.094 off and you wait until the next
NOTE Confidence: 0.915270200142494

00:30:47.094 --> 00:30:48.866 stressful episode karsan again.
NOTE Confidence: 0.915270200142494

00:30:48.870 --> 00:30:51.446 This up and down occurs so this is
NOTE Confidence: 0.915270200142494

00:30:51.446 --> 00:30:53.610 adaptive its physiologic you know.
NOTE Confidence: 0.915270200142494

00:30:53.610 --> 00:30:55.878 Think about you know the greatest
NOTE Confidence: 0.915270200142494

00:30:55.878 --> 00:30:58.484 example high school example is you know
NOTE Confidence: 0.915270200142494

00:30:58.484 --> 00:31:00.548 prehistoric men and the wooly mammoth.
NOTE Confidence: 0.915270200142494

00:31:00.550 --> 00:31:02.010 You know you come.
NOTE Confidence: 0.915270200142494

00:31:02.010 --> 00:31:03.835 You come across a predator.

NOTE Confidence: 0.915270200142494
00:31:03.840 --> 00:31:04.095 Yeah,
NOTE Confidence: 0.915270200142494
00:31:04.095 --> 00:31:05.115 your stress response system
NOTE Confidence: 0.915270200142494
00:31:05.115 --> 00:31:06.770 jumps up and fight or flight.
NOTE Confidence: 0.915270200142494
00:31:06.770 --> 00:31:08.360 You know your cortisol goes up,
NOTE Confidence: 0.915270200142494
00:31:08.360 --> 00:31:09.690 your heart rate goes up,
NOTE Confidence: 0.915270200142494
00:31:09.690 --> 00:31:10.778 your respiration goes up.
NOTE Confidence: 0.915270200142494
00:31:10.778 --> 00:31:12.138 You either fight the mammoth
NOTE Confidence: 0.915270200142494
00:31:12.138 --> 00:31:13.420 or you hightail it out.
NOTE Confidence: 0.915270200142494
00:31:13.420 --> 00:31:15.412 When that man myth is out of your
NOTE Confidence: 0.915270200142494
00:31:15.412 --> 00:31:16.942 environment it shuts off and you
NOTE Confidence: 0.915270200142494
00:31:16.942 --> 00:31:18.406 back to normal until the next
NOTE Confidence: 0.915270200142494
00:31:18.459 --> 00:31:20.069 exposure to the woolly mammoth.
NOTE Confidence: 0.915270200142494
00:31:20.070 --> 00:31:22.422 So that's why it's been adaptive
NOTE Confidence: 0.915270200142494
00:31:22.422 --> 00:31:23.206 and physiologic.
NOTE Confidence: 0.915270200142494
00:31:23.210 --> 00:31:24.182 The problem is,
NOTE Confidence: 0.915270200142494

00:31:24.182 --> 00:31:26.126 is that stress these days isn't
NOTE Confidence: 0.915270200142494

00:31:26.126 --> 00:31:27.330 like that anymore.
NOTE Confidence: 0.915270200142494

00:31:27.330 --> 00:31:29.486 It's not as acute as we notice
NOTE Confidence: 0.915270200142494

00:31:29.486 --> 00:31:31.439 in the Strawberry Mansion's case.
NOTE Confidence: 0.915270200142494

00:31:31.440 --> 00:31:33.160 Yes, stress is more chronic,
NOTE Confidence: 0.915270200142494

00:31:33.160 --> 00:31:34.186 unremitting an unbuffered,
NOTE Confidence: 0.915270200142494

00:31:34.186 --> 00:31:35.554 so it happens overtime.
NOTE Confidence: 0.915270200142494

00:31:35.560 --> 00:31:37.270 Is that when that happens,
NOTE Confidence: 0.915270200142494

00:31:37.270 --> 00:31:39.154 there's not enough time for this
NOTE Confidence: 0.915270200142494

00:31:39.154 --> 00:31:41.390 recovery of the stress response system.
NOTE Confidence: 0.915270200142494

00:31:41.390 --> 00:31:41.732 OK,
NOTE Confidence: 0.915270200142494

00:31:41.732 --> 00:31:43.100 this normal allostatic stress
NOTE Confidence: 0.915270200142494

00:31:43.100 --> 00:31:43.784 response system.
NOTE Confidence: 0.838898658752441

00:31:43.790 --> 00:31:45.848 So you have a stressful response.
NOTE Confidence: 0.838898658752441

00:31:45.850 --> 00:31:47.560 You're bout to come down,
NOTE Confidence: 0.838898658752441

00:31:47.560 --> 00:31:49.863 it goes back up again and up

NOTE Confidence: 0.838898658752441

00:31:49.863 --> 00:31:52.367 and up and up and up enough,

NOTE Confidence: 0.838898658752441

00:31:52.370 --> 00:31:55.616 and one of two things happen.

NOTE Confidence: 0.838898658752441

00:31:55.620 --> 00:31:58.994 If you get a prolonged hyper response.

NOTE Confidence: 0.838898658752441

00:31:59.000 --> 00:32:00.137 Or you burnout?

NOTE Confidence: 0.838898658752441

00:32:00.137 --> 00:32:03.870 OK, so these two these two ways of dealing

NOTE Confidence: 0.838898658752441

00:32:03.870 --> 00:32:06.840 with stress is called allostatic load,

NOTE Confidence: 0.838898658752441

00:32:06.840 --> 00:32:09.336 which is this regulatory and non

NOTE Confidence: 0.838898658752441

00:32:09.336 --> 00:32:10.168 physiologic pathophysiologic.

NOTE Confidence: 0.838898658752441

00:32:10.170 --> 00:32:13.404 So again, you know all these chronic

NOTE Confidence: 0.838898658752441

00:32:13.404 --> 00:32:15.202 psychosocial stressors which every

NOTE Confidence: 0.838898658752441

00:32:15.202 --> 00:32:17.930 now and then you could you know the

NOTE Confidence: 0.838898658752441

00:32:17.930 --> 00:32:20.509 stress response works well you have

NOTE Confidence: 0.838898658752441

00:32:20.509 --> 00:32:22.674 the possibility of either having

NOTE Confidence: 0.838898658752441

00:32:22.680 --> 00:32:27.036 a hyper response or burning out.

NOTE Confidence: 0.838898658752441

00:32:27.040 --> 00:32:29.189 I'm going to very quickly because this

NOTE Confidence: 0.838898658752441

00:32:29.189 --> 00:32:31.022 audience knows exactly the role of
NOTE Confidence: 0.838898658752441

00:32:31.022 --> 00:32:32.732 stress on brain structure and function,
NOTE Confidence: 0.838898658752441

00:32:32.740 --> 00:32:35.140 but if you think about it with kids,
NOTE Confidence: 0.838898658752441

00:32:35.140 --> 00:32:36.820 you know the stress and the
NOTE Confidence: 0.838898658752441

00:32:36.820 --> 00:32:38.318 changes that the brain changes
NOTE Confidence: 0.838898658752441

00:32:38.318 --> 00:32:40.238 occur in areas which are really,
NOTE Confidence: 0.838898658752441

00:32:40.240 --> 00:32:41.440 really important for development
NOTE Confidence: 0.838898658752441

00:32:41.440 --> 00:32:42.040 in education.
NOTE Confidence: 0.838898658752441

00:32:42.040 --> 00:32:43.540 It makes a little hippocampus,
NOTE Confidence: 0.838898658752441

00:32:43.540 --> 00:32:45.040 the Prefrontal Cortex we talking
NOTE Confidence: 0.838898658752441

00:32:45.040 --> 00:32:45.940 about executive function,
NOTE Confidence: 0.838898658752441

00:32:45.940 --> 00:32:46.954 emotional regulation, etc.
NOTE Confidence: 0.838898658752441

00:32:46.954 --> 00:32:48.982 So obviously you you've done the
NOTE Confidence: 0.838898658752441

00:32:48.982 --> 00:32:50.738 cutting edge work on all this work,
NOTE Confidence: 0.838898658752441

00:32:50.740 --> 00:32:53.140 so I don't need to talk about that.
NOTE Confidence: 0.838898658752441

00:32:53.140 --> 00:32:54.640 But as you also know,

NOTE Confidence: 0.838898658752441
00:32:54.640 --> 00:32:56.780 there are other allostatic systems.
NOTE Confidence: 0.838898658752441
00:32:56.780 --> 00:32:57.684 Immunity, inflammation,
NOTE Confidence: 0.838898658752441
00:32:57.684 --> 00:33:00.396 endocrine and metabolism and growth hormone,
NOTE Confidence: 0.838898658752441
00:33:00.400 --> 00:33:02.660 as well as, you know,
NOTE Confidence: 0.838898658752441
00:33:02.660 --> 00:33:04.816 epigenetic changes changes in
NOTE Confidence: 0.838898658752441
00:33:04.816 --> 00:33:08.050 Metalation and teal in your life.
NOTE Confidence: 0.838898658752441
00:33:08.050 --> 00:33:09.058 So basically,
NOTE Confidence: 0.838898658752441
00:33:09.058 --> 00:33:10.066 in summary,
NOTE Confidence: 0.838898658752441
00:33:10.066 --> 00:33:13.736 you have these allostatic systems such as
NOTE Confidence: 0.838898658752441
00:33:13.736 --> 00:33:16.556 the HPA sympathetic immunity metabolism.
NOTE Confidence: 0.838898658752441
00:33:16.560 --> 00:33:18.460 Which get disregulated because of
NOTE Confidence: 0.838898658752441
00:33:18.460 --> 00:33:19.980 this chronic psychosocial stress
NOTE Confidence: 0.838898658752441
00:33:19.980 --> 00:33:22.343 or any type of stress and overtime
NOTE Confidence: 0.838898658752441
00:33:22.343 --> 00:33:24.120 results in dysfunction and disease.
NOTE Confidence: 0.838898658752441
00:33:24.120 --> 00:33:26.808 So So what are the diseases that
NOTE Confidence: 0.838898658752441

00:33:26.808 --> 00:33:29.539 these systems may be able make
NOTE Confidence: 0.838898658752441

00:33:29.539 --> 00:33:32.034 contribute to by becoming dysregulated?
NOTE Confidence: 0.838898658752441

00:33:32.040 --> 00:33:32.746 Well.
NOTE Confidence: 0.838898658752441

00:33:32.746 --> 00:33:36.200 Things such as diabetes, obesity,
NOTE Confidence: 0.838898658752441

00:33:36.200 --> 00:33:38.720 asthma and inflammatory disease.
NOTE Confidence: 0.838898658752441

00:33:38.720 --> 00:33:40.668 Cardiovascular disease and depression.
NOTE Confidence: 0.838898658752441

00:33:40.668 --> 00:33:43.103 So aside from these diseases
NOTE Confidence: 0.838898658752441

00:33:43.103 --> 00:33:45.339 in these chronic illnesses,
NOTE Confidence: 0.838898658752441

00:33:45.340 --> 00:33:47.605 being potentially caused by dysregulation
NOTE Confidence: 0.838898658752441

00:33:47.605 --> 00:33:49.417 of these allostatic mechanisms,
NOTE Confidence: 0.838898658752441

00:33:49.420 --> 00:33:54.040 what else groups these diseases together?
NOTE Confidence: 0.838898658752441

00:33:54.040 --> 00:33:54.477 Well,
NOTE Confidence: 0.838898658752441

00:33:54.477 --> 00:33:57.536 one thing is that these are the
NOTE Confidence: 0.838898658752441

00:33:57.536 --> 00:34:00.446 exact diseases that we see racial
NOTE Confidence: 0.838898658752441

00:34:00.446 --> 00:34:02.876 and ethnic health disparities in.
NOTE Confidence: 0.838898658752441

00:34:02.880 --> 00:34:05.392 So here we have a model where we

NOTE Confidence: 0.838898658752441
00:34:05.392 --> 00:34:08.518 have a chronic psychosocial stressor.
NOTE Confidence: 0.838898658752441
00:34:08.520 --> 00:34:10.570 Which gets under the skin.
NOTE Confidence: 0.838898658752441
00:34:10.570 --> 00:34:14.282 To cause physiologic dysregulation
NOTE Confidence: 0.838898658752441
00:34:14.282 --> 00:34:16.138 which overtime.
NOTE Confidence: 0.838898658752441
00:34:16.140 --> 00:34:17.764 Contributes to chronic illnesses.
NOTE Confidence: 0.838898658752441
00:34:17.764 --> 00:34:19.794 The same chronic illnesses that
NOTE Confidence: 0.838898658752441
00:34:19.794 --> 00:34:22.138 we see higher rates in racial
NOTE Confidence: 0.838898658752441
00:34:22.138 --> 00:34:23.260 and ethnic disparities.
NOTE Confidence: 0.838898658752441
00:34:23.260 --> 00:34:26.466 So I believe this model can be
NOTE Confidence: 0.838898658752441
00:34:26.466 --> 00:34:30.796 used these to be racism as that
NOTE Confidence: 0.838898658752441
00:34:30.796 --> 00:34:32.935 psychosocial stressor shuttle.
NOTE Confidence: 0.838898658752441
00:34:32.940 --> 00:34:35.245 Here's a conceptual model for
NOTE Confidence: 0.838898658752441
00:34:35.245 --> 00:34:37.089 how racism may decrease.
NOTE Confidence: 0.838898658752441
00:34:37.090 --> 00:34:38.422 May increase I'm sorry.
NOTE Confidence: 0.838898658752441
00:34:38.422 --> 00:34:39.088 Disease risk.
NOTE Confidence: 0.855622231960297

00:34:41.590 --> 00:34:43.575 I think that you process
NOTE Confidence: 0.855622231960297

00:34:43.575 --> 00:34:44.766 the social environment.
NOTE Confidence: 0.855622231960297

00:34:44.770 --> 00:34:46.362 You have perceived racism
NOTE Confidence: 0.855622231960297

00:34:46.362 --> 00:34:47.556 with other moderators,
NOTE Confidence: 0.855622231960297

00:34:47.560 --> 00:34:50.458 such as individual and community moderators.
NOTE Confidence: 0.855622231960297

00:34:50.460 --> 00:34:53.600 Throughout time, causes physiological
NOTE Confidence: 0.855622231960297

00:34:53.600 --> 00:34:55.955 and psychological stress.
NOTE Confidence: 0.855622231960297

00:34:55.960 --> 00:35:00.470 And through chronic unbuffered experiences.
NOTE Confidence: 0.855622231960297

00:35:00.470 --> 00:35:03.776 Cause physiologic dysregulation.
NOTE Confidence: 0.855622231960297

00:35:03.776 --> 00:35:05.980 Allostatic load.
NOTE Confidence: 0.855622231960297

00:35:05.980 --> 00:35:09.589 Altering HPA sympathetic
NOTE Confidence: 0.855622231960297

00:35:09.589 --> 00:35:13.198 inflammation immunity epigenetic.
NOTE Confidence: 0.855622231960297

00:35:13.200 --> 00:35:15.040 Which contributes to increase incidents.
NOTE Confidence: 0.855622231960297

00:35:15.040 --> 00:35:16.512 An increase morbidity in
NOTE Confidence: 0.855622231960297

00:35:16.512 --> 00:35:17.616 these chronic illnesses.
NOTE Confidence: 0.855622231960297

00:35:17.620 --> 00:35:19.874 Again the same chronic illnesses where we

NOTE Confidence: 0.855622231960297
00:35:19.874 --> 00:35:22.400 see racial and ethnic health disparities.
NOTE Confidence: 0.855622231960297
00:35:22.400 --> 00:35:25.712 So this is my model on how racism
NOTE Confidence: 0.855622231960297
00:35:25.712 --> 00:35:27.949 actually gets under the skin.
NOTE Confidence: 0.855622231960297
00:35:27.950 --> 00:35:30.296 Be cause health disparities and increase
NOTE Confidence: 0.855622231960297
00:35:30.296 --> 00:35:32.140 prevalence of health conditions now.
NOTE Confidence: 0.855622231960297
00:35:32.140 --> 00:35:33.664 This doesn't happen overnight.
NOTE Confidence: 0.855622231960297
00:35:33.664 --> 00:35:35.950 This allostatic mechanism takes years and
NOTE Confidence: 0.855622231960297
00:35:36.012 --> 00:35:38.616 years, and maybe that's the reason why.
NOTE Confidence: 0.855622231960297
00:35:38.620 --> 00:35:41.476 If you look at the literature.
NOTE Confidence: 0.855622231960297
00:35:41.480 --> 00:35:42.007 Um?
NOTE Confidence: 0.855622231960297
00:35:42.007 --> 00:35:45.696 The effects of racism in children are
NOTE Confidence: 0.855622231960297
00:35:45.696 --> 00:35:48.109 mostly psychological and behavioral.
NOTE Confidence: 0.855622231960297
00:35:48.110 --> 00:35:50.582 Where is the literature in adults
NOTE Confidence: 0.855622231960297
00:35:50.582 --> 00:35:53.331 show that in addition to racism's
NOTE Confidence: 0.855622231960297
00:35:53.331 --> 00:35:55.896 effect on psychology and psychiatry,
NOTE Confidence: 0.855622231960297

00:35:55.900 --> 00:35:58.190 it also affects physical health.

