

COVID-19, Communities of Color, & Social Determinants of Health

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amfAR Study of COVID-19 Impact in Counties with Greater than Average Black Residents

- 91% of disproportionately black counties are located in the southern US
- COVID-19 cases and deaths increased with proportion of blacks residents in counties
- 97% of disproportionately black counties had at least one COVID-19 diagnosis compared to only 80% of all other counties
- 49% of black counties had at least one COVID-19 death compared to 28% of all other counties
- Underlying conditions **did not** explain these disparities
 - Health care access
 - # people in shared housing
 - Unemployment



COVID-19 Cases and Deaths in Disproportionately Black Counties

COVID-19 Case Reports: 1
Disp. Black Counties:* 0
All Other Counties:* 1

Jan 23, 2020

COVID-19 Death Reports: 0
Disp. Black Counties:* 0
All Other Counties:* 0



State and local health agency reported confirmed cases of COVID-19
Data Source: USAFacts; Population Data: US Census

* Disproportionately black counties are those with 13% of population or more black. County level data is missing for some cases and deaths so will not sum to national total.

<https://ehe.amfar.org>

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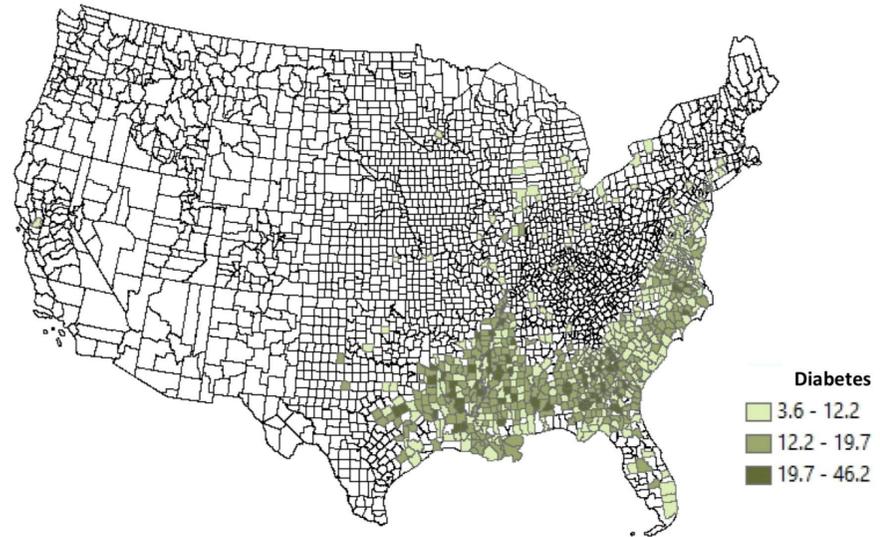
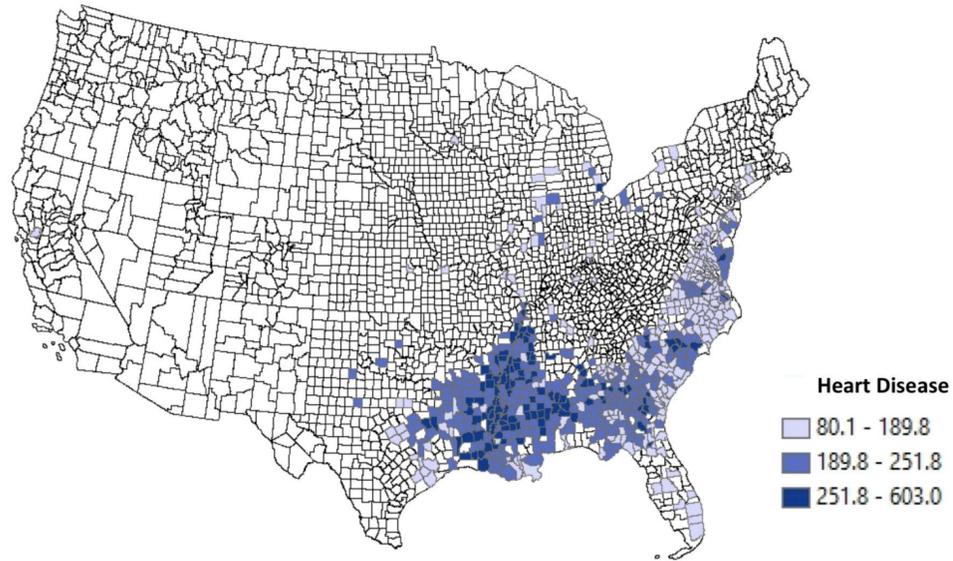


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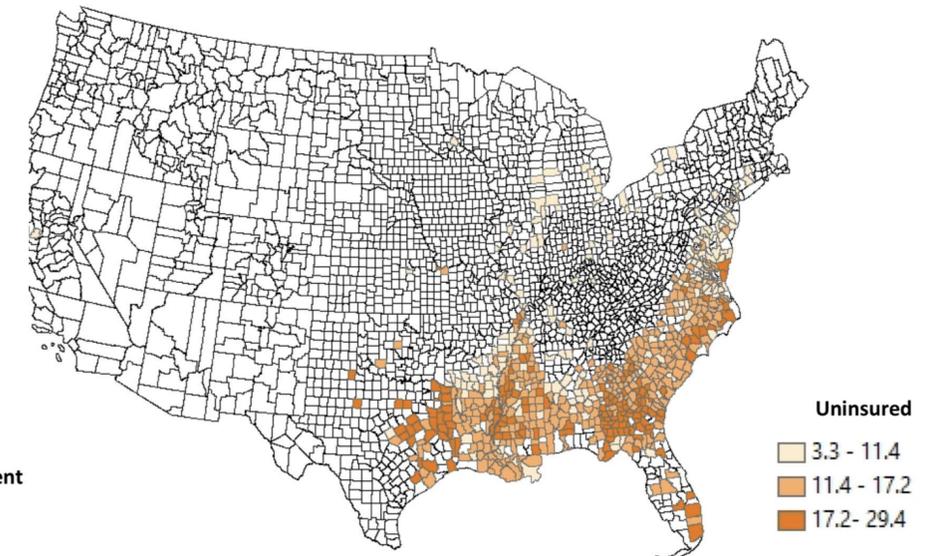
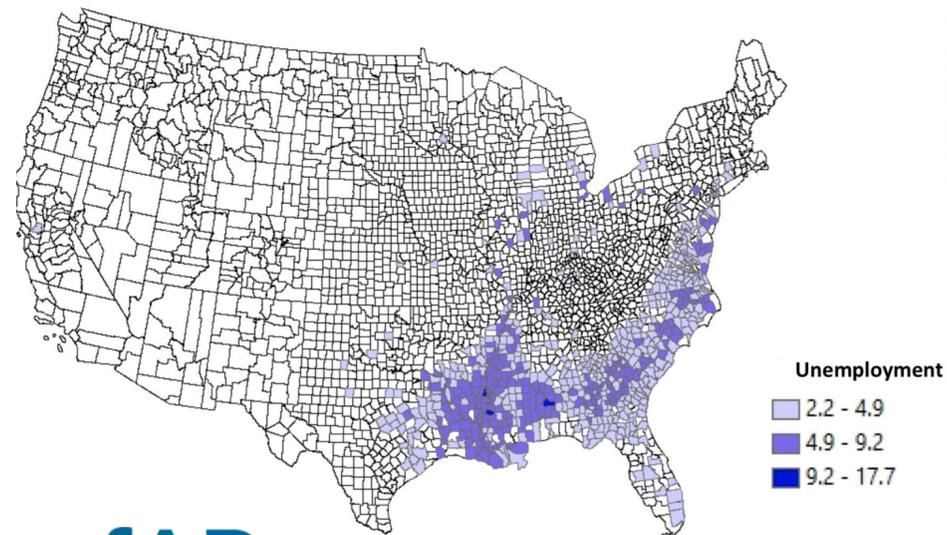
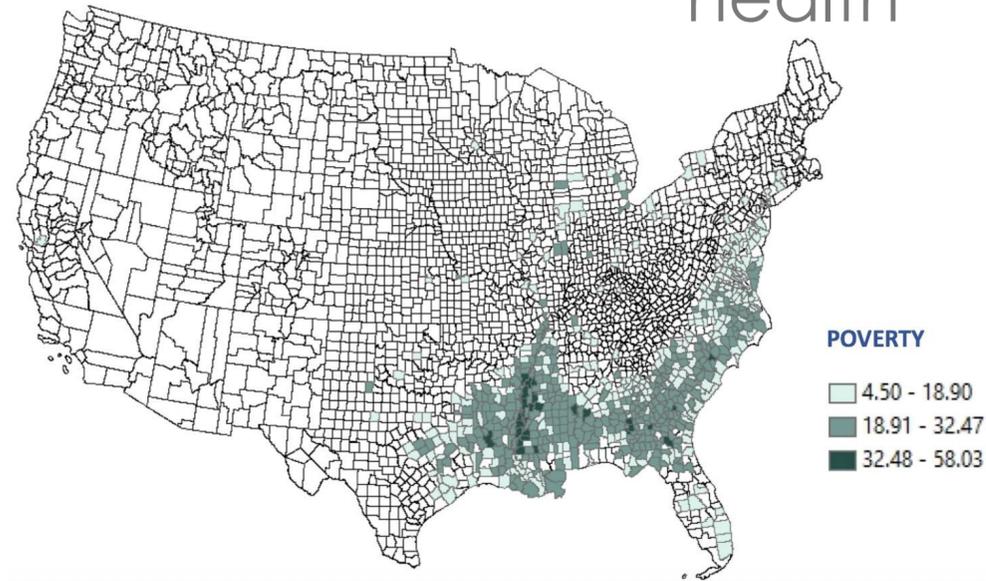
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The Social Determinants of Health

Underlying health conditions



Social determinants of health

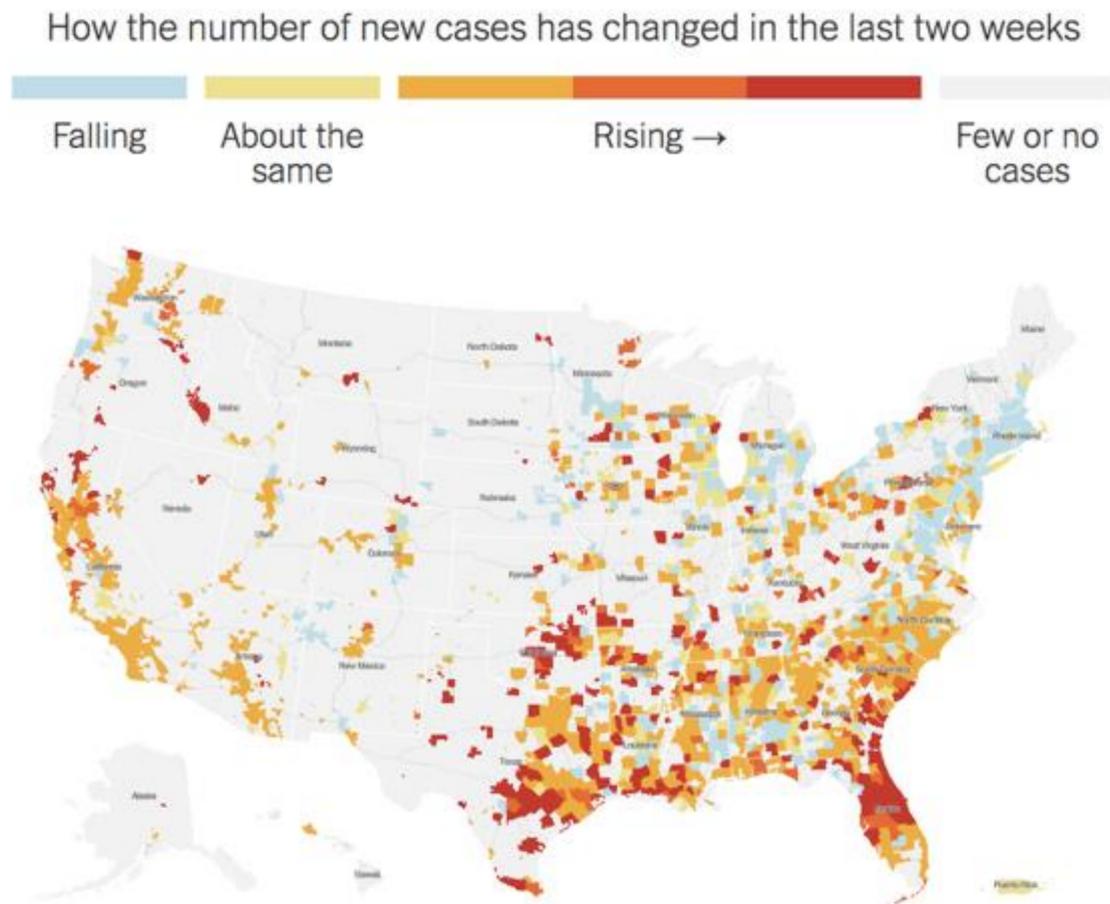


(Poteat et al, 2020)

COVID-19 Risk is Rising in the Latinx Community Since Economy Re-Opening

The New York Times

Updates on the surges in Texas, California, Arizona and Florida.



