RACISM & COVID-19: PUBLIC HEALTH CRISIS

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TOTAL CASES: 5,023,649
48,690 NEW CASES
TOTAL DEATHS: 161,842
558 NEW DEATHS

Source: NY Times
COVID-19's Devastating Impact On African Americans

African American share of state/city populations and COVID-19 deaths (as of Apr 06, 2020)

<table>
<thead>
<tr>
<th>State</th>
<th>Share of state/city's population</th>
<th>Share of COVID-19 deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louisiana</td>
<td>32%</td>
<td>70%</td>
</tr>
<tr>
<td>Illinois</td>
<td>15%</td>
<td>42%</td>
</tr>
<tr>
<td>Michigan</td>
<td>14%</td>
<td>41%</td>
</tr>
<tr>
<td>North Carolina</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Chicago</td>
<td>30%</td>
<td>69%</td>
</tr>
</tbody>
</table>

Sources: 2010 Census, respective state/city health departments
IMPACT OF COVID-19 ON AFRICAN-AMERICANS

Disproportionate impact on:
Hospitalizations
Deaths
Jobs/Finances
Mental Health
RACISM AFFECTS EVERY FACET OF THE BLACK EXPERIENCE AND DRIVES VULNERABILITY TO COVID-19

• Higher rate of co-morbidities such as hypertension and diabetes (themselves driven by healthcare inequities)
• Less access to testing and treatment
• More likely to be poorer, unemployed/underemployed, live in substandard housing, work in blue collar jobs where they cannot work from home, more likely to rely on public transit
• Higher rates of incarceration
• Less comfort with wearing a mask due to fear of being targeted by individuals and police
COVID-19 AND MENTAL HEALTH

Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

- Symptoms of anxiety disorder: 8.2% (January-June 2019) vs. 28.2% (May 14-19, 2020)
- Symptoms of depressive disorder: 6.6% (January-June 2019) vs. 24.4% (May 14-19, 2020)
- Symptoms of anxiety or depressive disorder: 11.0% (January-June 2019) vs. 33.9% (May 14-19, 2020)

* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau
Reported signs of distress related to COVID-19 in the United States

Respondents reporting feeling anxious or depressed in past week

<table>
<thead>
<tr>
<th></th>
<th>% of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both anxious and depressed</td>
<td>n = 1,062</td>
</tr>
<tr>
<td>Anxious but not depressed</td>
<td>n = 319</td>
</tr>
<tr>
<td>Depressed but not anxious</td>
<td></td>
</tr>
<tr>
<td>Neither anxious nor depressed</td>
<td></td>
</tr>
</tbody>
</table>

Respondents’ reported level of distress related to COVID-19

<table>
<thead>
<tr>
<th></th>
<th>% of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>High distress</td>
<td>n = 1,062</td>
</tr>
<tr>
<td>Moderate distress</td>
<td>n = 319</td>
</tr>
<tr>
<td>Minimal or no distress</td>
<td></td>
</tr>
</tbody>
</table>

Respondents’ levels of reported substance use

- 1 out of 4 reported binge drinking* at least once in the past week
- 1 out of 5 reported taking prescription drugs for non-medical reasons
- 1 out of 7 reported using illicit drugs

*As defined by National Institute on Alcohol Abuse and Alcoholism, >=5 drinks for men and >=4 drinks for women

QFEEL1. Over the past week have you felt anxious?
QFEEL2. Over the past week have you felt depressed?
QFEEL2a. Please indicate your level of distress related to the Coronavirus/COVID-19 pandemic (10-point scale from least distressed to most distressed. *High* is 8–10, *Moderate* is 4–7, and *Low* is 1–3).
QEMP5. Since the Coronavirus/COVID-19 began impacting the US, has the number of hours you have worked increased, decreased, or stayed the same?

MENTAL HEALTH TREATMENT DISPARITIES

Mental Health Service Use in the Past Year among Adults

[Bar chart showing annual average percentage and 95% confidence intervals for mental health service use among different ethnic groups: White, Black or African American, American Indian or Alaska Native, Asian, Hispanic.]

- White Men: 21.5
- White Women: 11.3
- Black or African American Men: 10.3
- Black or African American Women: 6.6
- American Indian or Alaska Native Men: 16.3
- American Indian or Alaska Native Women: 15.1
- Asian Men: 4.4
- Asian Women: 5.3
- Hispanic Men: 5.5
- Hispanic Women: 9.2
TRAVAM IN THE AFRICAN AMERICAN COMMUNITY TAKES MANY FORMS

• Individual trauma: driven by negative life events

• Complex trauma: multi-generational trauma driven by poverty, abuse, witnessing community violence & police violence

• Collective trauma: slavery, natural disasters (ex: Katrina)

• Historical and cultural trauma: the public narrative that can perpetuate trauma by leaving long lasting memories in the consciousness of the group and can serve as reminders of the dehumanization and devaluation of a group