NOTE Confidence: 0.855622231960297

00:35:58.190 --> 00:36:00.480 So again this allostatic mechanism

NOTE Confidence: 0.855622231960297

00:36:00.480 --> 00:36:02.770 Hopsin and overtime these kids,

NOTE Confidence: 0.855622231960297

00:36:02.770 --> 00:36:04.662 when they become adults,

NOTE Confidence: 0.855622231960297

00:36:04.662 --> 00:36:07.027 suffer the consequences of allostatic

NOTE Confidence: 0.855622231960297

00:36:07.027 --> 00:36:09.699 load due to psychosocial stressors.

NOTE Confidence: 0.855622231960297

00:36:09.700 --> 00:36:11.878 Such as racism.

NOTE Confidence: 0.855622231960297

00:36:11.880 --> 00:36:13.700 Now I have perceived racism in this

NOTE Confidence: 0.855622231960297

00:36:13.700 --> 00:36:15.431 model and I've come to understand

NOTE Confidence: 0.855622231960297

00:36:15.431 --> 00:36:17.213 that you don't have to perceive

NOTE Confidence: 0.855622231960297

00:36:17.213 --> 00:36:18.660 racism for it to affect you.

NOTE Confidence: 0.855622231960297

00:36:18.660 --> 00:36:20.928 There are as many people know

NOTE Confidence: 0.855622231960297

00:36:20.928 --> 00:36:22.440 microaggressions that happen everyday

NOTE Confidence: 0.855622231960297

00:36:22.497 --> 00:36:24.737 that many people of color aren't quite

NOTE Confidence: 0.855622231960297

00:36:24.737 --> 00:36:26.653 sure whether it's racism or whether

NOTE Confidence: 0.855622231960297

00:36:26.653 --> 00:36:28.732 it's them and it's just like this.

NOTE Confidence: 0.855622231960297
00:36:28.740 --> 00:36:29.745 It's all these.
NOTE Confidence: 0.855622231960297
00:36:29.745 --> 00:36:31.755 Microaggressions is micro hits is weathering.
NOTE Confidence: 0.855622231960297
00:36:31.760 --> 00:36:34.124 Whether it's perceived as racism or
NOTE Confidence: 0.855622231960297
00:36:34.124 --> 00:36:36.325 not certainly affects the allostatic
NOTE Confidence: 0.855622231960297
00:36:36.325 --> 00:36:38.549 Michalis static load mechanisms.
NOTE Confidence: 0.855622231960297
00:36:38.550 --> 00:36:41.000 OK, I'll give you a.
NOTE Confidence: 0.855622231960297
00:36:41.000 --> 00:36:43.440 I'll give you an example.
NOTE Confidence: 0.855622231960297
00:36:43.440 --> 00:36:45.770 I came across this article
NOTE Confidence: 0.855622231960297
00:36:45.770 --> 00:36:48.820 in the in the early 2000s.
NOTE Confidence: 0.855622231960297
00:36:48.820 --> 00:36:51.568 It was basically an epidemiological model
NOTE Confidence: 0.855622231960297
00:36:51.568 --> 00:36:54.200 about cortisol variation in adolescent,
NOTE Confidence: 0.855622231960297
00:36:54.200 --> 00:36:58.239 white, black and Latina Latin X Kids.
NOTE Confidence: 0.855622231960297
00:36:58.240 --> 00:36:59.186 So basically,
NOTE Confidence: 0.855622231960297
00:36:59.186 --> 00:37:01.551 these researchers you may know
NOTE Confidence: 0.855622231960297
00:37:01.551 --> 00:37:03.871 Amy DeSantis and I'm blanking
NOTE Confidence: 0.855622231960297

00:37:03.871 --> 00:37:06.313 on her name Amy DeSantis and.
NOTE Confidence: 0.855622231960297

00:37:06.320 --> 00:37:07.208 And Adam.
NOTE Confidence: 0.855622231960297

00:37:07.208 --> 00:37:09.872 Did salivary cortisol levels on a
NOTE Confidence: 0.855622231960297

00:37:09.872 --> 00:37:12.625 large group of adolescents and what
NOTE Confidence: 0.855622231960297

00:37:12.625 --> 00:37:15.889 they found cutting to the chase is
NOTE Confidence: 0.855622231960297

00:37:15.889 --> 00:37:18.449 that compared to white adolescents.
NOTE Confidence: 0.855622231960297

00:37:18.450 --> 00:37:19.838 Black and Hispanic adolescents
NOTE Confidence: 0.855622231960297

00:37:19.838 --> 00:37:21.226 had blunted cortisol slopes.
NOTE Confidence: 0.855622231960297

00:37:21.230 --> 00:37:22.274 As you know,
NOTE Confidence: 0.855622231960297

00:37:22.274 --> 00:37:24.362 there's a diurnal variation in cortisol,
NOTE Confidence: 0.855622231960297

00:37:24.370 --> 00:37:26.446 and it appears as if black,
NOTE Confidence: 0.855622231960297

00:37:26.450 --> 00:37:28.886 an lat next individual teenagers had blunted,
NOTE Confidence: 0.855622231960297

00:37:28.890 --> 00:37:30.326 and usually their cortisol
NOTE Confidence: 0.855622231960297

00:37:30.326 --> 00:37:32.480 started lower in the morning or
NOTE Confidence: 0.855622231960297

00:37:32.541 --> 00:37:34.455 ended up higher in the evening,
NOTE Confidence: 0.855622231960297

00:37:34.460 --> 00:37:36.195 and this was basically an

NOTE Confidence: 0.855622231960297

00:37:36.195 --> 00:37:36.889 epidemiological study.

NOTE Confidence: 0.855622231960297

00:37:36.890 --> 00:37:38.834 They really insane much about the

NOTE Confidence: 0.855622231960297

00:37:38.834 --> 00:37:41.660 causes of it by the end of their

NOTE Confidence: 0.855622231960297

00:37:41.660 --> 00:37:43.844 discussion they talk about they maybe,

NOTE Confidence: 0.855622231960297

00:37:43.850 --> 00:37:46.006 maybe this might be a stress issue

NOTE Confidence: 0.855622231960297

00:37:46.006 --> 00:37:48.211 and difference in stress among the

NOTE Confidence: 0.855622231960297

00:37:48.211 --> 00:37:49.835 different racial ethnic groups.

NOTE Confidence: 0.855622231960297

00:37:49.840 --> 00:37:52.008 The light bulb went off in my head.

NOTE Confidence: 0.855622231960297

00:37:52.010 --> 00:37:53.242 Well yeah, stress racism.

NOTE Confidence: 0.855622231960297

00:37:53.242 --> 00:37:55.550 So when I got to send Chris,

NOTE Confidence: 0.855622231960297

00:37:55.550 --> 00:37:57.070 I got a little bit of money just

NOTE Confidence: 0.855622231960297

00:37:57.070 --> 00:37:59.056 to do a feasibility pilot study to

NOTE Confidence: 0.855622231960297

00:37:59.056 --> 00:38:00.982 actually look at cortisone levels and

NOTE Confidence: 0.855622231960297

00:38:00.982 --> 00:38:02.567 perceptions of racism in children.

NOTE Confidence: 0.855622231960297

00:38:02.570 --> 00:38:04.430 And this has never been published

NOTE Confidence: 0.855622231960297

00:38:04.430 --> 00:38:06.509 'cause we didn't get a lot of
NOTE Confidence: 0.855622231960297

00:38:06.509 --> 00:38:08.057 people is really just to see
NOTE Confidence: 0.855622231960297

00:38:08.057 --> 00:38:09.588 whether we are able to do it,
NOTE Confidence: 0.850094616413116

00:38:09.590 --> 00:38:11.552 whether we were able to go into the community
NOTE Confidence: 0.850094616413116

00:38:11.552 --> 00:38:13.640 and get salivary cortisol's from adolescence.
NOTE Confidence: 0.850094616413116

00:38:13.640 --> 00:38:16.350 So basically what we did is that we got a
NOTE Confidence: 0.850094616413116

00:38:16.421 --> 00:38:19.067 few samples from adolescent black males.
NOTE Confidence: 0.850094616413116

00:38:19.070 --> 00:38:21.415 And we also gave them the precis,
NOTE Confidence: 0.850094616413116

00:38:21.420 --> 00:38:22.756 the perceptions of racism
NOTE Confidence: 0.850094616413116

00:38:22.756 --> 00:38:24.426 in children and youth scale.
NOTE Confidence: 0.850094616413116

00:38:24.430 --> 00:38:27.256 And when I wanted to see, is that
NOTE Confidence: 0.850094616413116

00:38:27.256 --> 00:38:29.704 actually within a African American sample.
NOTE Confidence: 0.850094616413116

00:38:29.710 --> 00:38:31.794 Whether those individuals that
NOTE Confidence: 0.850094616413116

00:38:31.794 --> 00:38:34.399 had high perceptions of racism?
NOTE Confidence: 0.850094616413116

00:38:34.400 --> 00:38:36.194 May have different quarters or slopes
NOTE Confidence: 0.850094616413116

00:38:36.194 --> 00:38:37.693 compared to African Americans who

NOTE Confidence: 0.850094616413116
00:38:37.693 --> 00:38:38.958 had low perceptions of racism.
NOTE Confidence: 0.850094616413116
00:38:38.960 --> 00:38:41.240 Again, we never really went forward on this,
NOTE Confidence: 0.850094616413116
00:38:41.240 --> 00:38:42.884 but I'll give you an example
NOTE Confidence: 0.850094616413116
00:38:42.884 --> 00:38:44.380 of two of the kids.
NOTE Confidence: 0.850094616413116
00:38:44.380 --> 00:38:46.660 So this is one of the children again,
NOTE Confidence: 0.850094616413116
00:38:46.660 --> 00:38:48.890 African American teenager who had.
NOTE Confidence: 0.850094616413116
00:38:48.890 --> 00:38:50.966 Who scored low in the precis
NOTE Confidence: 0.850094616413116
00:38:50.966 --> 00:38:52.350 Had low perceptions of racism?
NOTE Confidence: 0.850094616413116
00:38:52.350 --> 00:38:53.388 Compare this variation,
NOTE Confidence: 0.850094616413116
00:38:53.388 --> 00:38:55.810 which is normal high at the morning,
NOTE Confidence: 0.850094616413116
00:38:55.810 --> 00:38:59.051 low in the evening to another adolescent
NOTE Confidence: 0.850094616413116
00:38:59.051 --> 00:39:01.299 African American who had scored
NOTE Confidence: 0.850094616413116
00:39:01.299 --> 00:39:04.015 like off the charts on the pricing.
NOTE Confidence: 0.850094616413116
00:39:04.020 --> 00:39:06.855 That's his cord so slow as you can see,
NOTE Confidence: 0.850094616413116
00:39:06.860 --> 00:39:07.560 it's blunted.
NOTE Confidence: 0.850094616413116

00:39:07.560 --> 00:39:10.010 Again, this is an end of two.
NOTE Confidence: 0.850094616413116

00:39:10.010 --> 00:39:11.380 I would never publish this,
NOTE Confidence: 0.850094616413116

00:39:11.380 --> 00:39:12.790 but hopefully someone will pick
NOTE Confidence: 0.850094616413116

00:39:12.790 --> 00:39:14.960 up on this and maybe we will also.
NOTE Confidence: 0.850094616413116

00:39:14.960 --> 00:39:15.510 But anyway,
NOTE Confidence: 0.850094616413116

00:39:15.510 --> 00:39:17.710 this just gives you an example of that.
NOTE Confidence: 0.850094616413116

00:39:17.710 --> 00:39:18.250 You know,
NOTE Confidence: 0.850094616413116

00:39:18.250 --> 00:39:19.600 perhaps that difference in corso
NOTE Confidence: 0.850094616413116

00:39:19.600 --> 00:39:20.908 slopes we're seeing among different
NOTE Confidence: 0.850094616413116

00:39:20.908 --> 00:39:22.490 racial ethnic groups may be due to
NOTE Confidence: 0.850094616413116

00:39:22.490 --> 00:39:24.347 a Psycho Psychosocial Stressor, I.e.
NOTE Confidence: 0.850094616413116

00:39:24.347 --> 00:39:24.664 Racism.
NOTE Confidence: 0.850094616413116

00:39:24.664 --> 00:39:26.883 Maybe it's one of the one of
NOTE Confidence: 0.850094616413116

00:39:26.883 --> 00:39:28.681 the psychosocial stress is it's
NOTE Confidence: 0.850094616413116

00:39:28.681 --> 00:39:31.150 not the be all and end all.
NOTE Confidence: 0.850094616413116

00:39:31.150 --> 00:39:31.756 So again,

NOTE Confidence: 0.850094616413116
00:39:31.756 --> 00:39:33.574 we're talking bout how these things
NOTE Confidence: 0.850094616413116
00:39:33.574 --> 00:39:35.319 occur through long periods of time,
NOTE Confidence: 0.850094616413116
00:39:35.320 --> 00:39:37.080 and when I want to end up in
NOTE Confidence: 0.850094616413116
00:39:37.080 --> 00:39:38.917 talking about is that the effects
NOTE Confidence: 0.850094616413116
00:39:38.917 --> 00:39:40.592 of racism certainly have health
NOTE Confidence: 0.850094616413116
00:39:40.592 --> 00:39:41.880 consequences during childhood,
NOTE Confidence: 0.850094616413116
00:39:41.880 --> 00:39:43.365 but also throughout the life
NOTE Confidence: 0.850094616413116
00:39:43.365 --> 00:39:44.256 course into adulthood.
NOTE Confidence: 0.850094616413116
00:39:44.260 --> 00:39:46.042 Which brings us to the adverse
NOTE Confidence: 0.850094616413116
00:39:46.042 --> 00:39:46.933 childhood experience literature.
NOTE Confidence: 0.850094616413116
00:39:46.940 --> 00:39:49.622 Again, I'm sure all of you know about aces,
NOTE Confidence: 0.850094616413116
00:39:49.630 --> 00:39:52.934 but just to review it a little bit.
NOTE Confidence: 0.850094616413116
00:39:52.940 --> 00:39:55.070 You know the original ace study
NOTE Confidence: 0.850094616413116
00:39:55.070 --> 00:39:57.877 was done in San Diego at Kaiser
NOTE Confidence: 0.850094616413116
00:39:57.877 --> 00:40:00.493 Kaiser Permanente back in the 1990s,
NOTE Confidence: 0.850094616413116

00:40:00.500 --> 00:40:01.910 actually.
NOTE Confidence: 0.850094616413116

00:40:01.910 --> 00:40:04.486 And what they did is that they
NOTE Confidence: 0.850094616413116

00:40:04.486 --> 00:40:05.590 interviewed 17,000 adults,
NOTE Confidence: 0.850094616413116

00:40:05.590 --> 00:40:09.190 typically between 40 and 70 years of age.
NOTE Confidence: 0.850094616413116

00:40:09.190 --> 00:40:11.386 And they asked us adults retrospectively,
NOTE Confidence: 0.850094616413116

00:40:11.390 --> 00:40:13.178 historically about the stresses
NOTE Confidence: 0.850094616413116

00:40:13.178 --> 00:40:14.966 they experienced in childhood.
NOTE Confidence: 0.850094616413116

00:40:14.970 --> 00:40:17.435 And the traditional ace study
NOTE Confidence: 0.850094616413116

00:40:17.435 --> 00:40:19.900 their tank questions having to
NOTE Confidence: 0.850094616413116

00:40:19.990 --> 00:40:22.130 do with too many physical,
NOTE Confidence: 0.850094616413116

00:40:22.130 --> 00:40:25.398 emotional and sexual abuse.
NOTE Confidence: 0.850094616413116

00:40:25.400 --> 00:40:27.552 Physical and emotional neglect.
NOTE Confidence: 0.850094616413116

00:40:27.552 --> 00:40:30.242 And family dysfunction as defined
NOTE Confidence: 0.850094616413116

00:40:30.242 --> 00:40:32.770 by parental mental illness.
NOTE Confidence: 0.850094616413116

00:40:32.770 --> 00:40:33.806 Interpersonal violence,
NOTE Confidence: 0.850094616413116

00:40:33.806 --> 00:40:35.876 substance use, divorce, separation,

NOTE Confidence: 0.850094616413116

00:40:35.876 --> 00:40:38.456 or having an incarcerated relative.