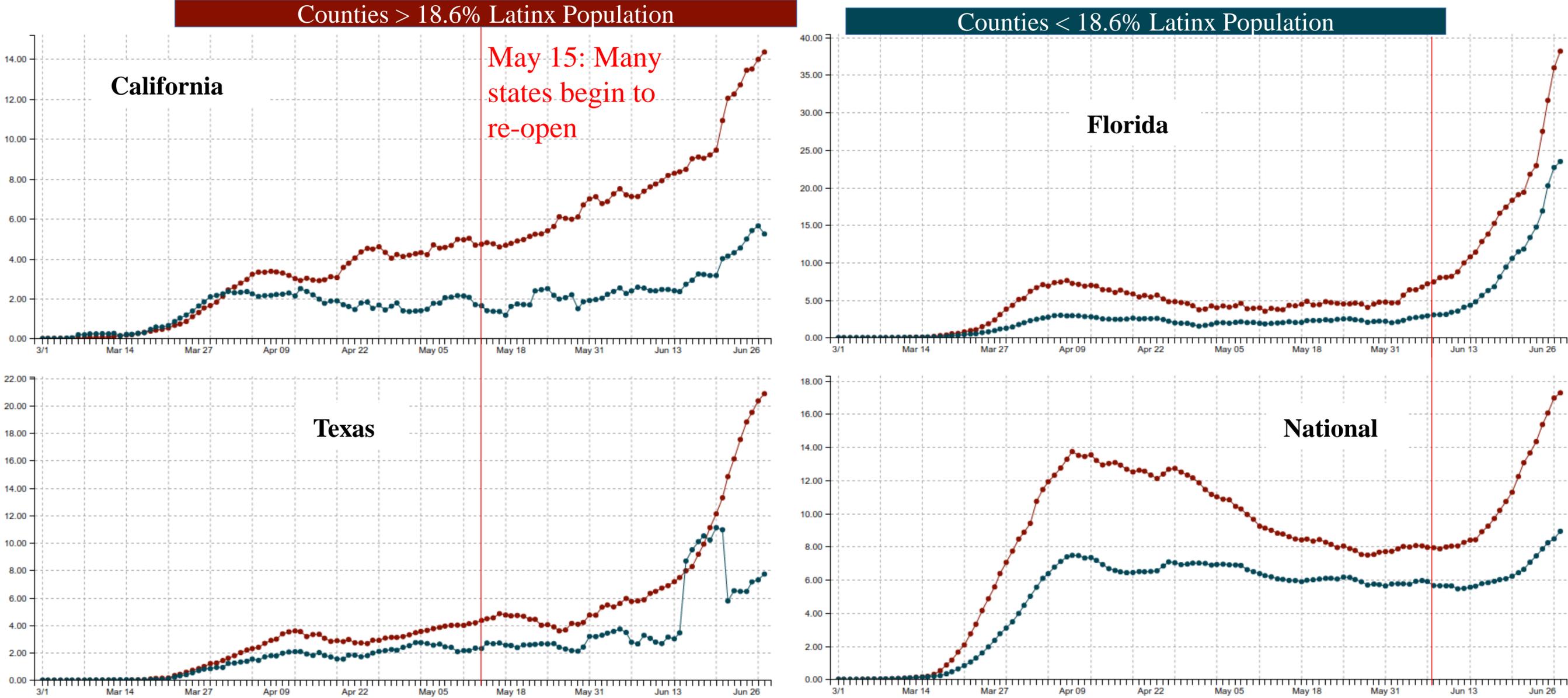
The New York Times

Many Latinos Couldn't Stay Home. Now Virus Cases Are Soaring in Their Communities.

Rates of coronavirus infection among Latinos have risen rapidly across the United States.



Figure 1: 7-Day Moving Average of New COVID-19 Cases per 100,000 by Percentage of Latinx Population in California, Florida, Texas, and Nation (March 1 – June 29, 2020)



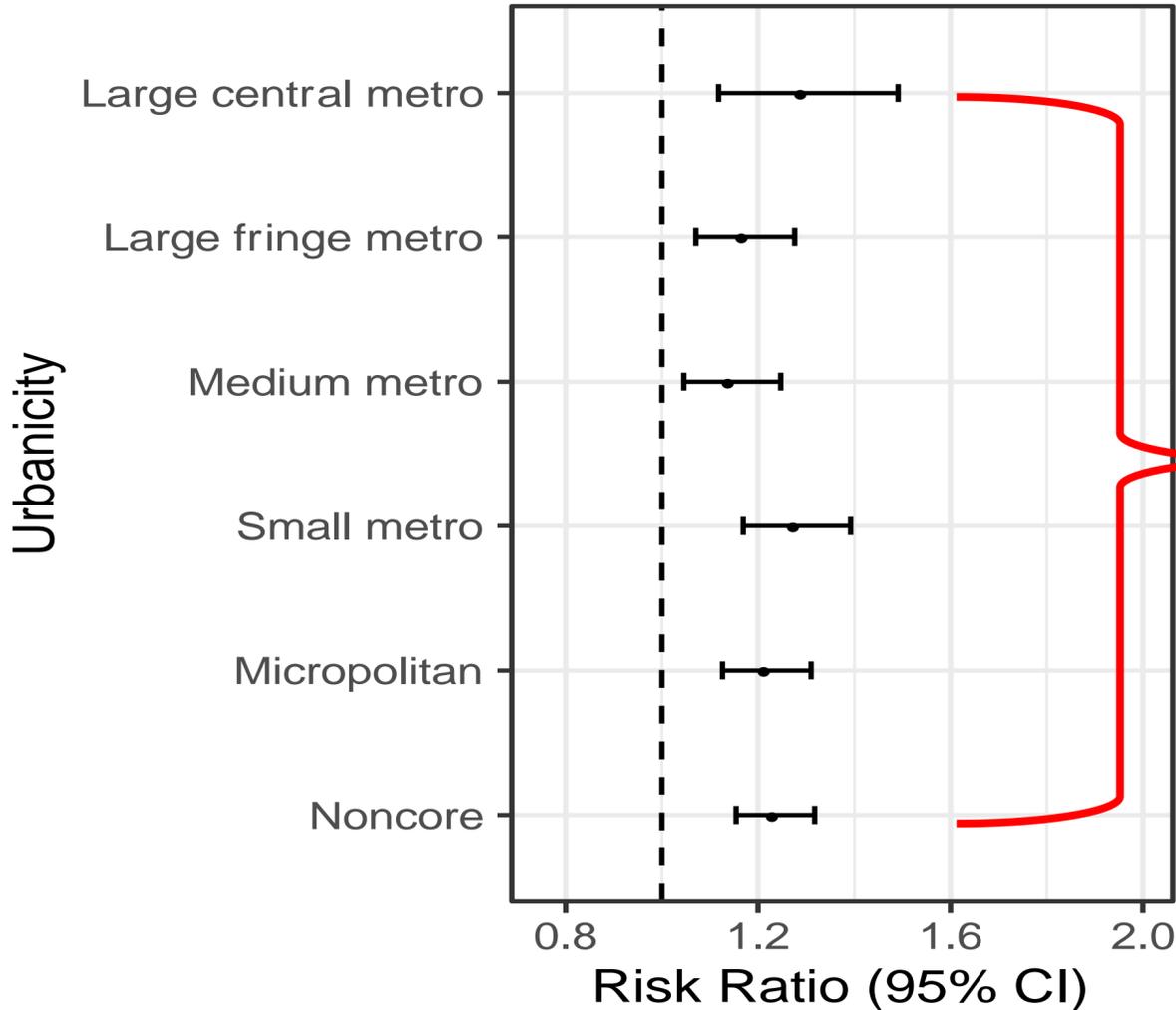
COVID-19 diagnoses since reopening the US have disproportionately impacted Latinx communities

<https://ehe.amfAR.org>



COVID-19 Cases in 13% or more Black & 19% or more Latinx Counties— Urban vs Rural

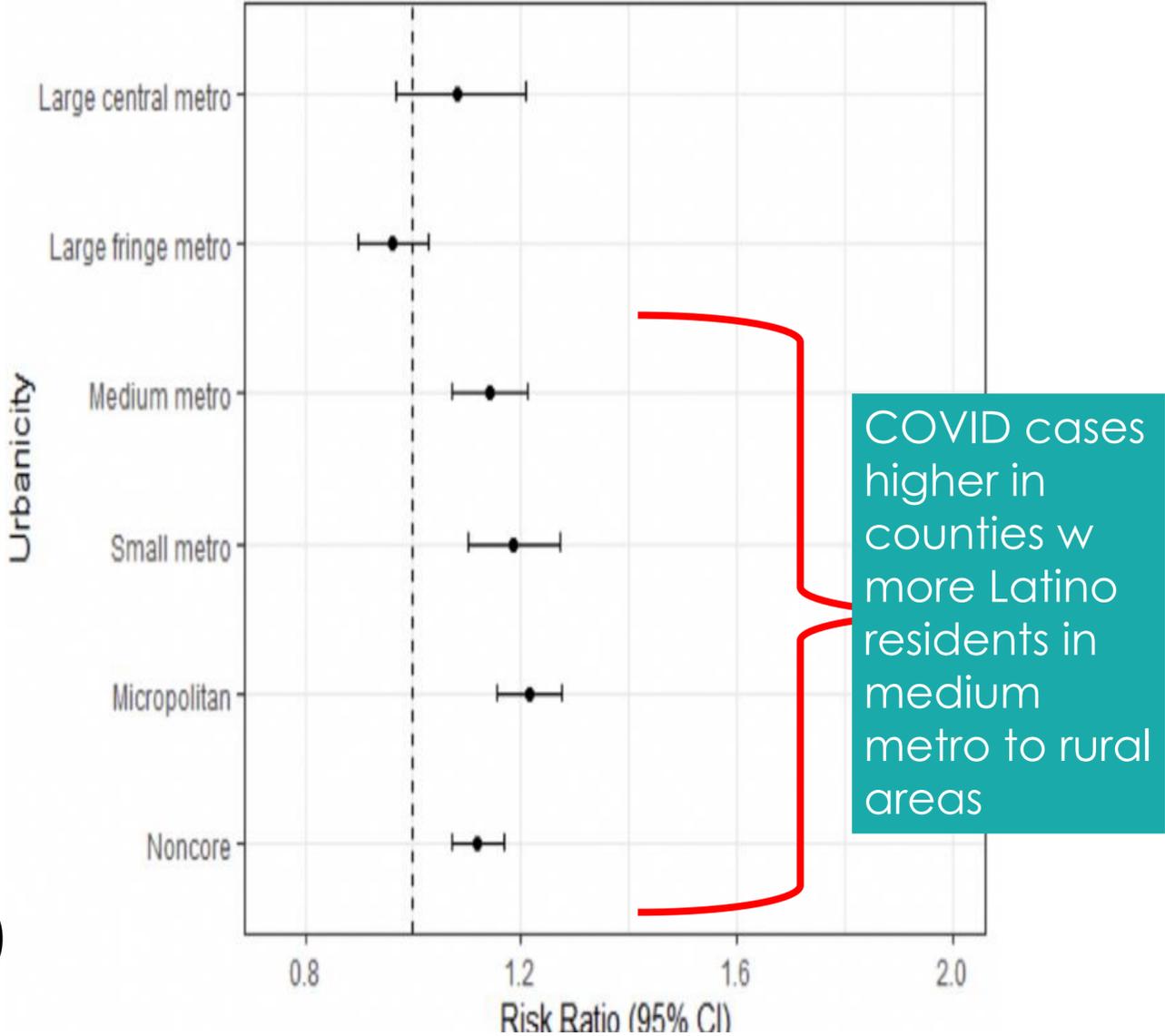
Black Counties



COVID cases higher in counties w more black residents no matter metro size or level of urbanicity

