



OUR HISTORY, OUR HEALTH, OUR FUTURE

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Anti-Black Systemic Racism – the Backdrop

- Historical realities (enslavement, segregation)
- Every day reality (discrimination, inequity, combined SDOH)
- Health System past and present reflects above = Mistrust
- Pandemic disproportionately affects Black People
- Need for systemic cultural competence with specific approaches
- There must be “nothing about us without us”

Racial Trauma

- Affects the body and brain
- Can be passed down through generations (Post-Traumatic Slave Syndrome – Dr. Joy DeGruy)
- Anti-Black Racism an ongoing lived reality
- Stress impacts Us - increases stress hormone **cortisol**
- US and UK data identify the disproportionate impact of chronic disease (including but not limited to diabetes, hypertension, certain cancers, anxiety and depression)
- Toxic stress also increases hypervigilance – worry about safety of self and loved ones

We need to monitor our Health & Build Black Health Infrastructure

- Health Data - Analysis of this data will be essential for evidence-based decisions, funding for programs and services (health promotion & prevention activities/management of chronic diseases) systemic improvements and better health outcomes for People of African Ancestry.
- Policy Representation – At highest level and all levels
- Cultural Competence with Culturally Specific Approaches:
 - Clinically
 - Structurally
 - Research Prioritization