NOTE Confidence: 0.850094616413116

00:40:38.460 --> 00:40:41.556 So this is the traditional standard.

NOTE Confidence: 0.850094616413116

00:40:41.560 --> 00:40:42.770 Ace questions.

NOTE Confidence: 0.850094616413116

00:40:42.770 --> 00:40:45.795 There are 10 of them.

NOTE Confidence: 0.850094616413116

00:40:45.800 --> 00:40:47.184 And what they found,

NOTE Confidence: 0.850094616413116

00:40:47.184 --> 00:40:47.876 not surprisingly,

NOTE Confidence: 0.850094616413116

00:40:47.880 --> 00:40:49.950 is that aces are extremely common.

NOTE Confidence: 0.850094616413116

00:40:49.950 --> 00:40:50.307 OK,

NOTE Confidence: 0.850094616413116

00:40:50.307 --> 00:40:52.449 almost 2/3 of the adults surveyed

NOTE Confidence: 0.850094616413116

00:40:52.449 --> 00:40:55.247 reported at least one ace and most who

NOTE Confidence: 0.850094616413116

00:40:55.247 --> 00:40:57.559 reported one actually had more than one.

NOTE Confidence: 0.850094616413116

00:40:57.560 --> 00:40:57.921 OK,

NOTE Confidence: 0.850094616413116

00:40:57.921 --> 00:41:00.448 so the majority had aces and the

NOTE Confidence: 0.850094616413116

00:41:00.448 --> 00:41:02.633 majority of people at aces actually

NOTE Confidence: 0.850094616413116

00:41:02.633 --> 00:41:05.689 had to the four to six or whatever.

NOTE Confidence: 0.850094616413116

00:41:05.690 --> 00:41:07.506 Would they did then?
NOTE Confidence: 0.850094616413116

00:41:07.506 --> 00:41:09.776 Is that they tried to
NOTE Confidence: 0.850094616413116

00:41:09.776 --> 00:41:11.810 associate correlate ascore?
NOTE Confidence: 0.850094616413116

00:41:11.810 --> 00:41:13.494 With adult illnesses again.
NOTE Confidence: 0.850094616413116

00:41:13.494 --> 00:41:16.020 So looking at childhood experiences and
NOTE Confidence: 0.847777128219604

00:41:16.086 --> 00:41:18.120 how they relate to adult illnesses
NOTE Confidence: 0.847777128219604

00:41:18.120 --> 00:41:20.811 and what they found is that the
NOTE Confidence: 0.847777128219604

00:41:20.811 --> 00:41:22.499 more adverse childhood experiences,
NOTE Confidence: 0.847777128219604

00:41:22.500 --> 00:41:24.876 the more health problems these individuals
NOTE Confidence: 0.847777128219604

00:41:24.876 --> 00:41:26.858 as adults, mental health problems,
NOTE Confidence: 0.847777128219604

00:41:26.858 --> 00:41:28.960 risk taking behaviors, reproductive health.
NOTE Confidence: 0.847777128219604

00:41:28.960 --> 00:41:31.235 Victimization, suicide, and also physical
NOTE Confidence: 0.847777128219604

00:41:31.235 --> 00:41:33.449 health and chronic health issues.
NOTE Confidence: 0.847777128219604

00:41:33.450 --> 00:41:35.485 Again, using that allostatic load
NOTE Confidence: 0.847777128219604

00:41:35.485 --> 00:41:37.936 model the same things, heart disease,
NOTE Confidence: 0.847777128219604

00:41:37.936 --> 00:41:40.597 cancer, stroke, emphysema, you name it.

NOTE Confidence: 0.847777128219604

00:41:40.597 --> 00:41:44.510 The list has gotten gigantic even since then.

NOTE Confidence: 0.847777128219604

00:41:44.510 --> 00:41:47.614 So this happened in the 90s and it

NOTE Confidence: 0.847777128219604

00:41:47.614 --> 00:41:49.968 really just started taking hold

NOTE Confidence: 0.847777128219604

00:41:49.968 --> 00:41:52.950 in the medical kind of community,

NOTE Confidence: 0.847777128219604

00:41:52.950 --> 00:41:54.141 probably around 2000.

NOTE Confidence: 0.847777128219604

00:41:54.141 --> 00:41:56.920 And what they also found was that

NOTE Confidence: 0.847777128219604

00:41:56.995 --> 00:41:59.089 people with six or more aces.

NOTE Confidence: 0.847777128219604

00:41:59.090 --> 00:42:01.070 Died nearly 20 years earlier on

NOTE Confidence: 0.847777128219604

00:42:01.070 --> 00:42:03.188 average than those who had no aces.

NOTE Confidence: 0.847777128219604

00:42:03.190 --> 00:42:05.388 So 20 year difference in life expectancy.

NOTE Confidence: 0.847777128219604

00:42:05.390 --> 00:42:07.280 Sound familiar?

NOTE Confidence: 0.847777128219604

00:42:07.280 --> 00:42:09.092 Now, I'm not saying that the

NOTE Confidence: 0.847777128219604

00:42:09.092 --> 00:42:10.644 difference in life expectancy between

NOTE Confidence: 0.847777128219604

00:42:10.644 --> 00:42:12.099 strawberry mansions and Society Hill

NOTE Confidence: 0.847777128219604

00:42:12.099 --> 00:42:14.720 I do to ace exposure, but you know,

NOTE Confidence: 0.847777128219604

00:42:14.720 --> 00:42:16.890 think of base as a psychosocial stressor.

NOTE Confidence: 0.847777128219604

00:42:16.890 --> 00:42:18.440 Think of a psychosocial stressors

NOTE Confidence: 0.847777128219604

00:42:18.440 --> 00:42:19.990 part of those social determinants.

NOTE Confidence: 0.847777128219604

00:42:19.990 --> 00:42:21.223 It all fits.

NOTE Confidence: 0.847777128219604

00:42:21.223 --> 00:42:23.689 The model probably contributes to it.

NOTE Confidence: 0.847777128219604

00:42:23.690 --> 00:42:25.210 So the study was really,

NOTE Confidence: 0.847777128219604

00:42:25.210 --> 00:42:25.822 really important,

NOTE Confidence: 0.847777128219604

00:42:25.822 --> 00:42:27.964 but you know those 10 items weren't

NOTE Confidence: 0.847777128219604

00:42:27.964 --> 00:42:29.750 like the 10 Commandments of ace.

NOTE Confidence: 0.847777128219604

00:42:29.750 --> 00:42:31.574 You know they didn't come down

NOTE Confidence: 0.847777128219604

00:42:31.574 --> 00:42:33.389 from the mountain as you know,

NOTE Confidence: 0.847777128219604

00:42:33.390 --> 00:42:34.598 so written in stone,

NOTE Confidence: 0.847777128219604

00:42:34.598 --> 00:42:35.806 they are really important,

NOTE Confidence: 0.847777128219604

00:42:35.810 --> 00:42:38.178 but it's only a small proportion of the

NOTE Confidence: 0.847777128219604

00:42:38.178 --> 00:42:40.012 adversities and stresses that kids can

NOTE Confidence: 0.847777128219604

00:42:40.012 --> 00:42:42.170 experience having to do with the abuse,

NOTE Confidence: 0.847777128219604
00:42:42.170 --> 00:42:43.378 neglect, and family violence.
NOTE Confidence: 0.847777128219604
00:42:43.378 --> 00:42:44.284 How about community?
NOTE Confidence: 0.847777128219604
00:42:44.290 --> 00:42:45.502 How about you know,
NOTE Confidence: 0.847777128219604
00:42:45.502 --> 00:42:46.714 outside of the family,
NOTE Confidence: 0.847777128219604
00:42:46.720 --> 00:42:48.407 so there are a number of people
NOTE Confidence: 0.847777128219604
00:42:48.407 --> 00:42:50.308 that I work with in Philadelphia
NOTE Confidence: 0.847777128219604
00:42:50.308 --> 00:42:52.168 that we're really interested in.
NOTE Confidence: 0.847777128219604
00:42:52.170 --> 00:42:53.958 Kind of expanding the concept of
NOTE Confidence: 0.847777128219604
00:42:53.958 --> 00:42:55.839 adversity as it pertains to children.
NOTE Confidence: 0.847777128219604
00:42:55.840 --> 00:42:57.338 As well as it pertains to the
NOTE Confidence: 0.847777128219604
00:42:57.338 --> 00:42:58.789 adults that the children become.
NOTE Confidence: 0.847777128219604
00:42:58.790 --> 00:43:01.310 So we did an ace project where
NOTE Confidence: 0.847777128219604
00:43:01.310 --> 00:43:02.820 what we did was.
NOTE Confidence: 0.847777128219604
00:43:02.820 --> 00:43:06.120 We took the traditional aces,
NOTE Confidence: 0.847777128219604
00:43:06.120 --> 00:43:08.100 which were abuse,
NOTE Confidence: 0.847777128219604

00:43:08.100 --> 00:43:12.060 neglect and household dysfunction, and we.
NOTE Confidence: 0.847777128219604

00:43:12.060 --> 00:43:14.040 Added to that,
NOTE Confidence: 0.847777128219604

00:43:14.040 --> 00:43:17.568 additional aces mostly community level aces.
NOTE Confidence: 0.847777128219604

00:43:17.570 --> 00:43:18.690 When you were a child,
NOTE Confidence: 0.847777128219604

00:43:18.690 --> 00:43:21.000 did you witness violence in your community?
NOTE Confidence: 0.847777128219604

00:43:21.000 --> 00:43:21.612 Social capital,
NOTE Confidence: 0.847777128219604

00:43:21.612 --> 00:43:24.060 did you live in an unsafe neighborhood or
NOTE Confidence: 0.847777128219604

00:43:24.123 --> 00:43:26.327 neighbourhood without love connectedness?
NOTE Confidence: 0.847777128219604

00:43:26.330 --> 00:43:29.158 I was able to advocate for including
NOTE Confidence: 0.847777128219604

00:43:29.158 --> 00:43:31.090 racism and discrimination into this.
NOTE Confidence: 0.847777128219604

00:43:31.090 --> 00:43:34.663 Were you bullied and were you in foster care?
NOTE Confidence: 0.847777128219604

00:43:34.670 --> 00:43:35.570 So this,
NOTE Confidence: 0.847777128219604

00:43:35.570 --> 00:43:36.470 you know,
NOTE Confidence: 0.847777128219604

00:43:36.470 --> 00:43:39.170 we kind of expanded the questionnaire
NOTE Confidence: 0.847777128219604

00:43:39.257 --> 00:43:41.697 on aces and what we did was we
NOTE Confidence: 0.847777128219604

00:43:41.697 --> 00:43:44.903 gave it to about 1700 adults in the

NOTE Confidence: 0.847777128219604
00:43:44.903 --> 00:43:47.771 Philadelphia area and we kind of related
NOTE Confidence: 0.847777128219604
00:43:47.771 --> 00:43:50.550 our findings to the initial Kaiser study.
NOTE Confidence: 0.847777128219604
00:43:50.550 --> 00:43:52.926 So just to give you background,
NOTE Confidence: 0.847777128219604
00:43:52.930 --> 00:43:55.300 emotional abuse was extremely much higher
NOTE Confidence: 0.847777128219604
00:43:55.300 --> 00:43:57.340 in Philadelphia compared to Kaiser.
NOTE Confidence: 0.847777128219604
00:43:57.340 --> 00:43:59.384 Remember, we're talking bout
NOTE Confidence: 0.847777128219604
00:43:59.384 --> 00:44:01.428 San Diego versus Philadelphia.
NOTE Confidence: 0.847777128219604
00:44:01.430 --> 00:44:03.754 Substance using household Bender
NOTE Confidence: 0.847777128219604
00:44:03.754 --> 00:44:06.659 members were higher in Philadelphia.
NOTE Confidence: 0.847777128219604
00:44:06.660 --> 00:44:08.390 Mentally ill household member 20.
NOTE Confidence: 0.847777128219604
00:44:08.390 --> 00:44:10.424 About 25 versus 20% and having
NOTE Confidence: 0.847777128219604
00:44:10.424 --> 00:44:12.200 incarcerated household member much higher.
NOTE Confidence: 0.847777128219604
00:44:12.200 --> 00:44:14.552 Now when you look at the additional
NOTE Confidence: 0.847777128219604
00:44:14.552 --> 00:44:16.688 aces is what we found again,
NOTE Confidence: 0.847777128219604
00:44:16.690 --> 00:44:18.766 the Kaiser sample didn't have these,
NOTE Confidence: 0.847777128219604

00:44:18.770 --> 00:44:20.514 so we couldn't see.
NOTE Confidence: 0.847777128219604

00:44:20.514 --> 00:44:22.694 But as you can see.
NOTE Confidence: 0.847777128219604

00:44:22.700 --> 00:44:25.625 40% of our sample witness
NOTE Confidence: 0.847777128219604

00:44:25.625 --> 00:44:27.380 violence as children.
NOTE Confidence: 0.886870682239532

00:44:27.380 --> 00:44:31.349 35% experienced discrimination.
NOTE Confidence: 0.886870682239532

00:44:31.350 --> 00:44:33.200 They have to understand this.
NOTE Confidence: 0.886870682239532

00:44:33.200 --> 00:44:35.040 Philly sample was a multicultural,
NOTE Confidence: 0.886870682239532

00:44:35.040 --> 00:44:36.890 multiracial sample included whites everybody.
NOTE Confidence: 0.886870682239532

00:44:36.890 --> 00:44:40.544 If you look at just the minority
NOTE Confidence: 0.886870682239532

00:44:40.544 --> 00:44:43.609 subsample it was way over 50%.
NOTE Confidence: 0.886870682239532

00:44:43.610 --> 00:44:44.218 Experiencing discrimination,
NOTE Confidence: 0.886870682239532

00:44:44.218 --> 00:44:46.950 so I'm happy to say that most not most,
NOTE Confidence: 0.886870682239532

00:44:46.950 --> 00:44:48.804 but a lot of researchers now
NOTE Confidence: 0.886870682239532

00:44:48.804 --> 00:44:50.388 are using this expanded idea
NOTE Confidence: 0.886870682239532

00:44:50.388 --> 00:44:52.116 of aces when they do studies.
NOTE Confidence: 0.886870682239532

00:44:52.120 --> 00:44:53.276 And by the way,

NOTE Confidence: 0.886870682239532

00:44:53.276 --> 00:44:55.388 I don't think that these five additional

NOTE Confidence: 0.886870682239532

00:44:55.388 --> 00:44:57.900 cases are the be all and end all.

NOTE Confidence: 0.886870682239532

00:44:57.900 --> 00:44:59.874 Also, I really take a contextual

NOTE Confidence: 0.886870682239532

00:44:59.874 --> 00:45:01.877 approach to adversity ifeel that any

NOTE Confidence: 0.886870682239532

00:45:01.877 --> 00:45:03.755 researcher or any educator or any

NOTE Confidence: 0.886870682239532

00:45:03.755 --> 00:45:05.728 provider needs to look at what the

NOTE Confidence: 0.886870682239532

00:45:05.728 --> 00:45:07.323 adversities are in your own community

NOTE Confidence: 0.886870682239532

00:45:07.323 --> 00:45:09.444 or in the community of your clients.

NOTE Confidence: 0.886870682239532

00:45:09.450 --> 00:45:10.346 And really,

NOTE Confidence: 0.886870682239532

00:45:10.346 --> 00:45:13.482 you're able to modify and adapt accordingly.

NOTE Confidence: 0.886870682239532

00:45:13.490 --> 00:45:15.164 We could talk later on about

NOTE Confidence: 0.886870682239532

00:45:15.164 --> 00:45:16.580 a scores versus not ace,

NOTE Confidence: 0.886870682239532

00:45:16.580 --> 00:45:18.547 'cause I'm not big a score person,

NOTE Confidence: 0.886870682239532

00:45:18.550 --> 00:45:20.798 but that's really not part of this talk,

NOTE Confidence: 0.886870682239532

00:45:20.800 --> 00:45:22.498 but I'm happy to discuss later.