(Millett et al., 2020)

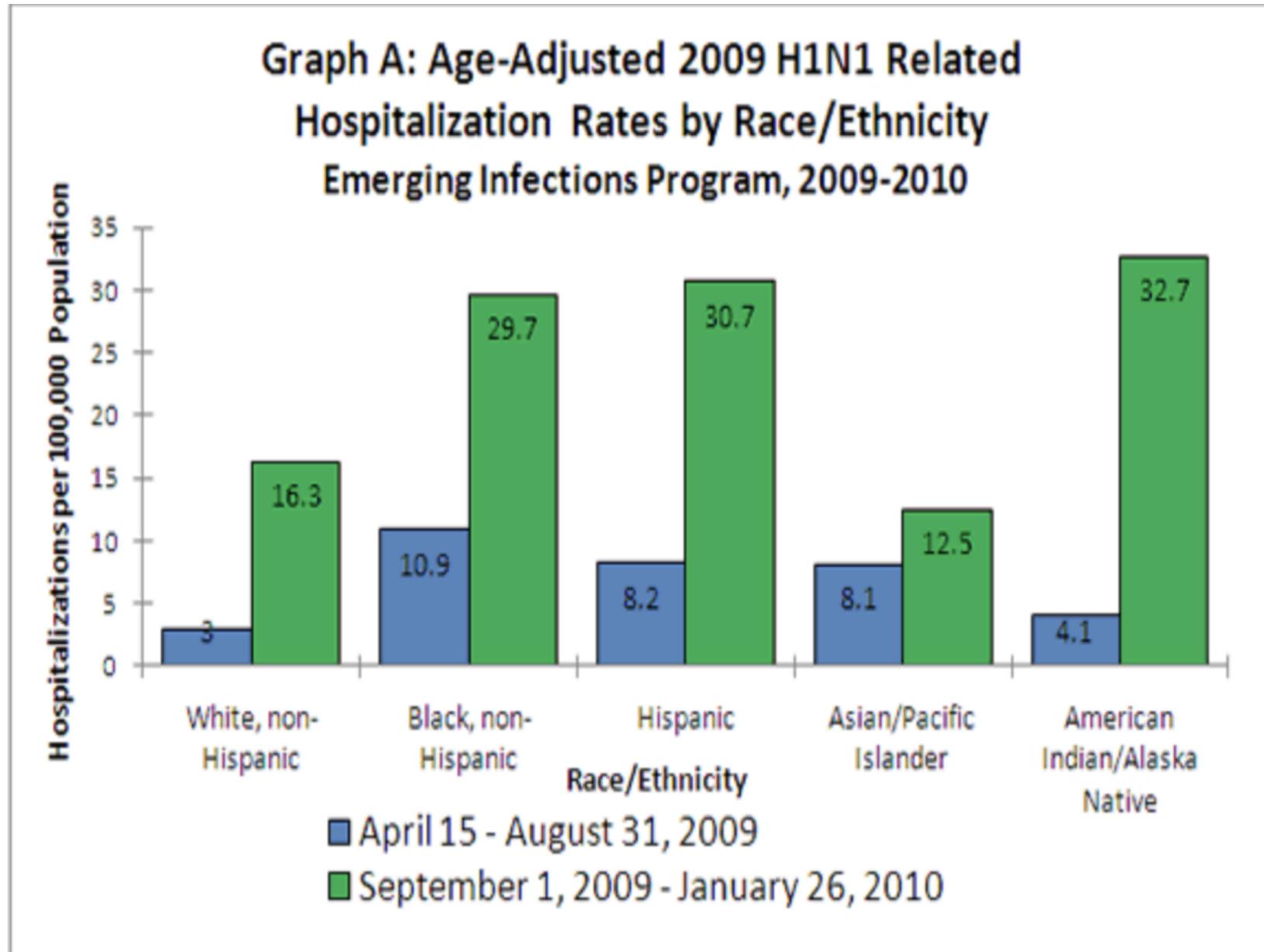
Latino Counties



COVID cases higher in counties w more Latino residents in medium metro to rural areas



COVID-19 and H1N1: Same Outcomes A Decade Apart



Annals of Internal Medicine® Search Anywhere

LATEST ISSUES IN THE CLINIC JOURNAL CLUB MULTIMEDIA CME/MOC AUTHORS/SUBMIT

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This Time Must Be Different: Disparities During the COVID-19 Pandemic FREE

Kirsten Bibbins-Domingo, PhD, MD, MAS

[Author, Article and Disclosure Information](#)

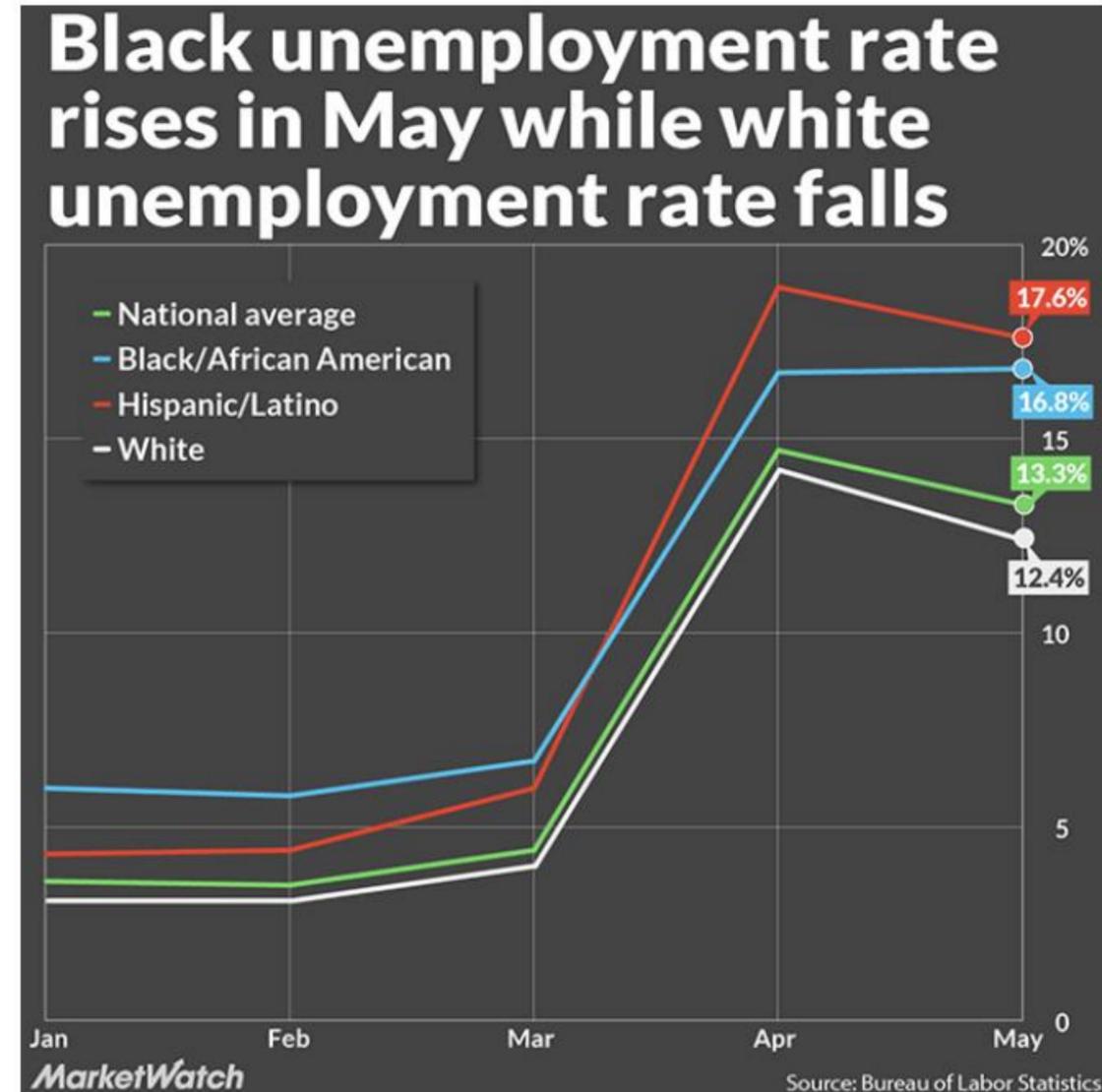
<https://doi.org/10.7326/M20-2247>

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After reports of racial and ethnic disparities in the U.S. pandemic, a large, nationally representative survey provided empirical evidence regarding the sources of these disparities (1). The authors found that increased likelihood of exposure to the virus, increased susceptibility to severe consequences of the infection, and lack of health care access were all important contributors, and they concluded with pointed, domain-specific recommendations to mitigate these disparities. The clarity of this path

COVID-19 & Economic Losses Impact on Black Communities

African-American unemployment soars, as do COVID-19 deaths



POLITICO

CORONAVIRUS

Black community braces for next threat: Mass evictions

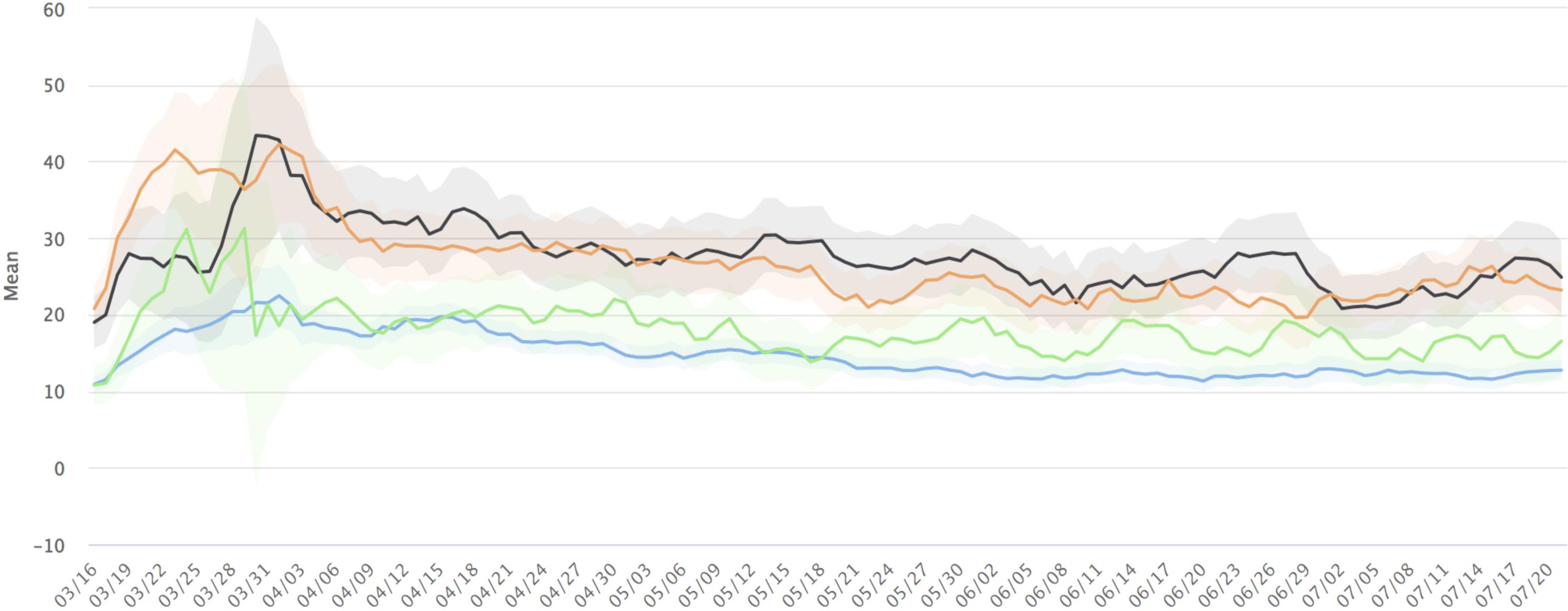
A federal moratorium on evictions — which only applies to the 1 in 4 rental units that are backed by the government — expires in a matter of weeks.



