

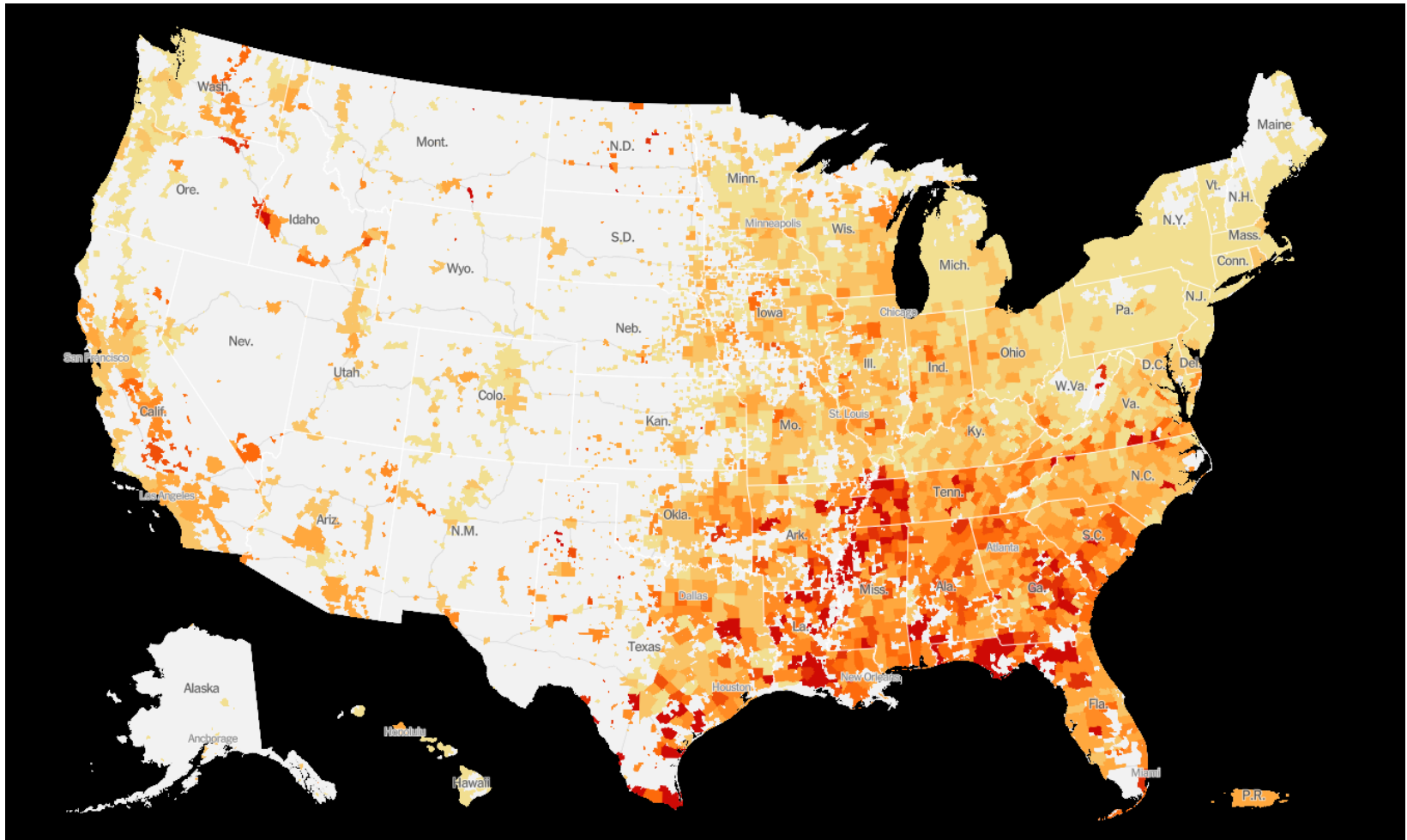
RACISM & COVID-19: PUBLIC HEALTH CRISIS

Arundhati Undurti MD, PhD

NATIONAL IMPACT OF COVID-19

TOTAL CASES: 5,023,649 48,690 NEW CASES

TOTAL DEATHS: 161,842 558 NEW DEATHS

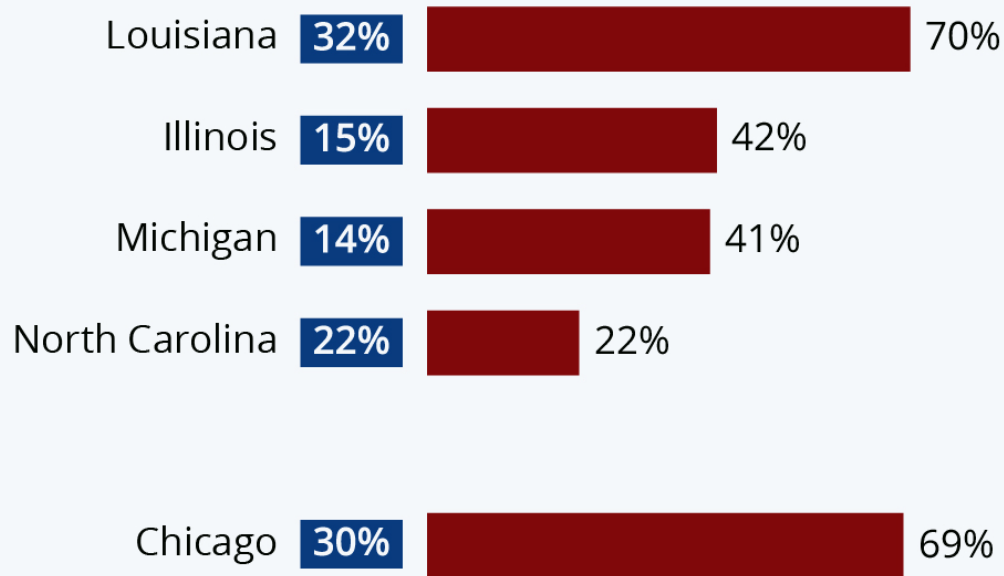


Source: NY Times

COVID-19's Devastating Impact On African Americans

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

■ Share of state/city's population ■ Share of COVID-19 deaths



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