NOTE Confidence: 0.886870682239532

00:45:22.500 --> 00:45:24.747 So we also did some bivariate analysis
NOTE Confidence: 0.886870682239532

00:45:24.747 --> 00:45:26.799 of the associations between that racism
NOTE Confidence: 0.886870682239532

00:45:26.799 --> 00:45:28.514 question on the ace questionnaire
NOTE Confidence: 0.886870682239532

00:45:28.514 --> 00:45:30.479 and some adult health outcomes.
NOTE Confidence: 0.886870682239532

00:45:30.480 --> 00:45:32.909 And again, these are just by variant,
NOTE Confidence: 0.886870682239532

00:45:32.910 --> 00:45:36.024 so I'm not this is nothing to take home,
NOTE Confidence: 0.886870682239532

00:45:36.030 --> 00:45:37.770 but in general, if you,
NOTE Confidence: 0.886870682239532

00:45:37.770 --> 00:45:39.500 if you answered positively to
NOTE Confidence: 0.886870682239532

00:45:39.500 --> 00:45:40.884 this childhood racism exposure,
NOTE Confidence: 0.886870682239532

00:45:40.890 --> 00:45:43.350 you are more likely to have
NOTE Confidence: 0.886870682239532

00:45:43.350 --> 00:45:44.990 depression as an adult.
NOTE Confidence: 0.886870682239532

00:45:44.990 --> 00:45:45.740 Suicide.
NOTE Confidence: 0.886870682239532

00:45:45.740 --> 00:45:48.740 Tobacco use substance use,
NOTE Confidence: 0.886870682239532

00:45:48.740 --> 00:45:50.711 sexually transmitted illness,
NOTE Confidence: 0.886870682239532

00:45:50.711 --> 00:45:53.339 number of sexual partners.
NOTE Confidence: 0.886870682239532

00:45:53.340 --> 00:45:57.930 Unintended pregnancy fractures and emphysema.

NOTE Confidence: 0.886870682239532
00:45:57.930 --> 00:45:59.880 So we were hoping to do by Barry the analysis
NOTE Confidence: 0.886870682239532
00:45:59.932 --> 00:46:01.630 of multivariate analysis to really see.
NOTE Confidence: 0.886870682239532
00:46:01.630 --> 00:46:03.070 And the other thing that we're
NOTE Confidence: 0.886870682239532
00:46:03.070 --> 00:46:04.700 planning on doing is that I really
NOTE Confidence: 0.886870682239532
00:46:04.700 --> 00:46:06.480 don't like this idea of an ace score.
NOTE Confidence: 0.886870682239532
00:46:06.480 --> 00:46:08.013 So what we're planning on doing is
NOTE Confidence: 0.886870682239532
00:46:08.013 --> 00:46:09.343 a cluster analysis to see whether
NOTE Confidence: 0.886870682239532
00:46:09.343 --> 00:46:10.603 there are clusters of aces which
NOTE Confidence: 0.886870682239532
00:46:10.603 --> 00:46:12.018 are more predictive of outcomes,
NOTE Confidence: 0.886870682239532
00:46:12.020 --> 00:46:14.560 and just like a score of six or one or three,
NOTE Confidence: 0.886870682239532
00:46:14.560 --> 00:46:16.270 or whatever else.
NOTE Confidence: 0.886870682239532
00:46:16.270 --> 00:46:18.124 OK, I'd like to just summarize
NOTE Confidence: 0.886870682239532
00:46:18.124 --> 00:46:19.360 what we've talked about.
NOTE Confidence: 0.886870682239532
00:46:19.360 --> 00:46:20.407 First of all,
NOTE Confidence: 0.886870682239532
00:46:20.407 --> 00:46:22.501 racism is a stressor that's commonly
NOTE Confidence: 0.886870682239532

00:46:22.501 --> 00:46:24.657 experienced by minority children and youth.

NOTE Confidence: 0.886870682239532

00:46:24.660 --> 00:46:24.960 Yeah,

NOTE Confidence: 0.886870682239532

00:46:24.960 --> 00:46:26.460 60 years after Brown versus

NOTE Confidence: 0.886870682239532

00:46:26.460 --> 00:46:27.660 the Board of Education,

NOTE Confidence: 0.886870682239532

00:46:27.660 --> 00:46:31.368 it's still part of people's lives.

NOTE Confidence: 0.886870682239532

00:46:31.370 --> 00:46:33.578 Is a small book growing literature

NOTE Confidence: 0.886870682239532

00:46:33.578 --> 00:46:35.050 on the associations between

NOTE Confidence: 0.886870682239532

00:46:35.111 --> 00:46:37.066 racism and child health outcomes?

NOTE Confidence: 0.824167251586914

00:46:39.770 --> 00:46:41.166 Hopefully I've convinced that

NOTE Confidence: 0.824167251586914

00:46:41.166 --> 00:46:43.260 racism can be conceptualised as a

NOTE Confidence: 0.824167251586914

00:46:43.323 --> 00:46:45.255 toxic stressor that contributes

NOTE Confidence: 0.824167251586914

00:46:45.255 --> 00:46:46.704 to physiologic dysregulation.

NOTE Confidence: 0.824167251586914

00:46:46.710 --> 00:46:49.590 Allostatic load and subsequent

NOTE Confidence: 0.824167251586914

00:46:49.590 --> 00:46:51.030 chronic illness.

NOTE Confidence: 0.824167251586914

00:46:51.030 --> 00:46:52.860 The illnesses that are linked through

NOTE Confidence: 0.824167251586914

00:46:52.860 --> 00:46:54.381 this allostatic mechanism on the

NOTE Confidence: 0.824167251586914
00:46:54.381 --> 00:46:55.905 same illnesses that we see racial
NOTE Confidence: 0.824167251586914
00:46:55.905 --> 00:46:57.270 and ethnic health disparities.
NOTE Confidence: 0.871309816837311
00:46:59.610 --> 00:47:01.842 And that racism experienced in childhood
NOTE Confidence: 0.871309816837311
00:47:01.842 --> 00:47:04.662 should be thought of as an adverse
NOTE Confidence: 0.871309816837311
00:47:04.662 --> 00:47:06.346 childhood experience that affects
NOTE Confidence: 0.871309816837311
00:47:06.346 --> 00:47:08.822 health throughout the life course. Now.
NOTE Confidence: 0.871309816837311
00:47:08.822 --> 00:47:12.118 I often feel bad about giving this talk
NOTE Confidence: 0.871309816837311
00:47:12.118 --> 00:47:15.000 because it's it's such gloom and doom.
NOTE Confidence: 0.871309816837311
00:47:15.000 --> 00:47:16.967 You know, we talked all about how
NOTE Confidence: 0.871309816837311
00:47:16.967 --> 00:47:19.171 high loads of adversities, specially
NOTE Confidence: 0.871309816837311
00:47:19.171 --> 00:47:22.657 in racial and ethnic minority groups.
NOTE Confidence: 0.871309816837311
00:47:22.660 --> 00:47:23.996 Contribute to poor outcomes,
NOTE Confidence: 0.871309816837311
00:47:23.996 --> 00:47:26.958 but I've really only given you half of the
NOTE Confidence: 0.871309816837311
00:47:26.958 --> 00:47:29.058 equation you if you think about outcomes.
NOTE Confidence: 0.871309816837311
00:47:29.060 --> 00:47:30.980 Outcomes are a function not only
NOTE Confidence: 0.871309816837311

00:47:30.980 --> 00:47:32.580 of adversity, but the relationship
NOTE Confidence: 0.871309816837311

00:47:32.580 --> 00:47:33.860 between adversity and assets,
NOTE Confidence: 0.871309816837311

00:47:33.860 --> 00:47:36.740 so this is this is my new like mean,
NOTE Confidence: 0.871309816837311

00:47:36.740 --> 00:47:38.340 you know, assets over adversity,
NOTE Confidence: 0.871309816837311

00:47:38.340 --> 00:47:38.980 equal outcome.
NOTE Confidence: 0.871309816837311

00:47:38.980 --> 00:47:39.940 And although unfortunately,
NOTE Confidence: 0.871309816837311

00:47:39.940 --> 00:47:42.238 this adversity of racism is systemic
NOTE Confidence: 0.871309816837311

00:47:42.238 --> 00:47:44.317 and structural answer take a lot
NOTE Confidence: 0.871309816837311

00:47:44.317 --> 00:47:46.018 to read it out of our society,
NOTE Confidence: 0.871309816837311

00:47:46.020 --> 00:47:48.260 we need to work in that way.
NOTE Confidence: 0.871309816837311

00:47:48.260 --> 00:47:49.860 But as we're doing that,
NOTE Confidence: 0.871309816837311

00:47:49.860 --> 00:47:52.023 I think we need to work on
NOTE Confidence: 0.871309816837311

00:47:52.023 --> 00:47:53.410 the individual client level.
NOTE Confidence: 0.871309816837311

00:47:53.410 --> 00:47:55.180 To make sure that we increase
NOTE Confidence: 0.871309816837311

00:47:55.180 --> 00:47:56.756 the assets that are individuals
NOTE Confidence: 0.871309816837311

00:47:56.756 --> 00:47:58.766 has event so that they can.

NOTE Confidence: 0.871309816837311
00:47:58.770 --> 00:48:01.510 Can thrive despite being subject
NOTE Confidence: 0.871309816837311
00:48:01.510 --> 00:48:03.702 to this toxic stresser.
NOTE Confidence: 0.871309816837311
00:48:03.710 --> 00:48:05.930 His assets include include external assets.
NOTE Confidence: 0.871309816837311
00:48:05.930 --> 00:48:07.016 Obviously for children,
NOTE Confidence: 0.871309816837311
00:48:07.016 --> 00:48:09.982 family and parents and adults are the most
NOTE Confidence: 0.871309816837311
00:48:09.982 --> 00:48:12.220 important thing that peers and friends,
NOTE Confidence: 0.871309816837311
00:48:12.220 --> 00:48:12.960 coaches, mentors,
NOTE Confidence: 0.871309816837311
00:48:12.960 --> 00:48:13.700 an community.
NOTE Confidence: 0.871309816837311
00:48:13.700 --> 00:48:16.702 OK, these are assets that we need to build
NOTE Confidence: 0.871309816837311
00:48:16.702 --> 00:48:20.359 up in our clients as well as internal assets,
NOTE Confidence: 0.871309816837311
00:48:20.360 --> 00:48:21.100 coping style,
NOTE Confidence: 0.871309816837311
00:48:21.100 --> 00:48:22.210 locus of control,
NOTE Confidence: 0.871309816837311
00:48:22.210 --> 00:48:22.862 and epigenetics.
NOTE Confidence: 0.871309816837311
00:48:22.862 --> 00:48:25.470 So I'm hoping that as we weed out
NOTE Confidence: 0.871309816837311
00:48:25.539 --> 00:48:27.375 racism from our society were able
NOTE Confidence: 0.871309816837311

00:48:27.375 --> 00:48:29.310 to work on an individual level
NOTE Confidence: 0.871309816837311

00:48:29.310 --> 00:48:31.543 to make sure that we can pay
NOTE Confidence: 0.871309816837311

00:48:31.543 --> 00:48:33.388 the healing centered approach.
NOTE Confidence: 0.871309816837311

00:48:33.388 --> 00:48:34.400 These adversities.
NOTE Confidence: 0.871309816837311

00:48:34.400 --> 00:48:36.626 So thank you all for your listing.
NOTE Confidence: 0.871309816837311

00:48:36.630 --> 00:48:37.230 To me.
NOTE Confidence: 0.871309816837311

00:48:37.230 --> 00:48:39.330 I'd be happy to answer any questions
NOTE Confidence: 0.871309816837311

00:48:39.330 --> 00:48:41.684 that you have now an I appreciate
NOTE Confidence: 0.871309816837311

00:48:41.684 --> 00:48:43.330 the opportunity to thank you.
NOTE Confidence: 0.897191762924194

00:48:48.100 --> 00:48:50.484 Thank you so much for a wonderful talk.
NOTE Confidence: 0.897191762924194

00:48:50.490 --> 00:48:52.818 We're going to open it up for questions
NOTE Confidence: 0.897191762924194

00:48:52.818 --> 00:48:55.279 that you can also use the chat feature.
NOTE Confidence: 0.814203262329102

00:48:56.940 --> 00:48:58.963 Should I stop sharing? Sure,
NOTE Confidence: 0.814203262329102

00:48:58.963 --> 00:49:06.020 that'd be great, OK? Here we go. But
NOTE Confidence: 0.669325947761536

00:49:06.020 --> 00:49:11.060 see Carmen, Where are you?
NOTE Confidence: 0.669325947761536

00:49:11.060 --> 00:49:12.818 There you are. Hi, good morning.

NOTE Confidence: 0.669325947761536
00:49:12.820 --> 00:49:14.000 Carmen has a question.
NOTE Confidence: 0.898174524307251
00:49:14.660 --> 00:49:19.548 Hi, I'm sorry I'm using my phone today.
NOTE Confidence: 0.898174524307251
00:49:19.550 --> 00:49:22.975 I appreciate the efforts to
NOTE Confidence: 0.898174524307251
00:49:22.975 --> 00:49:25.715 quantify our racial trauma.
NOTE Confidence: 0.898174524307251
00:49:25.720 --> 00:49:28.366 It's bittersweet to a degree because I
NOTE Confidence: 0.898174524307251
00:49:28.366 --> 00:49:31.361 feel like so much of the presentation
NOTE Confidence: 0.898174524307251
00:49:31.361 --> 00:49:33.586 was what the black community,
NOTE Confidence: 0.898174524307251
00:49:33.590 --> 00:49:36.348 an black colleagues have been screaming at
NOTE Confidence: 0.898174524307251
00:49:36.348 --> 00:49:39.772 the top of our lungs for generations before
NOTE Confidence: 0.898174524307251
00:49:39.772 --> 00:49:43.102 an external source put a number to it.
NOTE Confidence: 0.898174524307251
00:49:43.102 --> 00:49:44.754 If that makes sense.
NOTE Confidence: 0.898174524307251
00:49:44.760 --> 00:49:48.080 I I'm very proud to come from Georgia,
NOTE Confidence: 0.898174524307251
00:49:48.080 --> 00:49:50.761 and I feel like when black communities
NOTE Confidence: 0.898174524307251
00:49:50.761 --> 00:49:53.746 try to advocate for ourselves of the
NOTE Confidence: 0.898174524307251
00:49:53.746 --> 00:49:56.386 disparities that you're able to quantify.
NOTE Confidence: 0.898174524307251

00:49:56.390 --> 00:49:58.500 It's met with societal resistance.

NOTE Confidence: 0.898174524307251

00:49:58.500 --> 00:50:01.447 In the South it was lynching historically.

NOTE Confidence: 0.898174524307251

00:50:01.450 --> 00:50:03.778 Now that's the black lives matter

NOTE Confidence: 0.898174524307251

00:50:03.778 --> 00:50:05.330 movement that's being misconstrued

NOTE Confidence: 0.898174524307251

00:50:05.396 --> 00:50:06.938 as terrorist organizations.

NOTE Confidence: 0.898174524307251

00:50:06.940 --> 00:50:09.768 And all these things from people who

NOTE Confidence: 0.898174524307251

00:50:09.768 --> 00:50:12.849 don't want to hear our racial story,

NOTE Confidence: 0.898174524307251

00:50:12.850 --> 00:50:16.515 but one of the things I in some

NOTE Confidence: 0.898174524307251

00:50:16.515 --> 00:50:18.920 other black colleagues were chatting

NOTE Confidence: 0.898174524307251

00:50:19.014 --> 00:50:21.546 about as we were listening is.

NOTE Confidence: 0.898174524307251

00:50:21.550 --> 00:50:23.494 There is concern that.

NOTE Confidence: 0.898174524307251

00:50:23.494 --> 00:50:27.247 As we try to quantify are my

NOTE Confidence: 0.898174524307251

00:50:27.247 --> 00:50:29.449 communities racial trauma?

NOTE Confidence: 0.898174524307251

00:50:29.450 --> 00:50:32.070 I want to caution against.

NOTE Confidence: 0.898174524307251

00:50:32.070 --> 00:50:36.078 Kind of typecasting it as if we don't

NOTE Confidence: 0.898174524307251

00:50:36.078 --> 00:50:38.817 express trauma in a certain way.

NOTE Confidence: 0.898174524307251

00:50:38.820 --> 00:50:41.280 That's quantified by XY zed measure.

NOTE Confidence: 0.898174524307251

00:50:41.280 --> 00:50:44.010 Then we're back to being.

NOTE Confidence: 0.898174524307251

00:50:44.010 --> 00:50:45.486 Silenced two degree.

NOTE Confidence: 0.898174524307251

00:50:45.486 --> 00:50:48.930 I really feel like our communities have

NOTE Confidence: 0.898174524307251

00:50:49.021 --> 00:50:51.772 been expressing this trauma for ages,

NOTE Confidence: 0.898174524307251

00:50:51.772 --> 00:50:53.230 but getting punished.

NOTE Confidence: 0.898174524307251

00:50:53.230 --> 00:50:56.140 And as you talk about assets,

NOTE Confidence: 0.898174524307251

00:50:56.140 --> 00:50:59.612 that one asset I didn't see was

NOTE Confidence: 0.898174524307251

00:50:59.612 --> 00:51:02.170 wage disparities in financial.