Perceived chance of running out of money in next three months



National sample; 7-day window



Race-ethnicity
● White ■ Black ▲ Other ◆ Hispanic





40% of black-owned businesses not expected to survive coronavirus

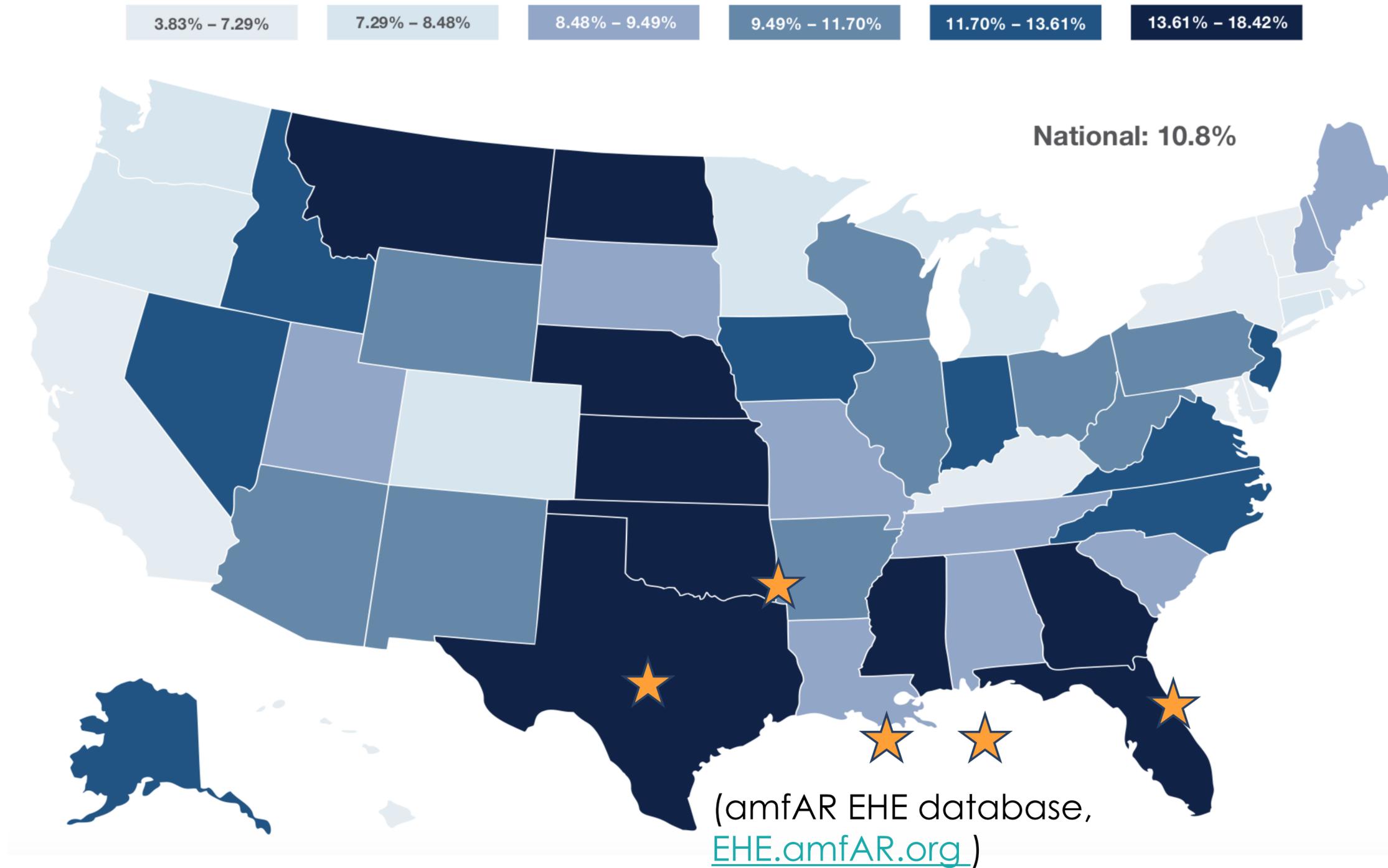
GROUP	PERCENTAGE CHANGE	NUMBER OF OWNERS IN APRIL	DECLINE
Black	-41%	637,769	-441,347
Immigrant	-36%	2,009,597	-1,110,667
Latinx	-32%	1,412,925	-657,971
Asian	-26%	657,896	-230,632
White	-17%	8,761,531	-1,791,884

Stanford Institute for Economic Policy Research

(Fairlie et al, May 2020)



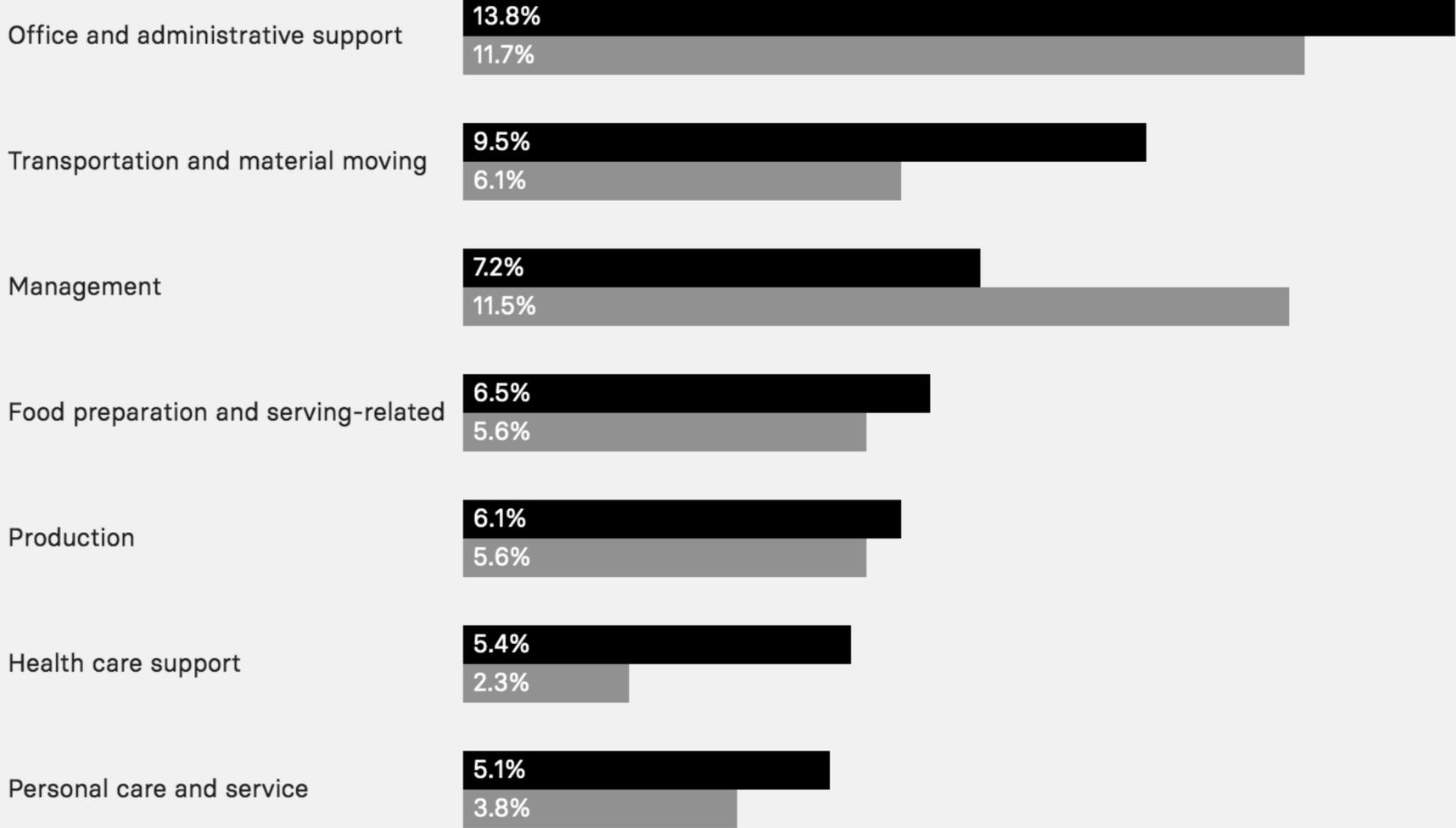
Percentage of Uninsured Black Americans by State



Black Workers By Area Of Employment

The percentage share (%), shown across occupational groups.

■ Share of black workers ■ Share of total workers



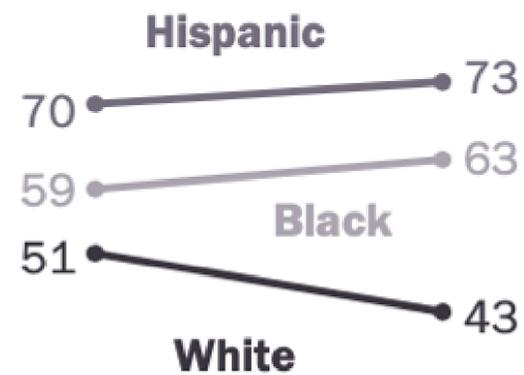
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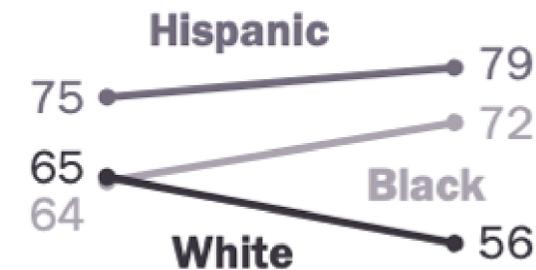
COVID-19 Concerns Differ By Race/ Ethnicity

% who say they are *very* or *somewhat* concerned that they ...

