SYSTEMATIC RACISM AND ITS IMPACT ON THE MENTAL AND PHYSICAL HEALTH OF BLACK AMERICANS
Disclosure

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Learning Objectives

• Take a historical view of how we got here

• Systematic view of how racism impacts multiple areas of living

• Why racism hurts all of us

• What can we as individuals and as the collective do to deconstruct the framework of racism?
Denial

• Benefit of Whiteness
• Benefit of ignoring the “caste system”
• “I didn’t create it”
• “I’m not responsible”
• “Me and my family didn’t own slaves”

“I don’t see race”
Stages of Grief and Loss by Kubler-Ross

- **Denial**
  - Behaving as if there isn’t a problem
  - Not listening

- **Anger**
  - Feeling like a failure
  - Fear and frustration

- **Bargaining**
  - If I’m a good person…
  - Treat everyone right

- **Depression**
  - Learned helplessness

- **Acceptance**
  - Seeing where I’m at and doing all I can
  - I have a plan
Different Types of Racism

• Individual
  • *Person-to-person*
    • Bias, stereotypes, pre-judgment, generalizations of a group as compared to White individuals
    • Microaggression vs. macroaggression, covert vs. overt, implicit vs. explicit bias

• Structural
  • *Institution-to-people*
    • Policy and practices that benefit one group over another

• Systematic
  • *Historical and systematic interplay*
    • The interplay of policies and practices of multiple institutions that place people of color at a generational disadvantage
Poverty

• 10.1% of Whites

• 26.2% of Blacks
  • 44% of single parents
  • 10% of married parents
  • 28% of living alone

• 14% of general population lives in poverty

Physical Health and Healthcare

• Social determinants of health are conditions in which people are born, grow, live, work, and age
  • Shaped by the distribution of money, power, and resources at global, national, and local levels
• Neighborhood, healthcare, economic stability, education, social, and community
  • No parks and walking trails, food deserts
• Racial divides persist even when controlling for socioeconomic factors
• Black women with college degrees had a 1.6x higher pregnancy death rate
• Black newborns had a 3x higher death rate when assigned to white physicians

Healthy People 2020’s Social Determinants of Health: A comprehensive overview of social determinants, interventions and, resources.
Housing

- Redlining
  - Denial of services and loans by public and private sector to a particular area deemed to be poor and of financial risk
- Displacement
  - Eviction, acquisition, and destruction of homes due to escalating rents and property taxes
- Exclusion
  - Not being allowed to get a home in a particular area
- Segregation
  - Denial of equal access to housing

*Gross denial of generational wealth*

Incarceration

• More likely to be arrested, convicted and have harsher punishments

• In 2001
  • 1 of 3 Black males can be expected to be incarcerated
  • 1 in 17 White males

• More likely to be tried as adults
  • Seen as being older

Nutrition

• Increased incidents of morbidity and mortality, poor survival, and diet-related chronic diseases
  • Food decision, eating, and the social experience

• Food deserts
  • Low-quality foods

• Increased amount of fast food
  • Subsidizing fast food restaurants

• Poverty and affordability

• Food stamps and social services

Toxic Environments

- Environmental racism—racial discrimination in environmental policymaking, the enforcement of regulations and laws, the deliberate targeting of communities of color for toxic waste facilities, the official sanctioning of the life-threatening presence of poisons and pollutants in our communities, and the history of excluding people of color from leadership of the ecology movements

- Landfills
- Chemical plants
- Air pollutants

A college education is thought to be a primary vehicle in reducing poverty and to decreasing the racial financial gap.

Less qualified teachers, less advanced class, fewer resources.

Lower scores on testing, bias in expectations.

Carl Brigham, a known believer in eugenics, created the SAT.

Less likely to be hired:
- Black-sounding names
- White high school dropouts land jobs at same rate as Black college grads.

https://uncf.org/pages/k-12-disparity-facts-and-stats
U.S. Department of Education Office for Civil Rights Civil Rights Data Collection: Data Snapshot (College and Career Readiness) March 21, 2014
Bureau of Labor Statistics and the U.S. Census
Work and Employment

• Employment and wage discrimination adversely impacts ethnic minorities, and especially women in marginalized groups

• Education and discrimination

• CEOs and management

• Wage gap discrimination

Bertrand M, Mullainathan S. Are Emily and Greg more employable than Lakisha and Jamal? A field experiment on labor market discrimination. Am Econ Rev 2004;94(4):991-1013
Media “Black Super Thug”

• The impact of racial bias in criminal news reporting has a direct impact on the public’s view of Black Americans and promotes fear in the community
  • More often will be shown in threatening manner
  • More likely to have their picture shown

• Sales and advertisement

Dixon TL. Good guys are still always in white? Positive change and continued misrepresentation of race and crime on local television news. Communication Research 2017;44(6)775-92.
Financial

• There is a wide, pervasive, and currently growing wealth gap between White and Black Americans; the current systems in place further grow these differences

• Wealth gap

• Trusting advice and financial literacy


Child and Adolescent: Punishment vs. Treatment

• Clear discriminatory practices have been seen in each level of the legal system when dealing with Black youth

• Perceptions by law enforcement

• Trial as adults

• Are perceived to be older

Anti-Racist

• "Anti-racism is an active and conscious effort to work against multidimensional aspects of racism," Robert J. Patterson, professor of African American Studies at Georgetown University, told Business Insider.

• Racism scholar Ibram X. Kendi says one is either racist or anti-racist. There is no room for neutrality, and there is no such thing as a "non-racist."
Detriment to the Oppressor

- 5.4% of all Whites live in poverty
  - 12% of US citizens are poor
  - 67% of those are White
- 1146 people are killed in the US by police in 2018
  - 399 were White (the largest population)
- Declining life expectancy among all Whites, especially in the White rural poor

What can we do?

• Deconstruct?

• Protective factors

• Is there a case for reparations?
  • Generations
  • Is it possible to catch up?
Taking a stand against racism!

The Anti-Racist
How do I join the fight against racism?
If we all work together...we will be stronger on the other side of all of this!
Suggested Readings and Documentaries

Caste
The Origins of our Discontents
Isabel Wilkerson
Winner of the Pulitzer Prize
Author of THE WARMTH OF OTHER SUNS

HOW TO BE AN ANTIRACIST
IBRAM X. KENDI
NATIONAL BOOK AWARD-WINNING AUTHOR OF STAMPED FROM THE BEGINNING

I AM NOT YOUR NEGRO
Written by James Baldwin
Directed by Raoul Peck

13TH
Documentary on Civil Rights

Explained
FULL EPISODE
Thank You!

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