NOTE Confidence: 0.898174524307251

00:51:02.170 --> 00:51:02.570 I,

NOTE Confidence: 0.898174524307251

00:51:02.570 --> 00:51:05.370 as a black single mom I'm having

NOTE Confidence: 0.898174524307251

00:51:05.370 --> 00:51:07.807 to produce financial and physical

NOTE Confidence: 0.898174524307251

00:51:07.807 --> 00:51:10.891 and emotional assets to give my

NOTE Confidence: 0.898174524307251

00:51:10.891 --> 00:51:14.102 kids the same opportunities as the

NOTE Confidence: 0.898174524307251

00:51:14.102 --> 00:51:17.197 equivalent non black child and so.

NOTE Confidence: 0.898174524307251

00:51:17.197 --> 00:51:19.105 Money and targeted interventions
NOTE Confidence: 0.898174524307251

00:51:19.105 --> 00:51:22.030 is a huge part of that.
NOTE Confidence: 0.898174524307251

00:51:22.030 --> 00:51:23.730 I trained in Philadelphia,
NOTE Confidence: 0.898174524307251

00:51:23.730 --> 00:51:25.936 I lived in Claymont, Delaware,
NOTE Confidence: 0.898174524307251

00:51:25.936 --> 00:51:28.972 so you probably passed my former
NOTE Confidence: 0.898174524307251

00:51:28.972 --> 00:51:31.810 residents everyday on your way to work
NOTE Confidence: 0.898174524307251

00:51:31.810 --> 00:51:35.074 and I just want to put into this open
NOTE Confidence: 0.898174524307251

00:51:35.074 --> 00:51:38.175 space that as we're talking about things,
NOTE Confidence: 0.898174524307251

00:51:38.180 --> 00:51:39.725 black communities have
NOTE Confidence: 0.898174524307251

00:51:39.725 --> 00:51:41.785 been saying for centuries.
NOTE Confidence: 0.898174524307251

00:51:41.790 --> 00:51:44.317 And in the context of the pandemic
NOTE Confidence: 0.898174524307251

00:51:44.317 --> 00:51:45.640 where everyones publishing oh,
NOTE Confidence: 0.898174524307251

00:51:45.640 --> 00:51:47.040 black communities have more
NOTE Confidence: 0.898174524307251

00:51:47.040 --> 00:51:47.740 cardiovascular disease,
NOTE Confidence: 0.898174524307251

00:51:47.740 --> 00:51:49.430 well these are the reasons
NOTE Confidence: 0.898174524307251

00:51:49.430 --> 00:51:50.782 why personally speaking with

NOTE Confidence: 0.898174524307251

00:51:50.782 --> 00:51:52.638 my racial trauma and stress,

NOTE Confidence: 0.898174524307251

00:51:52.640 --> 00:51:55.416 I've gained 30 pounds and I am helpless

NOTE Confidence: 0.898174524307251

00:51:55.416 --> 00:51:58.320 to get rid of it because my stress

NOTE Confidence: 0.898174524307251

00:51:58.320 --> 00:52:01.476 level is always out of 10 and so just

NOTE Confidence: 0.898174524307251

00:52:01.476 --> 00:52:03.490 to my colleagues into this space.

NOTE Confidence: 0.898174524307251

00:52:03.490 --> 00:52:05.240 Thank you for the quantification,

NOTE Confidence: 0.898174524307251

00:52:05.240 --> 00:52:08.005 but I also want to make sure

NOTE Confidence: 0.898174524307251

00:52:08.005 --> 00:52:10.430 that we're being mindful that.

NOTE Confidence: 0.898174524307251

00:52:10.430 --> 00:52:12.790 We've been saying it all along.

NOTE Confidence: 0.84813380241394

00:52:15.280 --> 00:52:19.018 Alright, thank you I couldn't agree more.

NOTE Confidence: 0.84813380241394

00:52:19.020 --> 00:52:21.268 I'm just hoping maybe just bring to light

NOTE Confidence: 0.84813380241394

00:52:21.268 --> 00:52:23.378 in from it from a different perspective

NOTE Confidence: 0.84813380241394

00:52:23.378 --> 00:52:25.788 and you know all the perspectives being

NOTE Confidence: 0.84813380241394

00:52:25.788 --> 00:52:28.368 put together maybe will change something.

NOTE Confidence: 0.84813380241394

00:52:28.370 --> 00:52:30.809 How do you think that we as scientists and

NOTE Confidence: 0.84813380241394

00:52:30.809 --> 00:52:33.380 his researchers can help that perspective?
NOTE Confidence: 0.859348833560944

00:52:35.400 --> 00:52:40.416 What I think a lot of it is experiential,
NOTE Confidence: 0.859348833560944

00:52:40.420 --> 00:52:42.652 in addition to quantifying,
NOTE Confidence: 0.859348833560944

00:52:42.652 --> 00:52:44.326 I targeted interventions
NOTE Confidence: 0.859348833560944

00:52:44.326 --> 00:52:46.000 for wage disparities,
NOTE Confidence: 0.859348833560944

00:52:46.000 --> 00:52:48.790 targeted interventions like not just
NOTE Confidence: 0.859348833560944

00:52:48.790 --> 00:52:51.580 passively documenting my community's demise,
NOTE Confidence: 0.859348833560944

00:52:51.580 --> 00:52:53.440 'cause That's hurtful.
NOTE Confidence: 0.859348833560944

00:52:53.440 --> 00:52:57.160 I was sharing with my colleagues.
NOTE Confidence: 0.859348833560944

00:52:57.160 --> 00:53:00.100 Not that it's the same intentional
NOTE Confidence: 0.859348833560944

00:53:00.100 --> 00:53:01.570 harm is Tuskegee.
NOTE Confidence: 0.859348833560944

00:53:01.570 --> 00:53:03.984 But watching passively the natural
NOTE Confidence: 0.859348833560944

00:53:03.984 --> 00:53:06.389 progression of the disease course
NOTE Confidence: 0.859348833560944

00:53:06.389 --> 00:53:08.906 without intervention is what black
NOTE Confidence: 0.859348833560944

00:53:08.906 --> 00:53:10.874 communities have endured before.
NOTE Confidence: 0.859348833560944

00:53:10.880 --> 00:53:13.820 So I mindful of the history.

NOTE Confidence: 0.859348833560944
00:53:13.820 --> 00:53:16.535 Just documenting all the ways
NOTE Confidence: 0.859348833560944
00:53:16.535 --> 00:53:19.250 that racism is killing us.
NOTE Confidence: 0.859348833560944
00:53:19.250 --> 00:53:22.370 Without an intervention is not.
NOTE Confidence: 0.859348833560944
00:53:22.370 --> 00:53:24.040 It's not the step forward,
NOTE Confidence: 0.859348833560944
00:53:24.040 --> 00:53:25.105 not just documentation,
NOTE Confidence: 0.859348833560944
00:53:25.105 --> 00:53:27.235 but doing something 'cause as black
NOTE Confidence: 0.859348833560944
00:53:27.235 --> 00:53:28.566 faculty is getting increasingly
NOTE Confidence: 0.859348833560944
00:53:28.566 --> 00:53:30.715 harder to show up to these spaces.
NOTE Confidence: 0.859348833560944
00:53:30.720 --> 00:53:33.100 Well, I'm not even able to afford
NOTE Confidence: 0.859348833560944
00:53:33.100 --> 00:53:34.729 the resources for my kids.
NOTE Confidence: 0.859348833560944
00:53:34.730 --> 00:53:37.061 I need to afford because I have
NOTE Confidence: 0.859348833560944
00:53:37.061 --> 00:53:39.070 to overcome 400 years of all
NOTE Confidence: 0.859348833560944
00:53:39.070 --> 00:53:40.740 the things you just quantified
NOTE Confidence: 0.859348833560944
00:53:40.740 --> 00:53:42.076 and it's just frustrating.
NOTE Confidence: 0.859348833560944
00:53:42.080 --> 00:53:44.744 I would very much like to do something.
NOTE Confidence: 0.83554607629776

00:53:46.150 --> 00:53:47.020 Couldn't agree more.
NOTE Confidence: 0.83554607629776

00:53:47.020 --> 00:53:49.536 I if if I see one more epidemiologic
NOTE Confidence: 0.83554607629776

00:53:49.536 --> 00:53:52.008 studies telling me that poor people
NOTE Confidence: 0.83554607629776

00:53:52.008 --> 00:53:54.530 do worse or my noise it works,
NOTE Confidence: 0.83554607629776

00:53:54.530 --> 00:53:57.662 I'm going to blow my mind's going to blow.
NOTE Confidence: 0.83554607629776

00:53:57.670 --> 00:53:59.410 We don't need that anymore.
NOTE Confidence: 0.83554607629776

00:53:59.410 --> 00:54:01.860 What we need now, as you say,
NOTE Confidence: 0.83554607629776

00:54:01.860 --> 00:54:04.015 our interventions but also understanding
NOTE Confidence: 0.83554607629776

00:54:04.015 --> 00:54:06.170 the processes and mechanisms so
NOTE Confidence: 0.83554607629776

00:54:06.235 --> 00:54:07.970 that the interventions that we
NOTE Confidence: 0.83554607629776

00:54:07.970 --> 00:54:10.249 developed are based on some sort of.
NOTE Confidence: 0.83554607629776

00:54:10.250 --> 00:54:11.405 Evidence based approach.
NOTE Confidence: 0.83554607629776

00:54:11.405 --> 00:54:13.715 But I agree with you completely.
NOTE Confidence: 0.83554607629776

00:54:13.720 --> 00:54:15.256 An actually doesn't even
NOTE Confidence: 0.83554607629776

00:54:15.256 --> 00:54:17.176 need to be evidence based.
NOTE Confidence: 0.83554607629776

00:54:17.180 --> 00:54:18.720 It needs experience based

NOTE Confidence: 0.839916467666626

00:54:18.720 --> 00:54:21.464 right money. Isn't this just just paying

NOTE Confidence: 0.839916467666626

00:54:21.464 --> 00:54:24.882 us what we need to survive is a great

NOTE Confidence: 0.839916467666626

00:54:24.882 --> 00:54:28.378 the 400 years at you're describing has

NOTE Confidence: 0.839916467666626

00:54:28.378 --> 00:54:32.340 a price in emotional tag to it. You

NOTE Confidence: 0.89940071105957

00:54:32.340 --> 00:54:38.260 have no argument with me, thank you.

NOTE Confidence: 0.882348656654358

00:54:42.780 --> 00:54:44.360 Other questions comments.

NOTE Confidence: 0.871214926242828

00:54:49.490 --> 00:54:52.440 So I would like to to

NOTE Confidence: 0.871214926242828

00:54:52.440 --> 00:54:55.560 ask us something. Doctor

NOTE Confidence: 0.832518517971039

00:54:55.560 --> 00:54:58.698 Lim so sorry if my questions.

NOTE Confidence: 0.832518517971039

00:54:58.700 --> 00:55:02.050 It's very simple, but. And you were

NOTE Confidence: 0.87175977230072

00:55:02.050 --> 00:55:04.540 talking about the Philadelphia Studies an

NOTE Confidence: 0.87175977230072

00:55:04.540 --> 00:55:08.030 you bring this components of the community.

NOTE Confidence: 0.87175977230072

00:55:08.030 --> 00:55:11.940 I think that's so important. We have

NOTE Confidence: 0.871958434581757

00:55:11.940 --> 00:55:15.080 been studying listing an following

NOTE Confidence: 0.871958434581757

00:55:15.080 --> 00:55:18.220 research base in the first

NOTE Confidence: 0.871958434581757

00:55:18.329 --> 00:55:21.416 days and at the first time I'm
NOTE Confidence: 0.871958434581757

00:55:21.420 --> 00:55:24.210 seeing that you brought this
NOTE Confidence: 0.871958434581757

00:55:24.210 --> 00:55:26.438 component. I would like
NOTE Confidence: 0.871958434581757

00:55:26.440 --> 00:55:30.350 to know a little bit more because
NOTE Confidence: 0.871958434581757

00:55:30.350 --> 00:55:33.138 I strong believe that community
NOTE Confidence: 0.871958434581757

00:55:33.140 --> 00:55:36.490 is a huge company. Each of
NOTE Confidence: 0.866672575473786

00:55:36.490 --> 00:55:38.770 our lives and. The
NOTE Confidence: 0.850814998149872

00:55:38.770 --> 00:55:42.750 participatory resorts that bring the voice of
NOTE Confidence: 0.850814998149872

00:55:42.750 --> 00:55:45.600 the community. To say things,
NOTE Confidence: 0.850814998149872

00:55:45.600 --> 00:55:50.720 to show to us that there is options to
NOTE Confidence: 0.850814998149872

00:55:50.720 --> 00:55:53.560 develop interventions that's not necessary
NOTE Confidence: 0.850814998149872

00:55:53.560 --> 00:55:56.410 happening on the clinical setting,
NOTE Confidence: 0.850814998149872

00:55:56.410 --> 00:55:58.686 but community based settings
NOTE Confidence: 0.850814998149872

00:55:58.686 --> 00:56:01.530 where people has the freedom
NOTE Confidence: 0.850814998149872

00:56:01.530 --> 00:56:04.372 to talk about deep feelings.
NOTE Confidence: 0.850814998149872

00:56:04.372 --> 00:56:07.790 Special for African Americans in my

NOTE Confidence: 0.850814998149872
00:56:07.790 --> 00:56:11.320 team community from Brazil. Seems
NOTE Confidence: 0.843483030796051
00:56:11.320 --> 00:56:15.065 to me that the conversation the
NOTE Confidence: 0.843483030796051
00:56:15.065 --> 00:56:19.440 The Open is to bring matters for
NOTE Confidence: 0.843483030796051
00:56:19.440 --> 00:56:22.568 this specific two populations to
NOTE Confidence: 0.843483030796051
00:56:22.570 --> 00:56:27.570 be address in the sense that we can
NOTE Confidence: 0.843483030796051
00:56:27.570 --> 00:56:31.315 talk. You can express and the
NOTE Confidence: 0.843483030796051
00:56:31.315 --> 00:56:33.818 community has a responsibility
NOTE Confidence: 0.843483030796051
00:56:33.820 --> 00:56:36.940 for your health in your
NOTE Confidence: 0.843483030796051
00:56:36.940 --> 00:56:41.190 well being seems to be very important.
NOTE Confidence: 0.843483030796051
00:56:41.190 --> 00:56:44.158 So would like to know if you
NOTE Confidence: 0.838129460811615
00:56:44.160 --> 00:56:47.096 can talk a little bit more about that.
NOTE Confidence: 0.838129460811615
00:56:47.096 --> 00:56:49.665 You'll be great also if you have
NOTE Confidence: 0.838129460811615
00:56:49.665 --> 00:56:51.134 literature review, I'm looking
NOTE Confidence: 0.838129460811615
00:56:51.134 --> 00:56:54.130 forward for that. Thank you.
NOTE Confidence: 0.836430311203003
00:56:54.710 --> 00:57:01.310 Thank you, that's a big topic and yeah.
NOTE Confidence: 0.836430311203003

00:57:01.310 --> 00:57:03.614 We'll be obviously have medical centric
NOTE Confidence: 0.836430311203003

00:57:03.614 --> 00:57:07.070 view of both the research and interventions,
NOTE Confidence: 0.836430311203003

00:57:07.070 --> 00:57:10.171 and I think that that's changing a
NOTE Confidence: 0.836430311203003

00:57:10.171 --> 00:57:12.302 little bit, not enough obviously,
NOTE Confidence: 0.836430311203003

00:57:12.302 --> 00:57:14.786 to give you an example where
NOTE Confidence: 0.836430311203003

00:57:14.786 --> 00:57:16.820 I'm working in Delaware,
NOTE Confidence: 0.836430311203003

00:57:16.820 --> 00:57:20.116 we Delaware is a state that doesn't have
NOTE Confidence: 0.836430311203003

00:57:20.116 --> 00:57:22.980 large NIH funding, unlike New Haven.
NOTE Confidence: 0.836430311203003

00:57:22.980 --> 00:57:26.972 So we have opportunities for an H funding on
NOTE Confidence: 0.836430311203003

00:57:26.972 --> 00:57:30.548 a state level to help increase the crease.
NOTE Confidence: 0.836430311203003

00:57:30.550 --> 00:57:32.752 Research that's called.
NOTE Confidence: 0.836430311203003

00:57:32.752 --> 00:57:35.688 Idea State C TR.
NOTE Confidence: 0.836430311203003

00:57:35.690 --> 00:57:38.042 Where the central components of that
NOTE Confidence: 0.836430311203003

00:57:38.042 --> 00:57:40.120 clinical and translation are research
NOTE Confidence: 0.836430311203003

00:57:40.120 --> 00:57:42.808 grant is community engagement and outreach.
NOTE Confidence: 0.836430311203003

00:57:42.810 --> 00:57:46.518 So every grant that goes through

NOTE Confidence: 0.836430311203003
00:57:46.518 --> 00:57:49.500 the CTR needs to be.
NOTE Confidence: 0.836430311203003
00:57:49.500 --> 00:57:51.365 Needs to be assessed through
NOTE Confidence: 0.836430311203003
00:57:51.365 --> 00:57:52.484 community engagement outrage,
NOTE Confidence: 0.836430311203003
00:57:52.490 --> 00:57:55.856 and that's not just at the end point where,
NOTE Confidence: 0.836430311203003
00:57:55.860 --> 00:57:56.982 like you know,
NOTE Confidence: 0.836430311203003
00:57:56.982 --> 00:57:59.600 the researcher needs to bring the frame.
NOTE Confidence: 0.836430311203003
00:57:59.600 --> 00:58:01.092 You know the information
NOTE Confidence: 0.836430311203003
00:58:01.092 --> 00:58:02.584 back to the community.
NOTE Confidence: 0.836430311203003
00:58:02.590 --> 00:58:05.005 We require that any researcher actually at
NOTE Confidence: 0.836430311203003
00:58:05.005 --> 00:58:07.828 the time that they develop their proposal.
NOTE Confidence: 0.836430311203003
00:58:07.830 --> 00:58:09.615 Consulates with CEO or the
NOTE Confidence: 0.836430311203003
00:58:09.615 --> 00:58:11.043 community gagement outreach core
NOTE Confidence: 0.836430311203003
00:58:11.043 --> 00:58:12.689 because even bench researchers,
NOTE Confidence: 0.836430311203003
00:58:12.690 --> 00:58:15.198 there's a community that will eventually
NOTE Confidence: 0.836430311203003
00:58:15.198 --> 00:58:17.911 benefit from your work OK and we
NOTE Confidence: 0.836430311203003

00:58:17.911 --> 00:58:19.855 need to start thinking about that.