Will get COVID-19 and require hospitalization

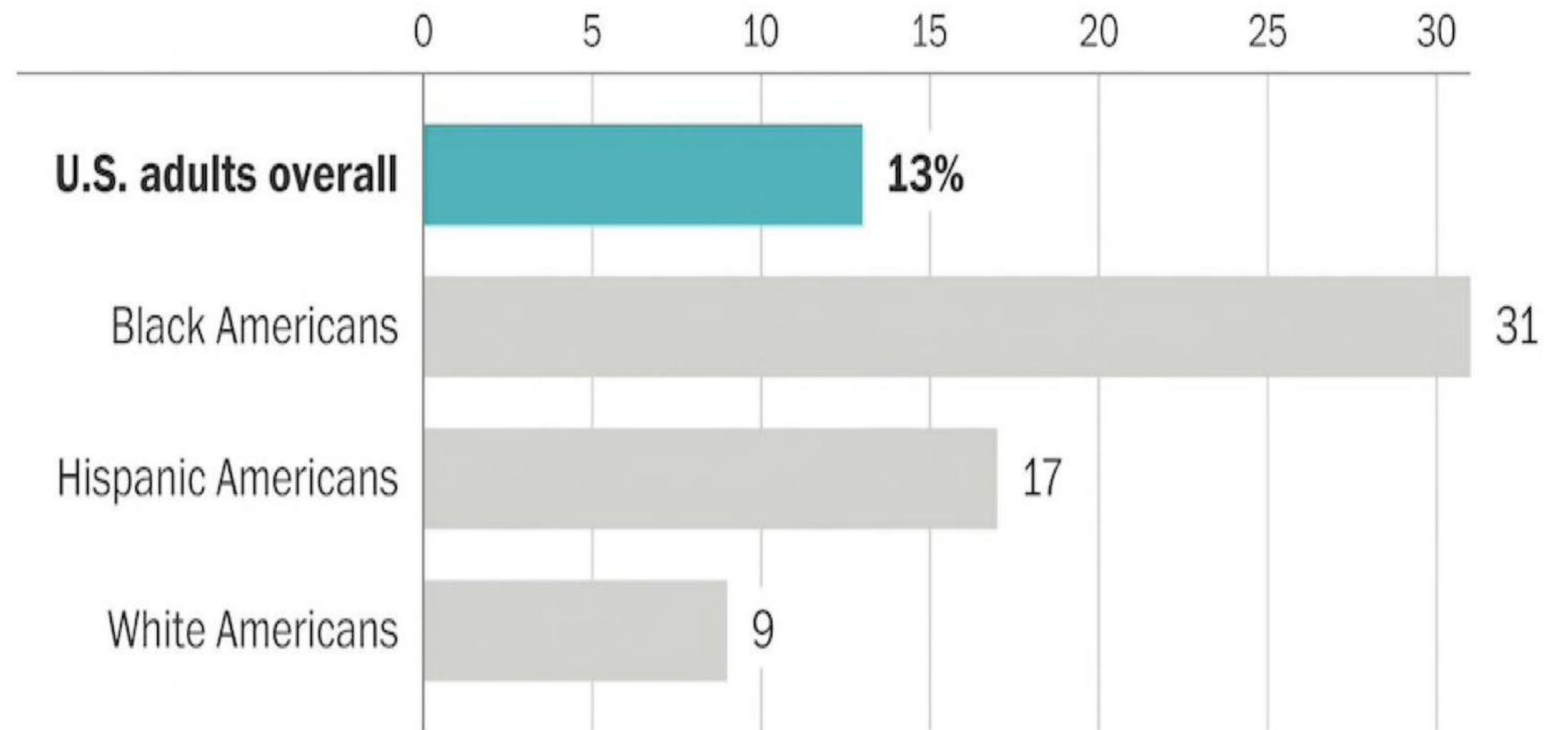


Might unknowingly spread COVID-19 to others



Black Americans are far more likely to know someone who has died of the coronavirus than others

Q: Do you personally know anyone who has died from the coronavirus, or not? (% saying they know someone who died)



(Washington Post-Ipsos Poll, June 2020)

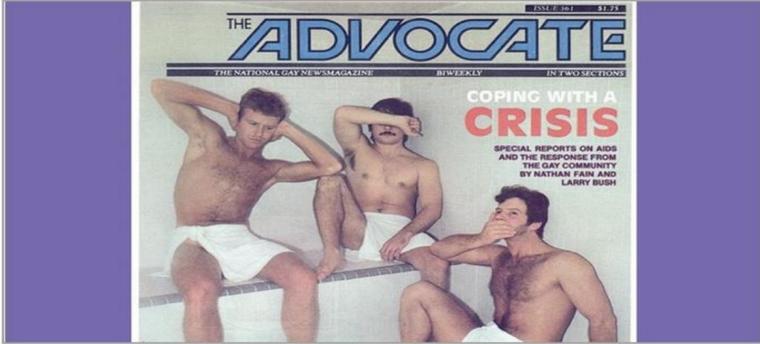
(Pew Poll, June 2020)

Echoes from Our Past: Testing 'Positive' and Pages of Obituaries

ADVOCATE

COMMENTARY ►

'I Tested Positive:' A Horrible Flashback for HIV Survivors



A 1983 cover of The Advocate

An oft-repeated sentence is triggering infinite pain.

BY JOHN CASEY
MARCH 23 2020 4:27 PM EDT

That sentence, "I tested positive" inaugurated sorrowfully more than 30 years ago was a death sentence. Literally a death



Sinophobia, Coronavirus and Discrimination



Coronavirus on college campuses: Fight fear and racism along with the outbreak

The Washington Post
Democracy Dies in Darkness

Trump has no qualms about calling coronavirus the 'Chinese Virus.' That's a dangerous attitude, experts say.



When Xenophobia Spreads Like A Virus

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COVID-19: Perspective from an HIV Survivor

How to Survive a Plague

By Andrew Sullivan



“And this will change us. It must. All plagues change society and culture, reversing some trends while accelerating others...”

The one thing we know about epidemics is that at some point they will end. The one thing we don't know is who we will be then.”



Thank you!

Greg Millett

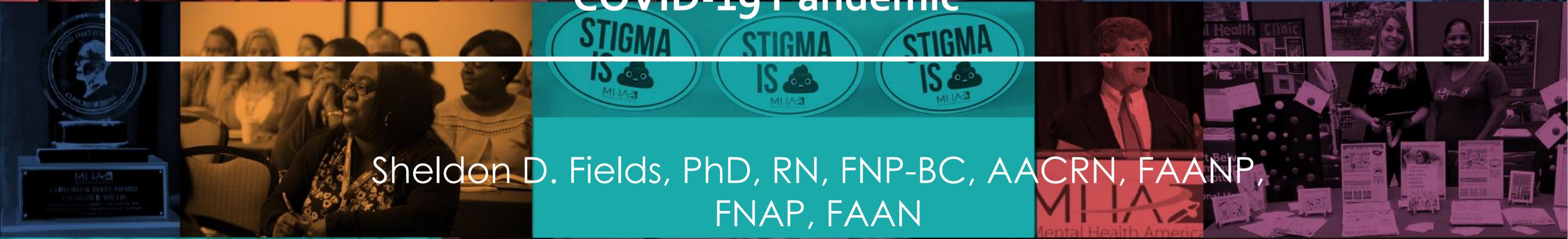
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Balancing the Physical, Mental, and Educational Health Needs of BIPOC Communities during the COVID-19 Pandemic



Sheldon D. Fields, PhD, RN, FNP-BC, AACRN, FAANP, FNAP, FAAN

First Vice President – National Black Nurses Association



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COVID-19 Pandemic

Definition: a mild to severe respiratory illness that is caused by a coronavirus (Severe acute respiratory syndrome coronavirus 2 of the genus Betacoronavirus), is transmitted chiefly by contact with infectious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus, and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure

- **CO** = Corona
- **VI** = Virus
- **D** = Disease
- **19** = 2019 the year the virus was identified

Scientific Facts:

- There is currently no FDA approved vaccine to protect against COVID-19
- There is no specific antiviral treatment recommended for COVID-19 (***Remdesivir is being used***)
- Supportive care to relieve symptoms is the standard of care
- The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19
- The wearing of mask / face coverings decrease exposure
- A person can be asymptomatic and still be infected with COVID-19 and spread it
- It is still not clear if a person can be re-infected with COVID-19

The History of the COVID-19 Pandemic

- 12/31: Pneumonia cases in Wuhan China
- **1/20: 1st U.S. case confirmed**
- 1/30: WHO declared Global Health emergency
- 2/11: WHO names COVID-19
- 2/23: Italian surge & European spike
- 2/29" 1st Report death in the U.S.
- 3/13: U.S. declared state of emergency (51 DEAD)
- 3/15: CDC bans gatherings of >50 people (72 DEAD)
- 3/26: U.S. leads world in the # of COVID cases (80K)
- 3/27: 2.2 Trillion-dollar CARES act signed
- 4/2: 10 million unemployed in the U.S. **(6,654 DEAD)**
- 4/24: GA, TN, SC begin to reopen **(50,720 DEAD)**
- 4/26: 200,000 dead worldwide
- 5/21: 5 million COVID-19 cases globally **(93,606 DEAD)**
- 5/25: **U.S. death toll nears 100,000**
- 6/10: Cases = 1,987,936 **(112,198 DEAD)**
- **7/12: FL post record high # of cases in one day = 15,299**
- 7/13: No Deaths reported in NYC
- 7/21: CDC estimates that U.S. cases maybe 10X higher

COVID-19 Cases as of July 21, 2022

Cases overview



United States

Confirmed

3.9M

+55,896

Recovered

1.13M

Deaths

143K

+390



Worldwide

Confirmed

14.8M

+306K

Recovered

8.34M

Deaths

612K

+6,108

Black, Indigenous, People of Color

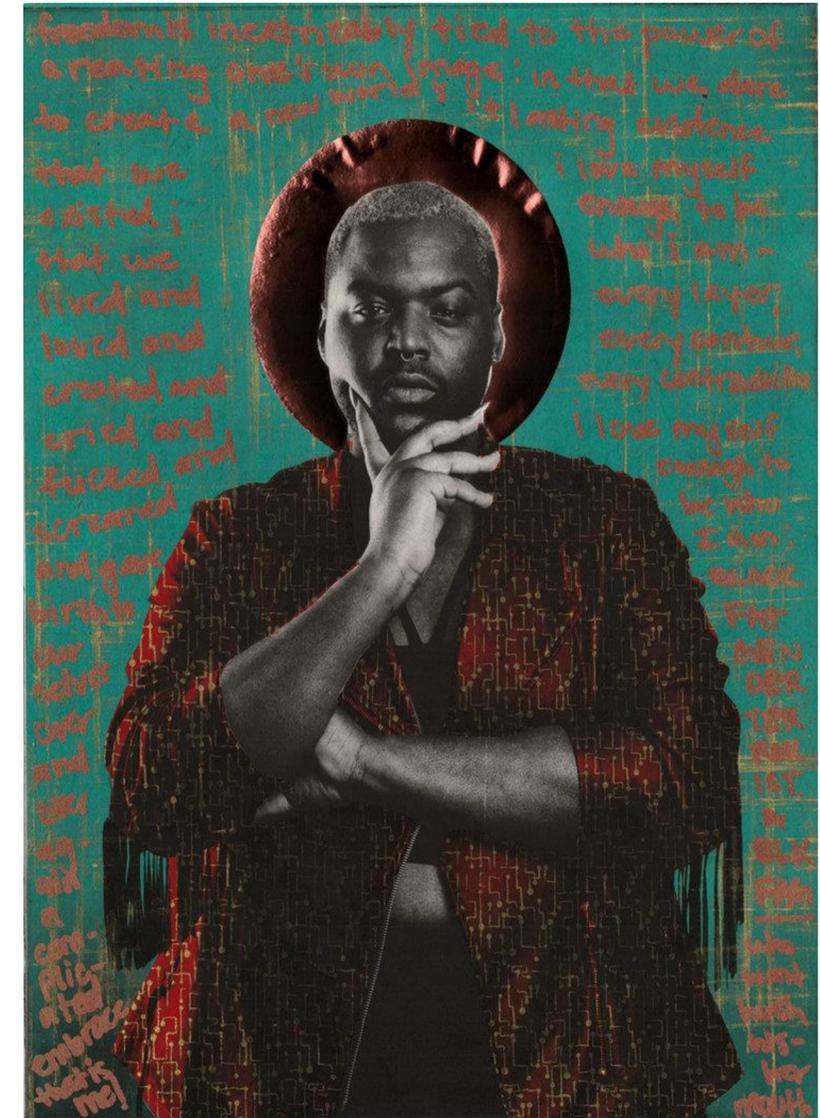
- **Black** can refer to dark-skinned peoples of Africa, Oceania, and Australia or their descendants without regard for the lightness or darkness of skin tone, and who were enslaved by white people
- **Indigenous** refers to ethnic groups native to the Americas, and who were killed in mass by white people
- **People of color** is an umbrella term for non-white people
- **BIPOC** is significant in recognizing that Black and Indigenous people are severely impacted by systemic racial injustices