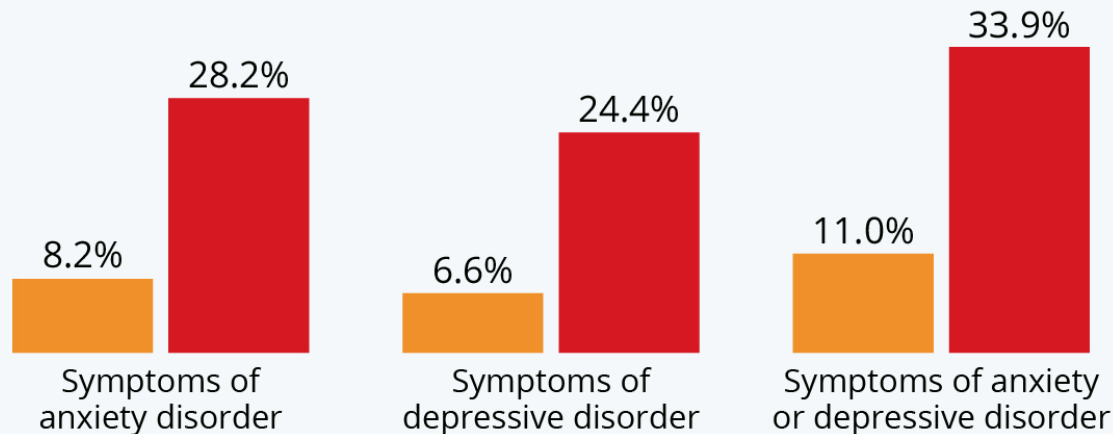
- Higher rate of co-morbidities such as hypertension and diabetes (themselves driven by healthcare inequities)
- Less access to testing and treatment
- More likely to be poorer, unemployed/underemployed, live in substandard housing, work in blue collar jobs where they cannot work from home, more likely 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*

■ January-June 2019 ■ 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.