NOTE Confidence: 0.836430311203003

00:58:19.860 --> 00:58:20.715 From the beginning,

NOTE Confidence: 0.836430311203003

00:58:20.715 --> 00:58:22.425 and that's moving along is that

NOTE Confidence: 0.836430311203003

00:58:22.425 --> 00:58:23.350 that's the minimum.

NOTE Confidence: 0.836430311203003

00:58:23.350 --> 00:58:23.932 I mean,

NOTE Confidence: 0.836430311203003

00:58:23.932 --> 00:58:25.387 we also have community based,

NOTE Confidence: 0.836430311203003

00:58:25.390 --> 00:58:26.574 participatory research where you

NOTE Confidence: 0.836430311203003

00:58:26.574 --> 00:58:28.350 know between is actually an active

NOTE Confidence: 0.836430311203003

00:58:28.401 --> 00:58:29.816 participant from the beginning and

NOTE Confidence: 0.836430311203003

00:58:29.816 --> 00:58:31.500 actually has control and owns owns.

NOTE Confidence: 0.836430311203003

00:58:31.500 --> 00:58:32.955 The Dayton owns the research

NOTE Confidence: 0.836430311203003

00:58:32.955 --> 00:58:34.410 so we're making little steps.

NOTE Confidence: 0.836430311203003

00:58:34.410 --> 00:58:36.240 You know it's not as quick

NOTE Confidence: 0.836430311203003

00:58:36.240 --> 00:58:38.190 as I would like it to be,

NOTE Confidence: 0.836430311203003

00:58:38.190 --> 00:58:39.358 but that's one example.

NOTE Confidence: 0.891361713409424

00:58:40.030 --> 00:58:41.250 I see where we

NOTE Confidence: 0.891361713409424
00:58:41.250 --> 00:58:43.385 have two people have raised their hands,
NOTE Confidence: 0.891361713409424
00:58:43.390 --> 00:58:45.518 but I can't tell who they are.
NOTE Confidence: 0.891361713409424
00:58:45.520 --> 00:58:47.960 So if you just want to speak up,
NOTE Confidence: 0.891361713409424
00:58:47.960 --> 00:58:50.650 oh Charles, there you go. Ask
NOTE Confidence: 0.781761109828949
00:58:50.650 --> 00:58:51.146 Doctor Lee.
NOTE Confidence: 0.781761109828949
00:58:51.146 --> 00:58:53.130 I just said my name is Charles decay.
NOTE Confidence: 0.781761109828949
00:58:53.130 --> 00:58:55.206 I'm one of the faculty here.
NOTE Confidence: 0.781761109828949
00:58:55.210 --> 00:58:57.060 I'm also forensic psychiatrist and
NOTE Confidence: 0.781761109828949
00:58:57.060 --> 00:59:00.094 I want to thank you so much for
NOTE Confidence: 0.781761109828949
00:59:00.094 --> 00:59:01.939 bringing together some of this.
NOTE Confidence: 0.781761109828949
00:59:01.940 --> 00:59:04.814 Difficulties disparities I want to try
NOTE Confidence: 0.781761109828949
00:59:04.814 --> 00:59:08.569 and link it with forensic psychiatry.
NOTE Confidence: 0.781761109828949
00:59:08.570 --> 00:59:12.460 In the criminal justice system.
NOTE Confidence: 0.781761109828949
00:59:12.460 --> 00:59:15.985 We are expected to provide
NOTE Confidence: 0.781761109828949
00:59:15.985 --> 00:59:17.395 objective assessment.
NOTE Confidence: 0.781761109828949

00:59:17.400 --> 00:59:21.096 In a system that is patently unfair,
NOTE Confidence: 0.781761109828949

00:59:21.100 --> 00:59:22.046 unjust, discriminatory.
NOTE Confidence: 0.781761109828949

00:59:22.046 --> 00:59:25.357 And it's really hard to jump in
NOTE Confidence: 0.781761109828949

00:59:25.357 --> 00:59:28.618 with closed eyes to all of these
NOTE Confidence: 0.781761109828949

00:59:28.618 --> 00:59:30.869 difficulties that lead people to
NOTE Confidence: 0.781761109828949

00:59:30.869 --> 00:59:33.466 behave a certain way or that cause
NOTE Confidence: 0.781761109828949

00:59:33.466 --> 00:59:36.382 people to act out in a certain way
NOTE Confidence: 0.781761109828949

00:59:36.382 --> 00:59:38.273 that crosses the legal boundaries
NOTE Confidence: 0.781761109828949

00:59:38.273 --> 00:59:41.531 and to close our eyes to all of that
NOTE Confidence: 0.781761109828949

00:59:41.612 --> 00:59:44.307 and just provide a straightforward,
NOTE Confidence: 0.781761109828949

00:59:44.310 --> 00:59:44.992 objective assessment.
NOTE Confidence: 0.781761109828949

00:59:44.992 --> 00:59:47.720 And I know that a lot of my
NOTE Confidence: 0.781761109828949

00:59:47.794 --> 00:59:49.744 colleagues struggling with that and
NOTE Confidence: 0.781761109828949

00:59:49.744 --> 00:59:52.874 and one of the other areas that I
NOTE Confidence: 0.781761109828949

00:59:52.874 --> 00:59:54.719 think has become really important
NOTE Confidence: 0.781761109828949

00:59:54.719 --> 00:59:57.860 for us is the issue of mitigation.

NOTE Confidence: 0.781761109828949

00:59:57.860 --> 01:00:00.296 So you're doing an assessment to try

NOTE Confidence: 0.781761109828949

01:00:00.296 --> 01:00:03.032 to provide an explanation for why an

NOTE Confidence: 0.781761109828949

01:00:03.032 --> 01:00:05.456 individual could turn out this way,

NOTE Confidence: 0.781761109828949

01:00:05.460 --> 01:00:07.566 for why an individual could behave

NOTE Confidence: 0.781761109828949

01:00:07.566 --> 01:00:09.859 in something that you call whatever

NOTE Confidence: 0.781761109828949

01:00:09.859 --> 01:00:11.919 a criminal behavior or whatever,

NOTE Confidence: 0.781761109828949

01:00:11.920 --> 01:00:15.232 and to be able to sit down and craft

NOTE Confidence: 0.781761109828949

01:00:15.232 --> 01:00:18.279 all of what you've written down.

NOTE Confidence: 0.781761109828949

01:00:18.280 --> 01:00:20.100 Ask potential issues that when

NOTE Confidence: 0.781761109828949

01:00:20.100 --> 01:00:22.350 people react to them or respond

NOTE Confidence: 0.781761109828949

01:00:22.350 --> 01:00:24.145 to them in certain ways,

NOTE Confidence: 0.781761109828949

01:00:24.150 --> 01:00:27.545 they could come across as being criminal.

NOTE Confidence: 0.781761109828949

01:00:27.550 --> 01:00:30.662 And how can you craft on an explanation

NOTE Confidence: 0.781761109828949

01:00:30.662 --> 01:00:33.506 that shows people that this behaviors

NOTE Confidence: 0.781761109828949

01:00:33.506 --> 01:00:36.488 are actually not unexpected given all

NOTE Confidence: 0.781761109828949

01:00:36.574 --> 01:00:38.470 these adverse childhood experiences
NOTE Confidence: 0.781761109828949

01:00:38.470 --> 01:00:41.676 and the prices and all of that?
NOTE Confidence: 0.781761109828949

01:00:41.676 --> 01:00:44.168 And if you expose people to this
NOTE Confidence: 0.781761109828949

01:00:44.168 --> 01:00:47.216 level of dysfunction and crisis and
NOTE Confidence: 0.781761109828949

01:00:47.216 --> 01:00:50.036 structural racism and individual racism,
NOTE Confidence: 0.781761109828949

01:00:50.040 --> 01:00:52.335 or through their lives that
NOTE Confidence: 0.781761109828949

01:00:52.335 --> 01:00:54.630 they react in certain ways,
NOTE Confidence: 0.781761109828949

01:00:54.630 --> 01:00:56.802 and therefore they should
NOTE Confidence: 0.781761109828949

01:00:56.802 --> 01:00:58.974 be punished even more.
NOTE Confidence: 0.781761109828949

01:00:58.980 --> 01:01:01.204 And we're trying to find a way to
NOTE Confidence: 0.781761109828949

01:01:01.204 --> 01:01:03.140 change that narrative to say in
NOTE Confidence: 0.781761109828949

01:01:03.140 --> 01:01:05.108 fact they should be punished less
NOTE Confidence: 0.781761109828949

01:01:05.171 --> 01:01:07.283 because of all of these things
NOTE Confidence: 0.781761109828949

01:01:07.283 --> 01:01:08.691 that they're dealing with.
NOTE Confidence: 0.781761109828949

01:01:08.700 --> 01:01:10.800 Maybe if we can find a way
NOTE Confidence: 0.781761109828949

01:01:10.800 --> 01:01:12.260 to address these things,

NOTE Confidence: 0.781761109828949
01:01:12.260 --> 01:01:14.395 then maybe they can have a better
NOTE Confidence: 0.781761109828949
01:01:14.395 --> 01:01:16.722 outcome in along the lines of what
NOTE Confidence: 0.781761109828949
01:01:16.722 --> 01:01:18.412 doctor Carmen Barker was saying,
NOTE Confidence: 0.781761109828949
01:01:18.420 --> 01:01:20.298 where there's so much and you're
NOTE Confidence: 0.781761109828949
01:01:20.298 --> 01:01:22.922 trying to come to come at a certain
NOTE Confidence: 0.781761109828949
01:01:22.922 --> 01:01:24.878 level with your colleagues who are
NOTE Confidence: 0.781761109828949
01:01:24.942 --> 01:01:27.175 looking at you as if you haven't
NOTE Confidence: 0.781761109828949
01:01:27.175 --> 01:01:28.802 experienced all of these disparities.
NOTE Confidence: 0.781761109828949
01:01:28.802 --> 01:01:30.126 And all these difficulties.
NOTE Confidence: 0.781761109828949
01:01:30.130 --> 01:01:32.482 So I just want to thank you again
NOTE Confidence: 0.781761109828949
01:01:32.482 --> 01:01:35.004 and I wanted so use that as a
NOTE Confidence: 0.781761109828949
01:01:35.004 --> 01:01:37.650 point to say that it's more acute
NOTE Confidence: 0.781761109828949
01:01:37.650 --> 01:01:39.865 in the criminal justice system.
NOTE Confidence: 0.781761109828949
01:01:39.870 --> 01:01:42.090 The influence on the negative
NOTE Confidence: 0.781761109828949
01:01:42.090 --> 01:01:43.866 impact to black lives.
NOTE Confidence: 0.781761109828949

01:01:43.870 --> 01:01:44.450 Thanks.
NOTE Confidence: 0.865159153938293

01:01:45.970 --> 01:01:49.750 Thank you, I couldn't agree more.
NOTE Confidence: 0.865159153938293

01:01:49.750 --> 01:01:51.815 Need to look at behaviors in context.
NOTE Confidence: 0.865159153938293

01:01:51.820 --> 01:01:53.596 Anan I, I understand this completely.
NOTE Confidence: 0.865159153938293

01:01:53.600 --> 01:01:55.310 My Wi-Fi says the psychiatrist is
NOTE Confidence: 0.865159153938293

01:01:55.310 --> 01:01:56.850 in the criminal justice system,
NOTE Confidence: 0.865159153938293

01:01:56.850 --> 01:01:58.034 sees the psychiatrist for
NOTE Confidence: 0.865159153938293

01:01:58.034 --> 01:01:59.218 the Philadelphia jail system,
NOTE Confidence: 0.865159153938293

01:01:59.220 --> 01:02:01.623 so she lives every day and I see the
NOTE Confidence: 0.865159153938293

01:02:01.623 --> 01:02:03.969 wear and tear on her just being able
NOTE Confidence: 0.865159153938293

01:02:03.969 --> 01:02:06.327 to knock her head against the wall.
NOTE Confidence: 0.865159153938293

01:02:06.330 --> 01:02:08.100 Not being able to move anything.
NOTE Confidence: 0.865159153938293

01:02:08.100 --> 01:02:10.468 So I thank you for what you're doing,
NOTE Confidence: 0.865159153938293

01:02:10.470 --> 01:02:11.950 and I think your comments.
NOTE Confidence: 0.538284659385681

01:02:14.050 --> 01:02:16.710 Ishwara hit die pronounce your
NOTE Confidence: 0.538284659385681

01:02:16.710 --> 01:02:19.620 name incorrectly. I apologize.

NOTE Confidence: 0.538284659385681

01:02:19.620 --> 01:02:21.870 Hi, I'm a medical student that was

NOTE Confidence: 0.538284659385681

01:02:21.870 --> 01:02:23.484 watching the didactic session so

NOTE Confidence: 0.538284659385681

01:02:23.484 --> 01:02:26.062 something I'd like to say is that I

NOTE Confidence: 0.538284659385681

01:02:26.062 --> 01:02:27.988 think Yale and probably most medical

NOTE Confidence: 0.538284659385681

01:02:27.990 --> 01:02:30.246 schools at this point does a really

NOTE Confidence: 0.538284659385681

01:02:30.246 --> 01:02:32.508 good job of educating us on these

NOTE Confidence: 0.538284659385681

01:02:32.508 --> 01:02:35.080 types of topics and so coming into it.