Black is, Black Ain't

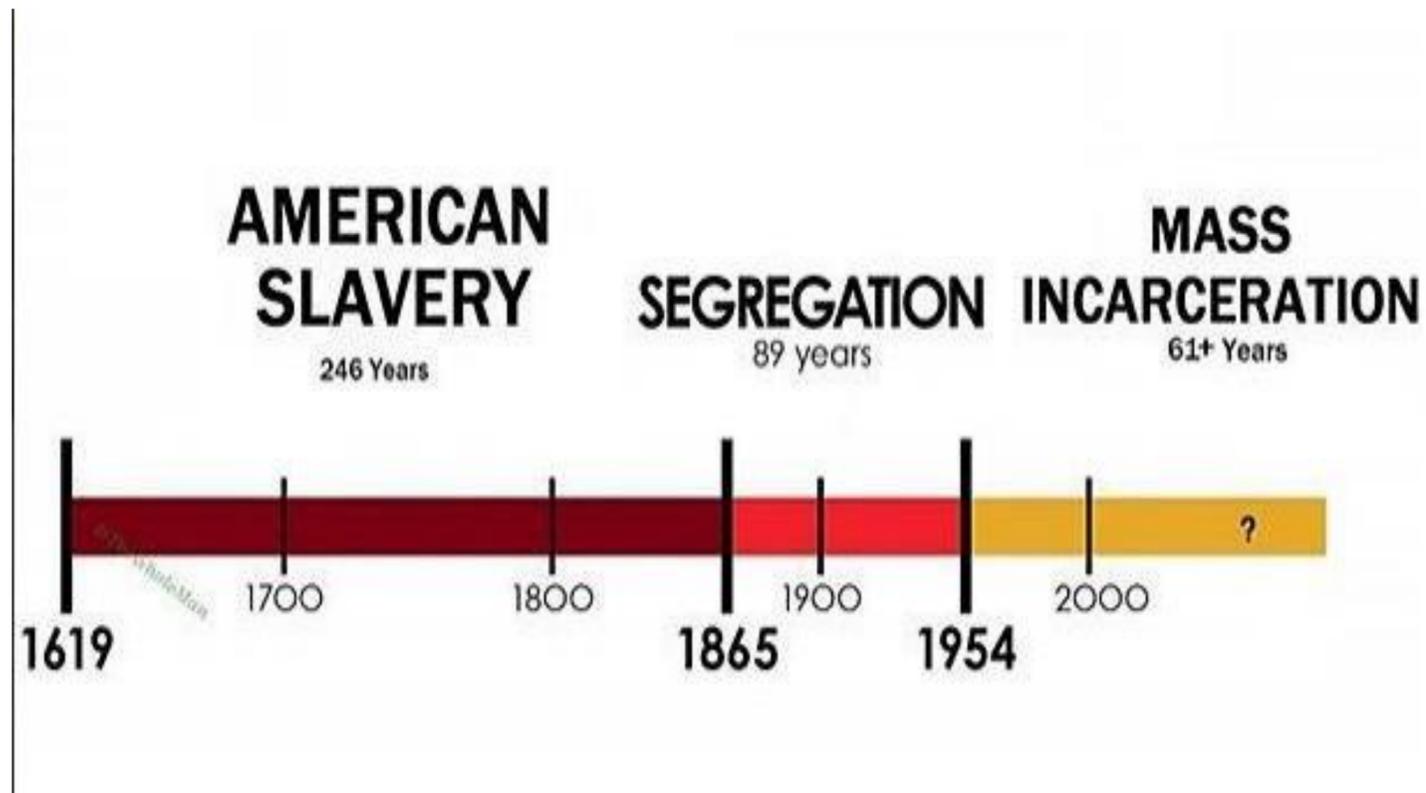
Blackness is simultaneously a category, a group, a culture, a community, and an identity that varies between individuals. Blackness involved an awareness of one's history, a shared experience, and a comfort in one's current skin with an idealized hope for the future

L'Pree, C. (2017, July 23). What is Blackness? Retrieved from charisselpree.me: <https://charisselpree.me/2017/07/23/blackness/>



Get Your Knee Off of Our Necks

BLACK LIVES MATTER



Historical Trauma

Trauma upon trauma that occurs in history to a specific group of people causing emotional and mental wounding both during their lives and to the generations that follow

- **Jews:** Holocaust
- **Japanese:** Internment
- **American Indian:** Genocide, relocation
- **Blacks:** Slavery, Segregation, Jim crow

Individual Level impact

- Symptoms of PTSD, survivor guilt, anxiety, anger grief, depressive symptomology
- Impaired communication
- Substance Abuse
- Exaggerated personal attachments or independence
- Impaired Self-esteem
- Catastrophic Expectancy – preoccupation with death

Family Level impact

- Impaired family communication
- Stress around parenting

Community Level impact

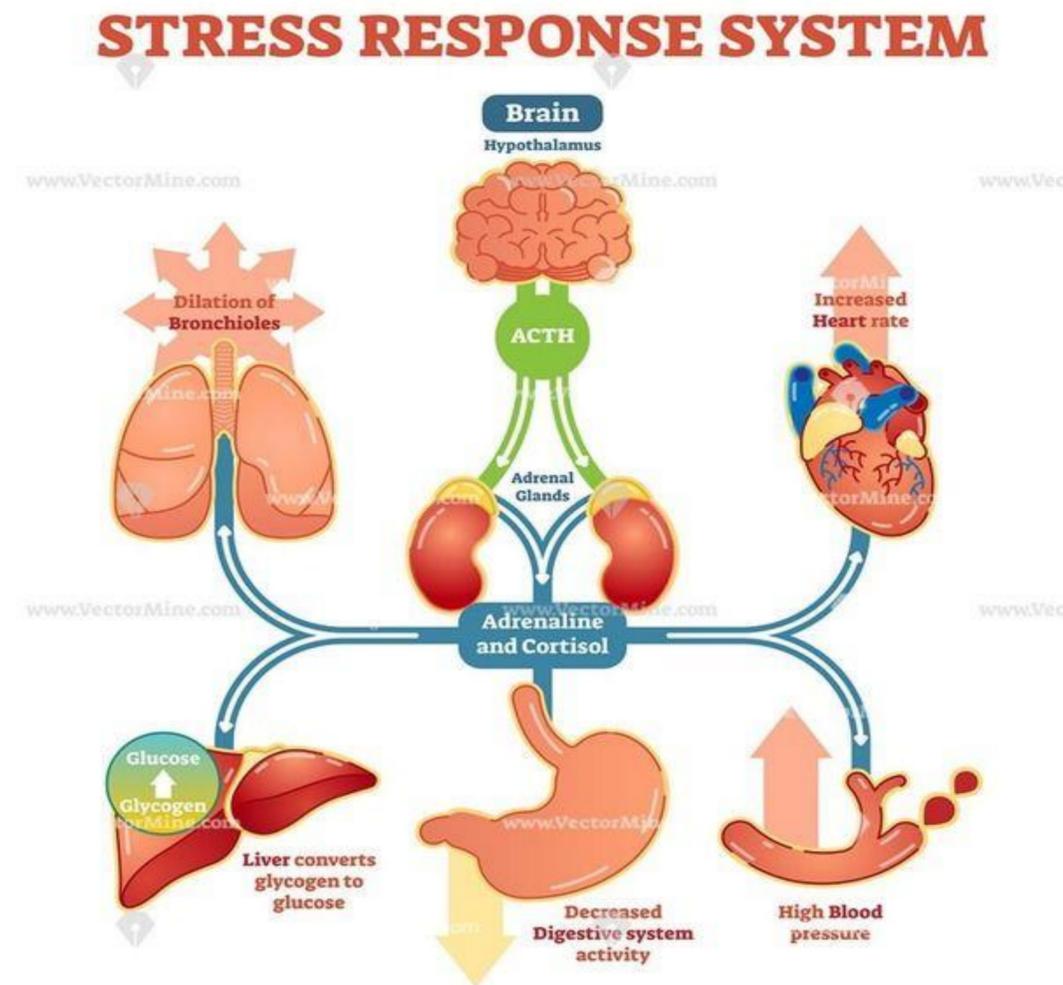
- Breakdown of traditional culture, customs, languages, practices & values
- Loss of traditional rites of passage
- High rates of alcoholism
- High rates of physical illness
- Internalized racism

Racism is Stress(ful)

When you feel threatened, your nervous system **responds** by releasing a flood of **stress** hormones, including adrenaline and cortisol, which rouse the **body** for emergency action.

Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper

Stress response doesn't stop firing, and these **stress** levels stay elevated far longer than is necessary for survival, it can take a toll on your health.



The Effects of Stress on the Body

The Effects of Stress on Your Body

insomnia	headaches
depression	increased risk of stroke
fatigue	autoimmune disease
alzheimers	obesity
premature aging	increased risk of cancer
breathing problems	asthma
circulation problems	increased risk of heart attack
hormone imbalances	acid reflux
high blood sugar	high blood pressure
stomachache	unhappiness
weakened immune system	erectile dysfunction
menstrual irregularities	fertility problems
decreased libido	

HOW STRESS & ANXIETY AFFECTS YOUR BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

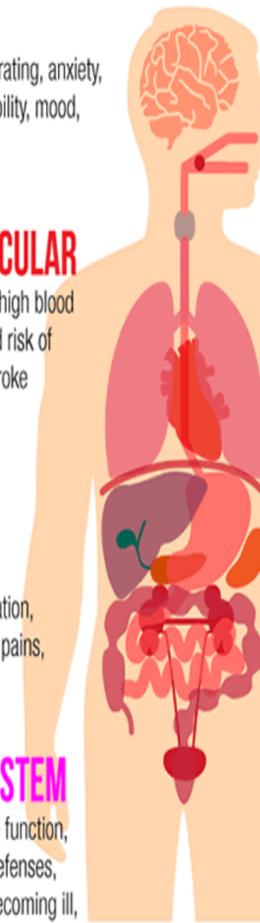
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

The Psychological Effects of Stress

Depression or Sadness

Anxiety or Fear

Moodiness

Restlessness

Nightmares / Insomnia

Emotional fatigue (I am Tired)

Lack of motivation or focus

Irritability or anger

Suspiciousness

Forgetfulness

Boredom

African Americans experience more severe forms of mental health conditions due to unmet needs and other barriers

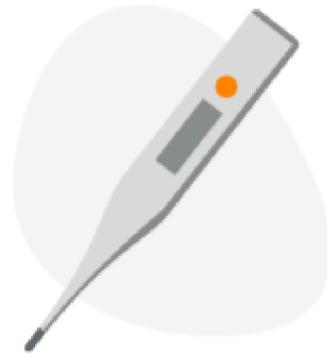
- **In 2017, suicide was the second leading cause of death for African Americans, ages 15 to 24**
- **The death rate from suicide for African American men is four times greater than for African American women**
- **Adult African Americans are 20% more likely to report serious psychological distress than adult Whites**
- **African American youth who are exposed to violence are at a greater risk for PTSD by over 25%**

Physical Symptoms of COVID-19

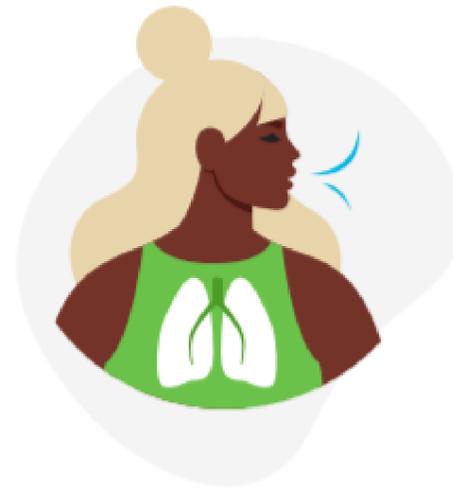
Symptoms usually appear one to 14 days after exposure. Watch out for:



