

WORDS ABOUT WELLNESS

Today's "Words about Wellness" is brought to you by:

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Race and Health

In the current climate, we are seeing the history of racial injustices and discrimination resurface. These issues have been present in our country for centuries, and, now, names like Ahmaud Arbery, Breanna Taylor, J'Mauri Bumpass, and George Floyd, ring across our TV screens, social media, and radios. For those in health professions, we have the opportunity to take a closer look at the impact of race on health. There's research showing that inequities in health stems from differences in access to resources, which typically results from systems aimed at marginalizing certain groups (1, 2). In addition, there's research connecting discrimination to negative health outcomes across generations of people (1). This should make us look more closely about the how certain systems have been established and how the disparities even exist. Here a few resources that may be helpful to explore:

- [Reducing Disparities to Improve the Quality of Care for Racial and Ethnic Minorities](#)
- [What's the Connection Between Residential Segregation and Health?](#)
- [Why Discrimination Is a Health Issue](#)
- [Healthy People 2020: Discrimination](#)
- [Centers of Disease Control and Prevention: Health Equity](#)
- [What is systemic racism?](#)
- [Social Identities and Systems of Oppression](#)

Regardless of race and ethnicity, we've all been impacted in some way by our current events, which can impact our mental health. Below are suggestions that may help with your wellness during this time. We're all in this together!

Taking Care During Racial Trauma

1. Prioritize self-care

Remember that you and your feelings matter

2. Talk about Race and Racism

Children are a vulnerable population and discussions about racial identity need to happen

3. Check in on the People close to you

Not everyone reacts the same; take care of each other

4. Do Something!

Re-establish your mental power by acting and engaging against racial injustices



Resources:

1. Robert Wood Johnson Foundation. (2018) *Race, Racism and Health: Examining the connections between race, racism and health in the United States.*

<https://www.rwjf.org/en/library/collections/racism-and-health.html>

2. National Museum of African American History and Culture. Social Identities and Systems of Oppression. <https://nmaahc.si.edu/learn/talking-about-race/topics/social-identities-and-systems-oppression>

3. <https://twitter.com/NMICnyc/status/1018858167294418950/photo/1>

*Articles above are hyperlinked.