NOTE Confidence: 0.538284659385681

01:02:35.080 --> 01:02:37.327 I was a little. I was surprised

NOTE Confidence: 0.880152344703674

01:02:37.330 --> 01:02:38.299 to hear you

NOTE Confidence: 0.880152344703674

01:02:38.300 --> 01:02:40.230 say that you were surprised by

NOTE Confidence: 0.880152344703674

01:02:40.230 --> 01:02:42.159 some of the findings that you

NOTE Confidence: 0.880152344703674

01:02:42.160 --> 01:02:43.770 saw because I think for

NOTE Confidence: 0.880152344703674

01:02:43.770 --> 01:02:45.380 us in our training these

NOTE Confidence: 0.880152344703674

01:02:45.380 --> 01:02:46.349 are things that

NOTE Confidence: 0.880152344703674

01:02:46.350 --> 01:02:47.630 were taught about every

NOTE Confidence: 0.880152344703674

01:02:47.630 --> 01:02:49.628 year, multiple times a month sometimes.
NOTE Confidence: 0.880152344703674

01:02:49.630 --> 01:02:52.174 Depending on our rotation and I think one
NOTE Confidence: 0.880152344703674

01:02:52.174 --> 01:02:54.716 of the things that I personally was hoping
NOTE Confidence: 0.880152344703674

01:02:54.716 --> 01:02:57.576 was that when I got to this level and
NOTE Confidence: 0.853808403015137

01:02:57.580 --> 01:02:59.488 I was watching you know resident
NOTE Confidence: 0.853808403015137

01:02:59.488 --> 01:03:00.760 rotation or resident didactics
NOTE Confidence: 0.853808403015137

01:03:00.760 --> 01:03:01.714 and attending didactics,
NOTE Confidence: 0.853808403015137

01:03:01.714 --> 01:03:03.938 it would be less about this problem
NOTE Confidence: 0.853808403015137

01:03:03.940 --> 01:03:06.166 exists because I feel like at this
NOTE Confidence: 0.853808403015137

01:03:06.170 --> 01:03:07.755 point it's really been established
NOTE Confidence: 0.853808403015137

01:03:07.755 --> 01:03:09.658 and more about. Here's what we
NOTE Confidence: 0.853808403015137

01:03:09.660 --> 01:03:11.250 can actually do about it.
NOTE Confidence: 0.853808403015137

01:03:11.250 --> 01:03:13.484 Here are interventions that we can have.
NOTE Confidence: 0.853808403015137

01:03:13.484 --> 01:03:15.192 'cause again I think.
NOTE Confidence: 0.853808403015137

01:03:15.192 --> 01:03:18.470 But no one's questioning that it exists.
NOTE Confidence: 0.853808403015137

01:03:18.470 --> 01:03:22.126 No ones questioning that it has bad effects,

NOTE Confidence: 0.853808403015137
01:03:22.130 --> 01:03:23.498 medically and sociologically
NOTE Confidence: 0.853808403015137
01:03:23.498 --> 01:03:24.891 or socially, but.
NOTE Confidence: 0.853808403015137
01:03:24.891 --> 01:03:28.398 No one's really giving an answer to what.
NOTE Confidence: 0.853808403015137
01:03:28.400 --> 01:03:29.864 What do we do?
NOTE Confidence: 0.853808403015137
01:03:29.864 --> 01:03:31.694 How does it change treatment?
NOTE Confidence: 0.853808403015137
01:03:31.700 --> 01:03:33.902 What should we be saying to
NOTE Confidence: 0.853808403015137
01:03:33.902 --> 01:03:35.366 patients to mitigate that?
NOTE Confidence: 0.853808403015137
01:03:35.370 --> 01:03:37.920 And so I'm a little frustrated
NOTE Confidence: 0.853808403015137
01:03:37.920 --> 01:03:39.195 by that lackof.
NOTE Confidence: 0.853808403015137
01:03:39.200 --> 01:03:40.026 Of. Education,
NOTE Confidence: 0.853808403015137
01:03:40.026 --> 01:03:42.091 because I feel like every
NOTE Confidence: 0.853808403015137
01:03:42.091 --> 01:03:44.559 time This has been presented,
NOTE Confidence: 0.853808403015137
01:03:44.560 --> 01:03:46.316 it's been presented as look at
NOTE Confidence: 0.853808403015137
01:03:46.316 --> 01:03:48.248 this new idea or look at this
NOTE Confidence: 0.853808403015137
01:03:48.248 --> 01:03:50.178 new topic and it's really not.
NOTE Confidence: 0.699362993240356

01:03:52.780 --> 01:03:55.988 Hello Cindy, do you wanna comment on that?

NOTE Confidence: 0.87730884552002

01:03:58.010 --> 01:04:00.621 I mean, it's great to hear that

NOTE Confidence: 0.87730884552002

01:04:00.621 --> 01:04:02.750 medical students are getting this,

NOTE Confidence: 0.87730884552002

01:04:02.750 --> 01:04:05.120 I can think 5 years ago,

NOTE Confidence: 0.87730884552002

01:04:05.120 --> 01:04:07.184 where they would say that they

NOTE Confidence: 0.87730884552002

01:04:07.184 --> 01:04:09.571 weren't at all in terms of

NOTE Confidence: 0.87730884552002

01:04:09.571 --> 01:04:11.435 social determinants of Health.

NOTE Confidence: 0.87730884552002

01:04:11.440 --> 01:04:13.918 So I guess efforts to change the

NOTE Confidence: 0.87730884552002

01:04:13.918 --> 01:04:15.790 curriculum have been successful.

NOTE Confidence: 0.87730884552002

01:04:15.790 --> 01:04:18.622 I had heard it that stated

NOTE Confidence: 0.87730884552002

01:04:18.622 --> 01:04:20.038 that strongly that.

NOTE Confidence: 0.87730884552002

01:04:20.040 --> 01:04:22.336 Change in progress has been made so,

NOTE Confidence: 0.87730884552002

01:04:22.340 --> 01:04:23.222 so that's great.

NOTE Confidence: 0.87730884552002

01:04:23.222 --> 01:04:25.636 I think for me I think there's still

NOTE Confidence: 0.87730884552002

01:04:25.636 --> 01:04:27.940 a gap in what people know about how

NOTE Confidence: 0.87730884552002

01:04:27.940 --> 01:04:29.846 this impacts children and their

NOTE Confidence: 0.87730884552002

01:04:29.846 --> 01:04:32.174 health and how it impacts behavior.

NOTE Confidence: 0.87730884552002

01:04:32.180 --> 01:04:34.820 So that was my goal for today that

NOTE Confidence: 0.87730884552002

01:04:34.820 --> 01:04:36.966 there's actually a way that you can

NOTE Confidence: 0.87730884552002

01:04:36.966 --> 01:04:38.815 measure this that you can study

NOTE Confidence: 0.87730884552002

01:04:38.815 --> 01:04:40.951 it more that you can understand

NOTE Confidence: 0.87730884552002

01:04:40.951 --> 01:04:42.676 the mechanisms at various levels

NOTE Confidence: 0.87730884552002

01:04:42.676 --> 01:04:43.660 and develop interventions.

NOTE Confidence: 0.87730884552002

01:04:43.660 --> 01:04:46.796 And I would say that there are.

NOTE Confidence: 0.87730884552002

01:04:46.800 --> 01:04:48.930 There are lots of interventions

NOTE Confidence: 0.87730884552002

01:04:48.930 --> 01:04:51.840 that are out there both for aces,

NOTE Confidence: 0.87730884552002

01:04:51.840 --> 01:04:54.360 so there's the Philadelphia based project,

NOTE Confidence: 0.87730884552002

01:04:54.360 --> 01:04:56.676 which doctor Pachter talked about that

NOTE Confidence: 0.87730884552002

01:04:56.676 --> 01:04:59.399 looks set this at multiple levels.

NOTE Confidence: 0.87730884552002

01:04:59.400 --> 01:05:03.747 So I mean, I'm great to hear that people.

NOTE Confidence: 0.87730884552002

01:05:03.750 --> 01:05:06.378 In the medical school, here are.

NOTE Confidence: 0.87730884552002

01:05:06.380 --> 01:05:07.260 You know?
NOTE Confidence: 0.87730884552002

01:05:07.260 --> 01:05:09.900 Have had this information now 'cause
NOTE Confidence: 0.87730884552002

01:05:09.900 --> 01:05:12.519 it hasn't always been that way.
NOTE Confidence: 0.87730884552002

01:05:12.520 --> 01:05:14.220 And I was wondering,
NOTE Confidence: 0.87730884552002

01:05:14.220 --> 01:05:15.070 doctor factor,
NOTE Confidence: 0.87730884552002

01:05:15.070 --> 01:05:17.512 if you could talk about recent
NOTE Confidence: 0.87730884552002

01:05:17.512 --> 01:05:20.077 editorial that you wrote about the
NOTE Confidence: 0.87730884552002

01:05:20.077 --> 01:05:22.651 role of the academic Journal in
NOTE Confidence: 0.87730884552002

01:05:22.651 --> 01:05:24.850 promoting racial equity in health.
NOTE Confidence: 0.837879424745386

01:05:25.960 --> 01:05:28.645 Sure. So in addition to
NOTE Confidence: 0.837879424745386

01:05:28.645 --> 01:05:32.140 my my my day job work,
NOTE Confidence: 0.837879424745386

01:05:32.140 --> 01:05:35.340 I'm a Journal editor and.
NOTE Confidence: 0.837879424745386

01:05:35.340 --> 01:05:38.868 I've been very perplexed.
NOTE Confidence: 0.837879424745386

01:05:38.868 --> 01:05:42.396 At the way that.
NOTE Confidence: 0.837879424745386

01:05:42.400 --> 01:05:44.590 Race and ethnicity as a
NOTE Confidence: 0.837879424745386

01:05:44.590 --> 01:05:46.342 social determine has been

NOTE Confidence: 0.837879424745386
01:05:46.342 --> 01:05:48.409 used in health research.
NOTE Confidence: 0.837879424745386
01:05:48.410 --> 01:05:50.309 I think that.
NOTE Confidence: 0.935595154762268
01:05:52.370 --> 01:05:57.154 We need to find a way to educate.
NOTE Confidence: 0.935595154762268
01:05:57.160 --> 01:05:59.645 Researchers as well as reviewers and Borhan.
NOTE Confidence: 0.935595154762268
01:05:59.650 --> 01:06:01.400 Journal Board members to understa
NOTE Confidence: 0.935595154762268
01:06:01.400 --> 01:06:02.800 really understand that when
NOTE Confidence: 0.935595154762268
01:06:02.800 --> 01:06:04.638 we talk about race ethnicity,
NOTE Confidence: 0.935595154762268
01:06:04.640 --> 01:06:06.296 what we're really talking,
NOTE Confidence: 0.935595154762268
01:06:06.296 --> 01:06:08.780 the operational term really is racism.
NOTE Confidence: 0.935595154762268
01:06:08.780 --> 01:06:11.076 And I'm really hoping to get past that.
NOTE Confidence: 0.935595154762268
01:06:11.080 --> 01:06:12.520 When I called the table,
NOTE Confidence: 0.935595154762268
01:06:12.520 --> 01:06:14.109 one use of race and ethnicity as
NOTE Confidence: 0.935595154762268
01:06:14.109 --> 01:06:15.912 just one of those other demographic
NOTE Confidence: 0.935595154762268
01:06:15.912 --> 01:06:18.048 variables that you enter into your
NOTE Confidence: 0.935595154762268
01:06:18.048 --> 01:06:19.439 regression model and you know.
NOTE Confidence: 0.935595154762268

01:06:19.440 --> 01:06:21.673 And that's the be all and end
NOTE Confidence: 0.935595154762268

01:06:21.673 --> 01:06:24.027 all we need to get past that.
NOTE Confidence: 0.935595154762268

01:06:24.030 --> 01:06:25.998 If in fact we do find in research
NOTE Confidence: 0.935595154762268

01:06:25.998 --> 01:06:28.062 that race ethnicity is an important
NOTE Confidence: 0.935595154762268

01:06:28.062 --> 01:06:30.330 component of whatever study we're doing,
NOTE Confidence: 0.935595154762268

01:06:30.330 --> 01:06:32.654 we need to dig down deeper and
NOTE Confidence: 0.935595154762268

01:06:32.654 --> 01:06:35.060 think about it in the lens of OK.
NOTE Confidence: 0.935595154762268

01:06:35.060 --> 01:06:36.950 If this is a social determinant,
NOTE Confidence: 0.935595154762268

01:06:36.950 --> 01:06:37.895 health, you know,
NOTE Confidence: 0.935595154762268

01:06:37.895 --> 01:06:40.100 is it racism and how that might,
NOTE Confidence: 0.935595154762268

01:06:40.100 --> 01:06:42.444 how that how we might be able to
NOTE Confidence: 0.935595154762268

01:06:42.444 --> 01:06:44.903 explain our results based on it as a
NOTE Confidence: 0.935595154762268

01:06:44.903 --> 01:06:47.040 social as opposed to a biological?
NOTE Confidence: 0.935595154762268

01:06:47.040 --> 01:06:49.048 Structure, so with with.
NOTE Confidence: 0.935595154762268

01:06:49.048 --> 01:06:51.558 I'm proposing for our Journal
NOTE Confidence: 0.935595154762268

01:06:51.558 --> 01:06:54.326 number one is is totally revamp

NOTE Confidence: 0.935595154762268
01:06:54.326 --> 01:06:56.506 our approach to peer review.
NOTE Confidence: 0.935595154762268
01:06:56.510 --> 01:06:58.133 I'm hoping that.
NOTE Confidence: 0.935595154762268
01:06:58.133 --> 01:07:01.379 We get peer reviewers who are.
NOTE Confidence: 0.935595154762268
01:07:01.380 --> 01:07:03.550 Knowledgeable and sensitive to the
NOTE Confidence: 0.935595154762268
01:07:03.550 --> 01:07:06.660 issues of race and racism in research,
NOTE Confidence: 0.935595154762268
01:07:06.660 --> 01:07:09.765 just as if I have a reviewer who is
NOTE Confidence: 0.935595154762268
01:07:09.765 --> 01:07:12.820 expert in structural equation modeling,
NOTE Confidence: 0.935595154762268
01:07:12.820 --> 01:07:15.788 I need to find reviewers that our
NOTE Confidence: 0.935595154762268
01:07:15.788 --> 01:07:18.046 expertise or expert in racism
NOTE Confidence: 0.935595154762268
01:07:18.046 --> 01:07:19.858 as a social determinant.
NOTE Confidence: 0.935595154762268
01:07:19.860 --> 01:07:23.090 So we're actually proposing to.
NOTE Confidence: 0.935595154762268
01:07:23.090 --> 01:07:25.365 Create a new position at the Journal.
NOTE Confidence: 0.935595154762268
01:07:25.370 --> 01:07:26.995 A associate editor for equity
NOTE Confidence: 0.935595154762268
01:07:26.995 --> 01:07:27.970 inclusion and diversity.
NOTE Confidence: 0.935595154762268
01:07:27.970 --> 01:07:30.301 Who will help me help us develop
NOTE Confidence: 0.935595154762268

01:07:30.301 --> 01:07:32.435 a systematic approach so that we
NOTE Confidence: 0.935595154762268

01:07:32.435 --> 01:07:34.220 can train researchers before they
NOTE Confidence: 0.935595154762268

01:07:34.220 --> 01:07:36.360 submit papers to us to think about
NOTE Confidence: 0.935595154762268

01:07:36.360 --> 01:07:38.370 race and ethnicity in a much more
NOTE Confidence: 0.935595154762268

01:07:38.370 --> 01:07:40.320 sophisticated way than it is now,
NOTE Confidence: 0.935595154762268

01:07:40.320 --> 01:07:42.920 and to also train peer review it now.
NOTE Confidence: 0.935595154762268

01:07:42.920 --> 01:07:44.545 Not every peer reviewer needs
NOTE Confidence: 0.935595154762268

01:07:44.545 --> 01:07:46.170 to become a social scientist,
NOTE Confidence: 0.935595154762268

01:07:46.170 --> 01:07:46.746 but again,
NOTE Confidence: 0.935595154762268

01:07:46.746 --> 01:07:49.495 when I when I have a paper and I
NOTE Confidence: 0.935595154762268

01:07:49.495 --> 01:07:51.365 sort of choose peer reviewers,
NOTE Confidence: 0.935595154762268

01:07:51.370 --> 01:07:53.398 I'll choose a content expert that.
NOTE Confidence: 0.935595154762268

01:07:53.400 --> 01:07:55.050 I statistical expert different types,
NOTE Confidence: 0.935595154762268

01:07:55.050 --> 01:07:57.122 so I need to get a cadre of
NOTE Confidence: 0.935595154762268

01:07:57.122 --> 01:07:58.456 social scientists or clinicians
NOTE Confidence: 0.935595154762268

01:07:58.456 --> 01:08:00.331 or whatever who really understand

NOTE Confidence: 0.935595154762268

01:08:00.331 --> 01:08:02.556 the importance of looking at race

NOTE Confidence: 0.935595154762268

01:08:02.556 --> 01:08:04.286 ethnicity as a social construct,

NOTE Confidence: 0.935595154762268

01:08:04.290 --> 01:08:05.280 not biological culture.

NOTE Confidence: 0.935595154762268

01:08:05.280 --> 01:08:07.590 So that's kind of like the call.

NOTE Confidence: 0.935595154762268

01:08:07.590 --> 01:08:10.560 I'm making the other journals to do the same.

NOTE Confidence: 0.859273612499237

01:08:11.220 --> 01:08:16.560 Can I see Pamela Pamela? Hi

NOTE Confidence: 0.853079934914907

01:08:16.560 --> 01:08:20.040 Hi. I I work in the

NOTE Confidence: 0.853079934914907

01:08:20.040 --> 01:08:21.780 intensive outpatient program.

NOTE Confidence: 0.853079934914907

01:08:21.780 --> 01:08:23.270 And I'm a social worker,

NOTE Confidence: 0.853079934914907

01:08:23.270 --> 01:08:25.058 have a Masters in public health,

NOTE Confidence: 0.853079934914907

01:08:25.060 --> 01:08:26.848 and have worked both in the

NOTE Confidence: 0.853079934914907

01:08:26.848 --> 01:08:28.040 adolescent and the adults.