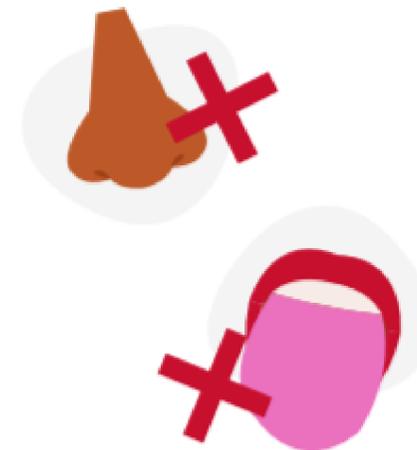
Cough



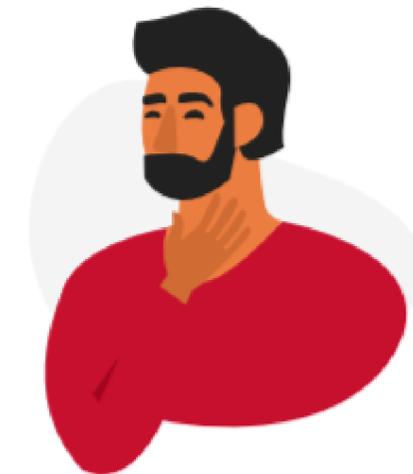
High fever



Shortness
of breath

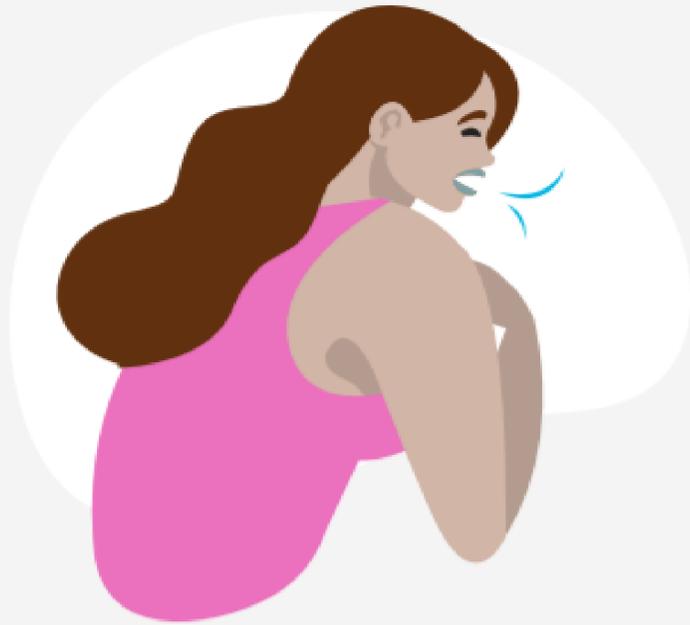


Loss of smell
or taste

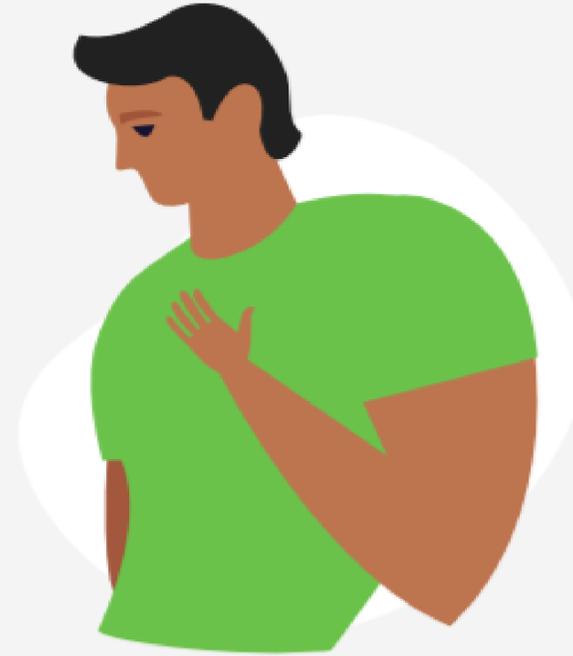


Sore throat

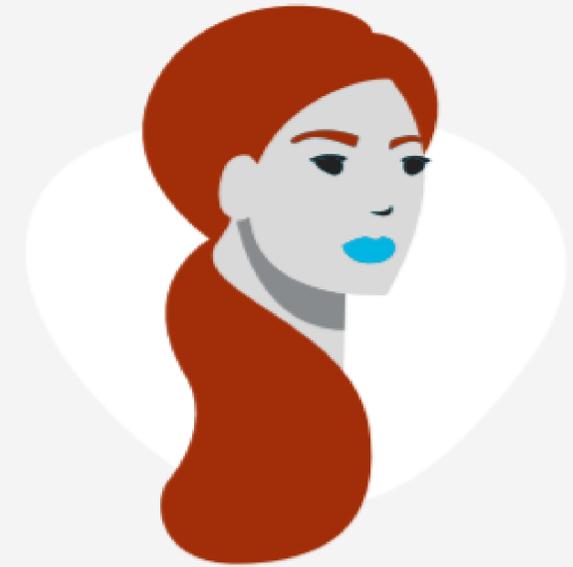
When to Seek Emergency Care



Extreme trouble
breathing



Pain or pressure
in the chest that
doesn't go away



Bluish lips
or grayish face

Health Care Disparities

The World Health Organization (WHO) defines health disparities as:

Differences in health outcomes that are closely linked with social, economic, and environmental disadvantage- are often driven by the social conditions in which individuals live, learn, work, and play

- **When white folks catch a cold, Black folks get pneumonia**

COVID-19 Racial Disparities

- Non-Hispanic American Indian or Alaska Native persons have a rate approximately **5 times** that of non-Hispanic white persons,
- non-Hispanic black persons have a rate approximately **5 times** that of non-Hispanic white persons,
- Hispanic or Latino persons have a rate approximately **4 times** that of non-Hispanic white persons.

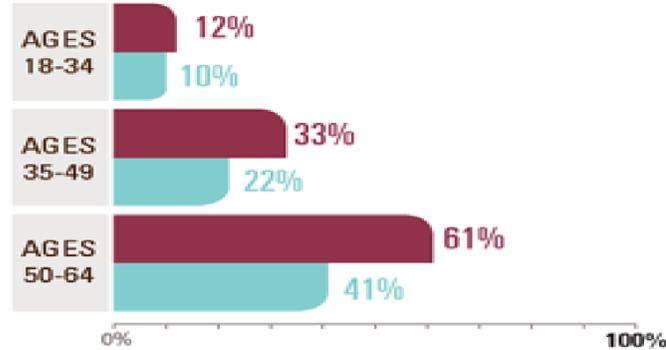
Age-adjusted COVID-19-associated hospitalization rates by race and ethnicity, COVID-NET, March – June 13, 2020



COVID-19 Revealed Health Disparities

- The rate of Black fatalities is 2.4 times that of whites with COVID-19. In states including Michigan, Kansas and Wisconsin and in Washington, D.C., that ratio jumps to five to seven Black people dying of COVID-19 complications for every one white death
- **Blacks** are only **13%** of the population but account for **30%** of COVID-19 cases across 14 states where data is available = **SYNDEMIC CONDITIONS**
- **Why the differences in infection and death rates from COVID-19**
 - Over-representation of Blacks in the “essential workforce” (HHA, Janitors, Food service, Laundry)
 - Population density (Public Housing, Transportation)
 - Historic trauma, mistrust, medical bias, structural racism, cultural incompetence
 - Lower health insurance rates, lack of Medicaid expansion (Especially in the Southern U.S)
 - **SDH**: Income inequality, employment discrimination, political gerrymandering
 - Higher prevalence of underlying chronic conditions (DM, HTN, Obesity, etc.)

High Blood Pressure



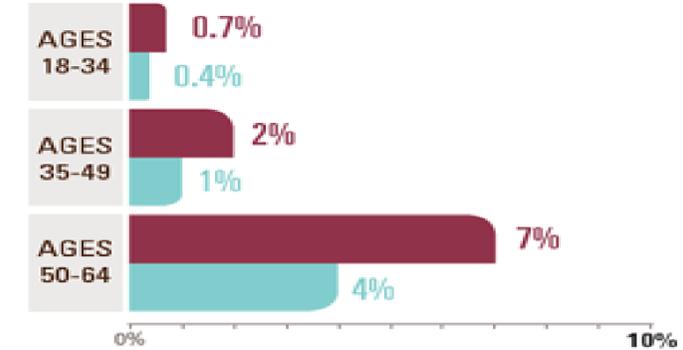
African American White

Diabetes



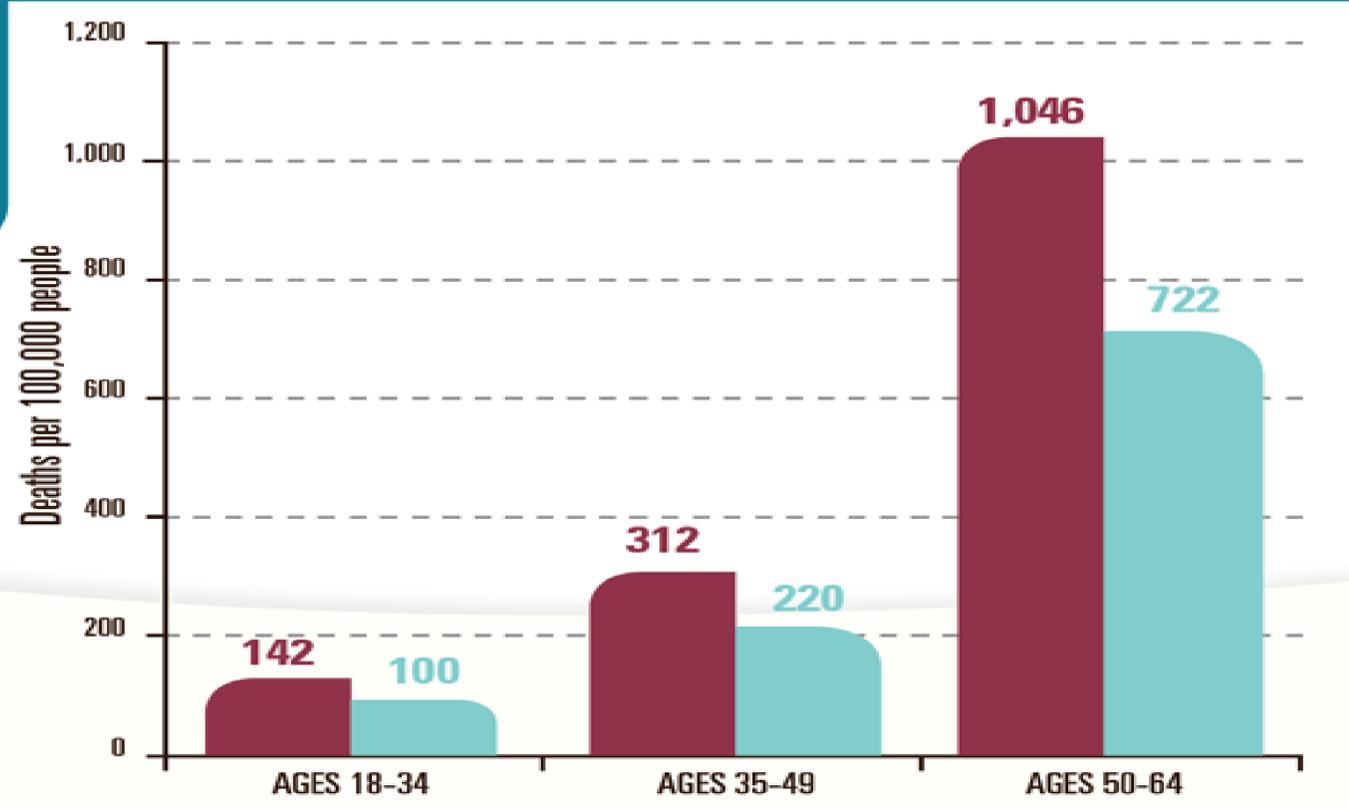
African Americans and whites include Hispanic and non-Hispanic origin.