NOTE Confidence: 0.853079934914907

01:08:28.040 --> 01:08:31.224 But I just want to say that I.

NOTE Confidence: 0.853079934914907

01:08:31.230 --> 01:08:34.452 Then I'm familiar with the research

NOTE Confidence: 0.853079934914907

01:08:34.452 --> 01:08:38.690 and that I what I found and what

NOTE Confidence: 0.853079934914907

01:08:38.690 --> 01:08:41.660 I've been doing is using brain
NOTE Confidence: 0.853079934914907

01:08:41.768 --> 01:08:45.808 based research an integrating that
NOTE Confidence: 0.853079934914907

01:08:45.808 --> 01:08:49.040 with dialectical behavior therapy,
NOTE Confidence: 0.853079934914907

01:08:49.040 --> 01:08:50.576 cognitive behavioral therapy.
NOTE Confidence: 0.853079934914907

01:08:50.576 --> 01:08:54.012 In in the track that I run,
NOTE Confidence: 0.853079934914907

01:08:54.012 --> 01:08:57.066 because I think that it helps people
NOTE Confidence: 0.853079934914907

01:08:57.070 --> 01:08:59.252 understand more concretely how behaviors,
NOTE Confidence: 0.853079934914907

01:08:59.252 --> 01:09:00.996 how lifestyle, how choices.
NOTE Confidence: 0.853079934914907

01:09:01.000 --> 01:09:03.616 I mean, we both talk about.
NOTE Confidence: 0.853079934914907

01:09:03.620 --> 01:09:05.804 Initially we talk about stressors
NOTE Confidence: 0.853079934914907

01:09:05.804 --> 01:09:07.989 an we talk about racism,
NOTE Confidence: 0.853079934914907

01:09:07.990 --> 01:09:09.301 as you know,
NOTE Confidence: 0.853079934914907

01:09:09.301 --> 01:09:11.923 as a major stressor and persistent,
NOTE Confidence: 0.853079934914907

01:09:11.930 --> 01:09:12.792 pervasive stressor.
NOTE Confidence: 0.853079934914907

01:09:12.792 --> 01:09:15.809 But we talk about all the isms
NOTE Confidence: 0.853079934914907

01:09:15.809 --> 01:09:18.476 upfront when we introduce each other.

NOTE Confidence: 0.853079934914907

01:09:18.480 --> 01:09:21.574 Every time we get a new member.

NOTE Confidence: 0.853079934914907

01:09:21.580 --> 01:09:23.897 And we talk about that so that

NOTE Confidence: 0.853079934914907

01:09:23.897 --> 01:09:26.120 we can put it out there an an we

NOTE Confidence: 0.853079934914907

01:09:26.187 --> 01:09:28.347 attribute that to the levels of

NOTE Confidence: 0.853079934914907

01:09:28.347 --> 01:09:30.274 stress and anxiety and depression

NOTE Confidence: 0.853079934914907

01:09:30.274 --> 01:09:32.758 psychosis and the other things that

NOTE Confidence: 0.853079934914907

01:09:32.758 --> 01:09:35.610 people bring to IO P you know and

NOTE Confidence: 0.853079934914907

01:09:35.610 --> 01:09:37.800 how it impacts their mental health.

NOTE Confidence: 0.853079934914907

01:09:37.800 --> 01:09:40.428 And so you know one of the things that

NOTE Confidence: 0.853079934914907

01:09:40.428 --> 01:09:43.507 I found is that incorporating you know.

NOTE Confidence: 0.853079934914907

01:09:43.510 --> 01:09:45.750 Not incredibly technical, I mean,

NOTE Confidence: 0.853079934914907

01:09:45.750 --> 01:09:47.985 I'm I'm not a neurologist

NOTE Confidence: 0.853079934914907

01:09:47.985 --> 01:09:49.780 or anything like that,

NOTE Confidence: 0.853079934914907

01:09:49.780 --> 01:09:52.054 but but using integrating brain,

NOTE Confidence: 0.853079934914907

01:09:52.054 --> 01:09:54.344 brain basics and understanding of

NOTE Confidence: 0.853079934914907

01:09:54.344 --> 01:09:56.948 the brain for people really helps.

NOTE Confidence: 0.853079934914907

01:09:56.950 --> 01:09:59.638 I think helps to motivate people

NOTE Confidence: 0.853079934914907

01:09:59.638 --> 01:10:01.880 to want to understand more.

NOTE Confidence: 0.845176100730896

01:10:06.460 --> 01:10:08.140 Do do deep breathing.

NOTE Confidence: 0.845176100730896

01:10:08.140 --> 01:10:10.230 You know what I mean?

NOTE Confidence: 0.845176100730896

01:10:10.230 --> 01:10:12.750 We do a lot of mindfulness.

NOTE Confidence: 0.845176100730896

01:10:12.750 --> 01:10:15.258 We do a lot of motivation.

NOTE Confidence: 0.845176100730896

01:10:15.260 --> 01:10:17.350 I mean, well, motivation yes,

NOTE Confidence: 0.845176100730896

01:10:17.350 --> 01:10:19.450 but I meant physical activation

NOTE Confidence: 0.845176100730896

01:10:19.450 --> 01:10:21.130 and things like that.

NOTE Confidence: 0.845176100730896

01:10:21.130 --> 01:10:24.056 But we also attribute that to the

NOTE Confidence: 0.845176100730896

01:10:24.056 --> 01:10:26.151 stressors and help people identify

NOTE Confidence: 0.845176100730896

01:10:26.151 --> 01:10:28.227 how those connections feed their

NOTE Confidence: 0.845176100730896

01:10:28.227 --> 01:10:30.609 stress and then how they can

NOTE Confidence: 0.845176100730896

01:10:30.609 --> 01:10:33.194 help to ameliorate it and help

NOTE Confidence: 0.845176100730896

01:10:33.194 --> 01:10:34.950 them develop stronger coping.

NOTE Confidence: 0.845176100730896
01:10:34.950 --> 01:10:36.570 You know, healthier coping.
NOTE Confidence: 0.845176100730896
01:10:36.570 --> 01:10:39.370 Skills so I only bring that out.
NOTE Confidence: 0.845176100730896
01:10:39.370 --> 01:10:42.522 Not that you know I'm doing not to
NOTE Confidence: 0.845176100730896
01:10:42.522 --> 01:10:45.158 count myself so much as just that.
NOTE Confidence: 0.845176100730896
01:10:45.160 --> 01:10:48.248 I think you know we're talking about this.
NOTE Confidence: 0.845176100730896
01:10:48.250 --> 01:10:50.566 I think the audience is predominantly,
NOTE Confidence: 0.845176100730896
01:10:50.570 --> 01:10:52.880 you know except for Doctor Childs
NOTE Confidence: 0.845176100730896
01:10:52.880 --> 01:10:55.972 who I I saw is here, you know,
NOTE Confidence: 0.845176100730896
01:10:55.972 --> 01:10:57.130 is predominantly researchers
NOTE Confidence: 0.845176100730896
01:10:57.130 --> 01:10:58.288 and professors etc.
NOTE Confidence: 0.845176100730896
01:10:58.290 --> 01:11:01.335 But I think you know taking this
NOTE Confidence: 0.845176100730896
01:11:01.335 --> 01:11:03.707 information and actually applying it in
NOTE Confidence: 0.845176100730896
01:11:03.707 --> 01:11:07.554 the therapy is the way or is one of the ways.
NOTE Confidence: 0.845176100730896
01:11:07.554 --> 01:11:09.524 Certainly that we're going to
NOTE Confidence: 0.845176100730896
01:11:09.524 --> 01:11:11.100 be able to have,
NOTE Confidence: 0.845176100730896

01:11:11.100 --> 01:11:11.804 you know,
NOTE Confidence: 0.845176100730896

01:11:11.804 --> 01:11:14.268 to make changes and to help people
NOTE Confidence: 0.845176100730896

01:11:14.268 --> 01:11:16.641 use this information and apply it
NOTE Confidence: 0.845176100730896

01:11:16.641 --> 01:11:19.893 to their daily lives in a way that
NOTE Confidence: 0.845176100730896

01:11:19.893 --> 01:11:21.948 can bring some meaningful personal
NOTE Confidence: 0.845176100730896

01:11:21.948 --> 01:11:24.672 change and hopefully change to
NOTE Confidence: 0.845176100730896

01:11:24.672 --> 01:11:27.208 families and ultimately communities.
NOTE Confidence: 0.845176100730896

01:11:27.210 --> 01:11:27.610 So.
NOTE Confidence: 0.8443803191185

01:11:29.250 --> 01:11:31.680 Thank thank you.
NOTE Confidence: 0.8443803191185

01:11:31.680 --> 01:11:36.836 I I agree and yeah. I think.
NOTE Confidence: 0.8443803191185

01:11:36.836 --> 01:11:40.154 I'm glad that trauma informed care
NOTE Confidence: 0.8443803191185

01:11:40.154 --> 01:11:43.113 has become very commonly used
NOTE Confidence: 0.8443803191185

01:11:43.113 --> 01:11:46.599 term and people are applying it.
NOTE Confidence: 0.8443803191185

01:11:46.600 --> 01:11:48.820 And like all good things,
NOTE Confidence: 0.8443803191185

01:11:48.820 --> 01:11:51.922 once it's used, we find what
NOTE Confidence: 0.8443803191185

01:11:51.922 --> 01:11:54.869 some of the deficiencies are and.

NOTE Confidence: 0.8443803191185
01:11:54.870 --> 01:11:57.390 In many ways I hear a lot of I don't
NOTE Confidence: 0.8443803191185
01:11:57.460 --> 01:11:59.700 want to be defined by my trauma,
NOTE Confidence: 0.8443803191185
01:11:59.700 --> 01:12:01.398 which I think is really true,
NOTE Confidence: 0.8443803191185
01:12:01.400 --> 01:12:02.820 so this isn't my idea,
NOTE Confidence: 0.8443803191185
01:12:02.820 --> 01:12:04.863 but but we need to move from a trauma
NOTE Confidence: 0.8443803191185
01:12:04.863 --> 01:12:06.183 informed perspective to healing
NOTE Confidence: 0.8443803191185
01:12:06.183 --> 01:12:07.567 centered perspective and those
NOTE Confidence: 0.8443803191185
01:12:07.567 --> 01:12:09.350 the Little Trope about that is,
NOTE Confidence: 0.8443803191185
01:12:09.350 --> 01:12:10.780 you know, trauma informed care
NOTE Confidence: 0.8443803191185
01:12:10.780 --> 01:12:12.480 is not what's wrong with you,
NOTE Confidence: 0.8443803191185
01:12:12.480 --> 01:12:13.900 but what happened to you?
NOTE Confidence: 0.8443803191185
01:12:13.900 --> 01:12:15.320 Well, in healing center care,
NOTE Confidence: 0.8443803191185
01:12:15.320 --> 01:12:17.584 the next step is what's right with you.
NOTE Confidence: 0.8443803191185
01:12:17.590 --> 01:12:19.006 Three people don't want to
NOTE Confidence: 0.8443803191185
01:12:19.006 --> 01:12:20.894 be defined by their traumas,
NOTE Confidence: 0.8443803191185

01:12:20.894 --> 01:12:23.300 they won't be defined by what's
NOTE Confidence: 0.8443803191185

01:12:23.374 --> 01:12:24.430 right with him.
NOTE Confidence: 0.8443803191185

01:12:24.430 --> 01:12:24.760 Absolutely,
NOTE Confidence: 0.8835768699646

01:12:24.760 --> 01:12:26.908 and you know. So dealing with
NOTE Confidence: 0.8835768699646

01:12:26.908 --> 01:12:28.340 the stigmatization of mental
NOTE Confidence: 0.8835768699646

01:12:28.406 --> 01:12:29.951 illness and mental health care
NOTE Confidence: 0.8835768699646

01:12:29.951 --> 01:12:32.299 in the 1st place is at the root.
NOTE Confidence: 0.8835768699646

01:12:32.300 --> 01:12:35.825 But also I I felt I feel like one of the
NOTE Confidence: 0.8835768699646

01:12:35.825 --> 01:12:39.049 one of the assets that I am repeatedly.
NOTE Confidence: 0.8835768699646

01:12:39.050 --> 01:12:41.146 Struck by that that.
NOTE Confidence: 0.8835768699646

01:12:41.146 --> 01:12:43.766 The communities of people of
NOTE Confidence: 0.8835768699646

01:12:43.766 --> 01:12:46.780 color have is resilience and I
NOTE Confidence: 0.8835768699646

01:12:46.780 --> 01:12:49.930 don't feel like that gets enough,
NOTE Confidence: 0.8835768699646

01:12:49.930 --> 01:12:52.060 you know, gets enough playtime
NOTE Confidence: 0.8835768699646

01:12:52.060 --> 01:12:53.764 because when you consider,
NOTE Confidence: 0.8835768699646

01:12:53.770 --> 01:12:56.605 I don't and I don't mean in any way

NOTE Confidence: 0.8835768699646

01:12:56.605 --> 01:12:59.662 to minimize the poor health outcomes

NOTE Confidence: 0.8835768699646

01:12:59.662 --> 01:13:02.317 and the negative the negative.

NOTE Confidence: 0.8835768699646

01:13:02.320 --> 01:13:04.900 The negative experiences or the negative?

NOTE Confidence: 0.8835768699646

01:13:04.900 --> 01:13:07.050 The negative outcomes that are

NOTE Confidence: 0.8835768699646

01:13:07.050 --> 01:13:08.770 caused by these stressors,

NOTE Confidence: 0.8835768699646

01:13:08.770 --> 01:13:11.938 but I think you know there is that people

NOTE Confidence: 0.8835768699646

01:13:11.938 --> 01:13:15.646 of color in African Americans in particular,

NOTE Confidence: 0.8835768699646

01:13:15.650 --> 01:13:17.370 that that they're resilience

NOTE Confidence: 0.8835768699646

01:13:17.370 --> 01:13:18.660 and their strength.

NOTE Confidence: 0.8835768699646

01:13:18.660 --> 01:13:19.520 You know,

NOTE Confidence: 0.8835768699646

01:13:19.520 --> 01:13:22.530 in the in the in the midst.

NOTE Confidence: 0.8835768699646

01:13:22.530 --> 01:13:24.354 This diversity is.

NOTE Confidence: 0.8835768699646

01:13:24.354 --> 01:13:26.178 Is not amazing,

NOTE Confidence: 0.8835768699646

01:13:26.180 --> 01:13:29.029 but it's so powerful and I feel

NOTE Confidence: 0.8835768699646

01:13:29.029 --> 01:13:32.469 like that's an asset that often gets

NOTE Confidence: 0.8835768699646

01:13:32.469 --> 01:13:35.124 overlooked an is understated so.
NOTE Confidence: 0.876905202865601

01:13:36.760 --> 01:13:39.046 So we're we're out of time.
NOTE Confidence: 0.876905202865601

01:13:39.050 --> 01:13:40.578 I appreciate everyone coming
NOTE Confidence: 0.876905202865601

01:13:40.578 --> 01:13:42.488 in all of your comments,
NOTE Confidence: 0.876905202865601

01:13:42.490 --> 01:13:44.380 and certainly there's lots more
NOTE Confidence: 0.876905202865601

01:13:44.380 --> 01:13:47.014 discussion to be had and grand rounds
NOTE Confidence: 0.876905202865601

01:13:47.014 --> 01:13:49.710 and other aspects of where we meet in
NOTE Confidence: 0.876905202865601

01:13:49.786 --> 01:13:52.420 come together and address these topics.
NOTE Confidence: 0.876905202865601

01:13:52.420 --> 01:13:54.330 So certainly to be continued,
NOTE Confidence: 0.876905202865601

01:13:54.330 --> 01:13:57.144 but I really want to thank doctor
NOTE Confidence: 0.876905202865601

01:13:57.144 --> 01:13:59.133 Pachter for being here and
NOTE Confidence: 0.876905202865601

01:13:59.133 --> 01:14:01.583 sharing a body of work with us.
NOTE Confidence: 0.876905202865601

01:14:01.590 --> 01:14:03.828 And I think it's really helpful
NOTE Confidence: 0.876905202865601

01:14:03.828 --> 01:14:06.563 and informative to all of us on
NOTE Confidence: 0.876905202865601

01:14:06.563 --> 01:14:08.508 personal and professional levels so.
NOTE Confidence: 0.876905202865601

01:14:08.510 --> 01:14:09.770 Thank you so much.

NOTE Confidence: 0.852865755558014

01:14:10.410 --> 01:14:12.416 Thank you, thanks for having me.