Stroke



SOURCE: Behavioral Risk Factor Surveillance System, 2015.

African Americans are more likely to die at early ages from all causes.



SOURCE: US Vital Statistics, 2015.

IOM: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care

- **Minorities receive a lower quality of care than whites**
 - Even when they have the same health insurance or the ability to pay
- **Causes of Healthcare Disparities**
 - **Healthcare system organization and operation**
 - Cost containment, Public health insurance, Access
 - **Patients' attitudes and behaviors**
 - Historical mistrust, not following doctors' orders
 - **Healthcare providers biases, prejudices, and uncertainty when treating minorities**
 - Ism's and Stereotypes, communication

Figure 1
Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment Income Expenses Debt Medical bills Support	Housing Transportation Safety Parks Playgrounds Walkability Zip code / geography	Literacy Language Early childhood education Vocational training Higher education	Hunger Access to healthy options	Social integration Support systems Community engagement Discrimination Stress	Health coverage Provider availability Provider linguistic and cultural competency Quality of care
Health Outcomes Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations					

Health Equity – Dr. Camara Jones

- **Health Equity**: Assurance of the conditions for optimal health for all people
- **Three principles to achieve health equity**:
 - Providing resources according to need
 - Valuing all individuals and populations equally
 - Recognizing and rectifying historical injustices

Educating BIPOC Communities on COVID-19

- The scientific facts of what BIPOC Communities need to know are the same
- Know your audience and their specific cultural beliefs and needs
- Use BIPOC people to teach BIPOC people
- Language matters and everyone does not speak English
- Education should always be age appropriate
- Repeat educational sessions may be needed, especially for updates and changes
- People learn differently so be flexible

Facts: How does COVID-19 Spread

How does the coronavirus spread?

- A person can be infected and contagious even if they don't show symptoms.
- An infected person can spread it when they cough or sneeze.
- You can also get it by touching an object with the virus on it, then touching your face.



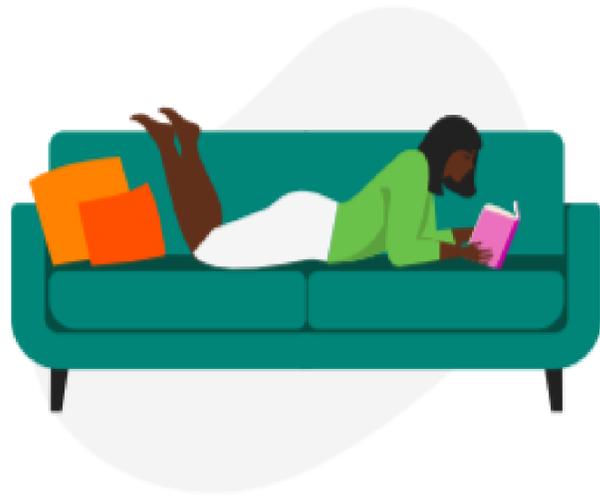
Who is at risk in BIPOC Communities

Who's most at risk?



- People with medical conditions like asthma, high blood pressure, diabetes and heart disease, which weaken the immune system
- Anyone age 60 or older
- Those who need to leave their homes to go to work
- Large or extended families who live together
- People in highly populated areas

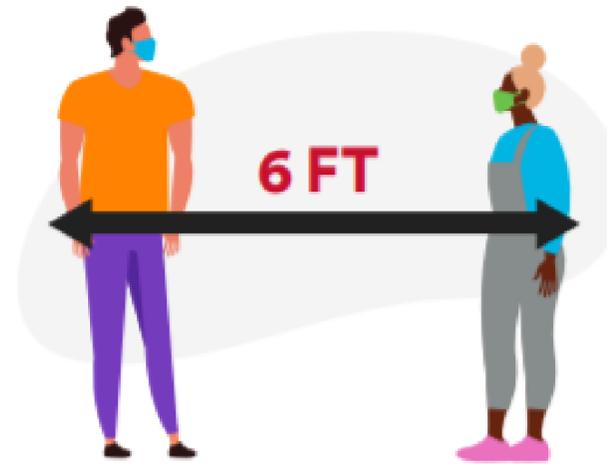
Staying Safe and Decreasing your Risk



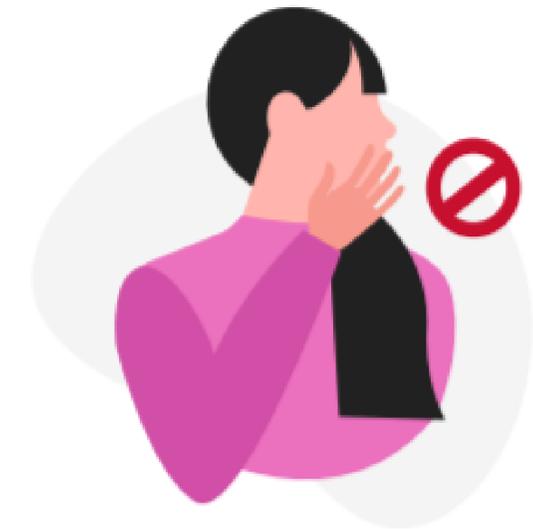
Stay at home
when possible.



Wash your hands
often for at least
20 seconds.



Stay six
feet apart.



Don't touch
your face.

If you go out: Consider doing these things

What if I need to go out?



- Wear a cloth mask whenever possible to stop the spread.
- Wash your hands for at least 20 seconds and change your clothes as soon as you come home.
- If using public transportation, stay six feet from other passengers and avoid touching surfaces.
- Limit errands to one or two people in your house.

COVID-19 Testing

- Its your right to get tested
 - Symptomatic
 - Positive exposure
- If you are an essential worker get tested
- **Testing sites will not report your background or immigration status**
- More sites need to be located in high prevalence BIPOC communities
 - Churches, Community Centers
 - BIPOC healthcare workers and contact tracers

Combating COVID-19: Balancing



Exercising



Eating healthy
meals



Getting enough
sleep



Releasing
stress

The Challenge of Intersectionality

- **Intersectionality**: the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage
- **Black people are not monolithic and belong to many different communities**
 - **LGBTQQIAAP – Black Transgender women killings**
 - **Poor – Living below poverty line**
 - **Differently abled (Blind, Deaf, etc..)**
 - **Ethnicity: A. A, African, Afro-Latino, Afro-Caribbean, Mixed, Bi-racial**
 - **Religious grouping – Jewish, Muslim, Christian, etc.**

Increase Your Cultural Competence

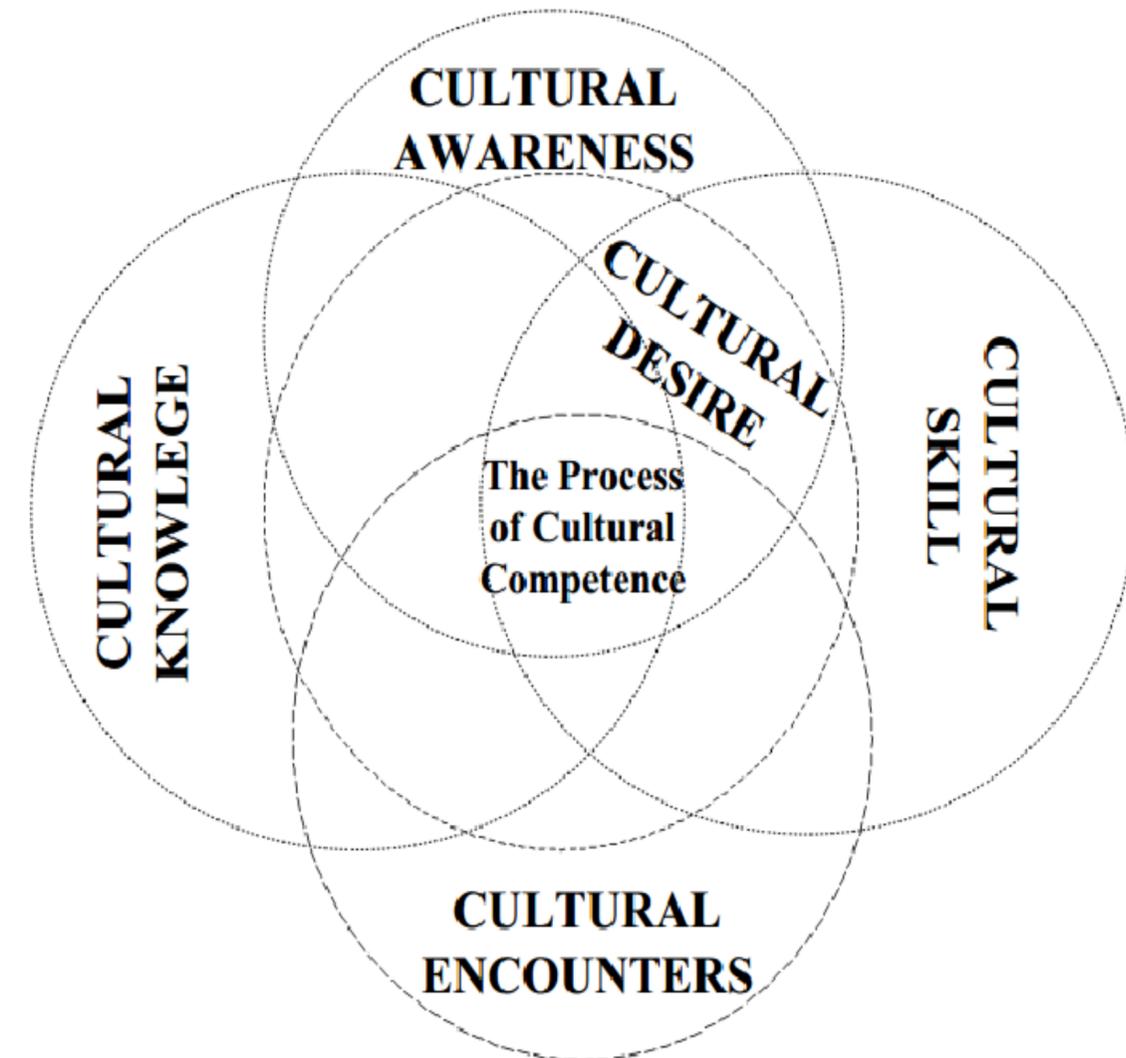
The **PROCESS** of Cultural Competence

- **Cultural Awareness**
 - Self-examination of one's own biases towards other cultures
- **Cultural Knowledge**
 - Seek and obtain a sound educational base about culturally diverse groups
- **Cultural Skill**
 - Ability to conduct a cultural assessment / Physical assessment as well
- **Cultural Encounters**
 - Process of engaging in face-to-face cultural interactions
- **Cultural Desire**
 - The motivation and want to become more culturally knowledgeable and skillful

Campinha-Bacote (2002). The Process of Cultural Competence in the Delivery of Healthcare Services: A Model of Care. J Transcult Nursing; 13; 181)

In Search of Cultural Competence

- **Nobody will ever know it all**
- This is a process not a final destination
- **What can be learned can be unlearned, refined, updated, better informed**
- You must know what motivates you and why you think it is or is not important to become more culturally competent
- **Exposure and encounters can make all of the difference, but it takes more than one**
- You can become more skillful and it will take some practice and you will make mistakes
- **As long as you live and practice you will be in some part of this process**



We Will Get Through This

"To be a Negro in this country and to be relatively conscious is to be in a rage almost all the time"

— James Baldwin

"I believe in human beings, and that all human beings should be respected as such, regardless of their color" -- Malcolm X

"In the End, we will remember not the words of our enemies, but the silence of our friends" --- Martin Luther King, Jr.



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Institutional Racism via Michael Jackson

When you have a moment here is a video that you can take a look at and share with your colleagues, family, & friends

- It is a very simple but powerful explanation of institutional racism
- Recommendation: Use as an introduction for any trainings on institutional racism
- Great ice breaker and conversation starter

Link: <https://www.trtworld.com/video/social-videos/institutional-racism-in-us-explained-through-a-michael-jackson-song/5ace29d41b01722a81cbf1e7>

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Patient Perspective



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