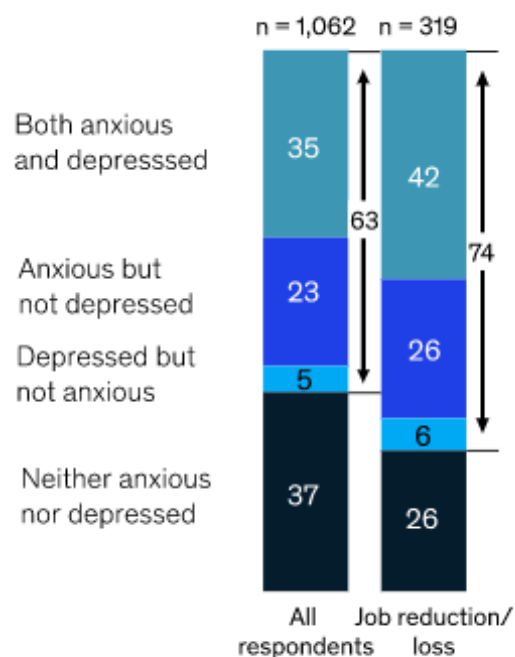
Sources: CDC, NCHS, U.S. Census Bureau



Reported signs of distress related to COVID-19 in the United States

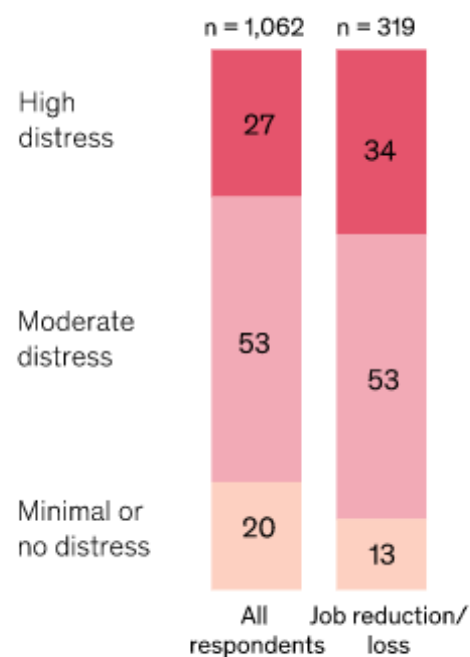
Respondents reporting feeling anxious or depressed in past week

% of respondents



Respondents' reported level of distress related to COVID-19

% of respondents



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.

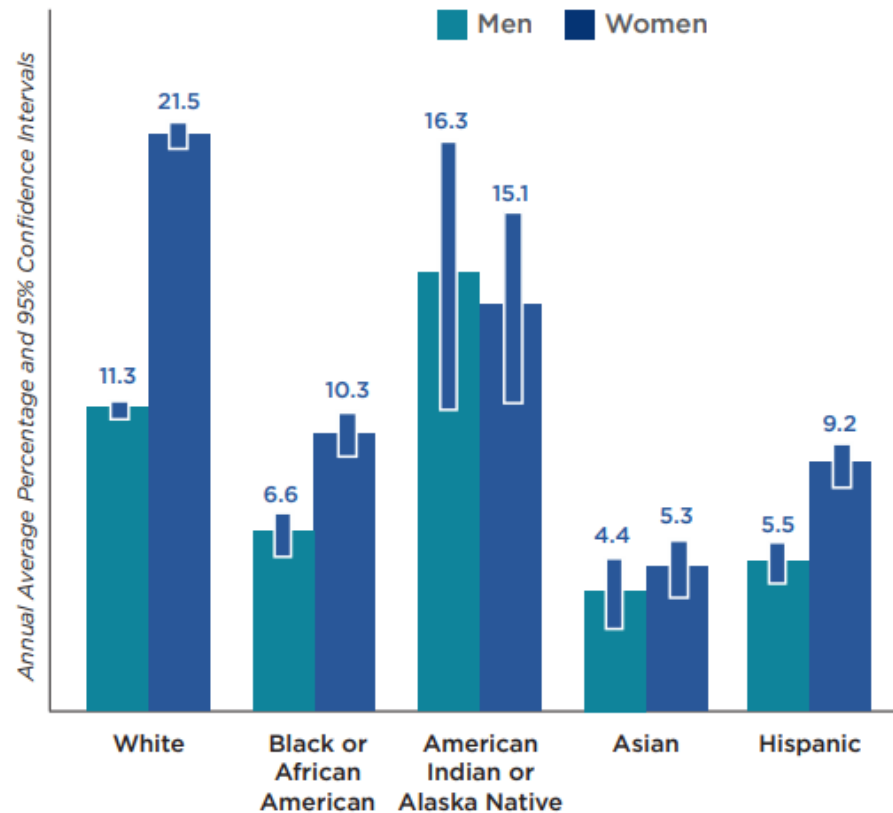
"High" is 8–10, "Moderate" is 4–7, and "Low" is 1–3).

QEMP5. Since the Coronavirus/COVID-19 began impacting the US, has the number of hours you have worked increased, decreased, or stayed the same?

Source: McKinsey COVID-19 Consumer Survey, 3/29/2020

MENTAL HEALTH TREATMENT DISPARITIES

Mental Health Service Use in the Past Year among Adults



TRAUMA 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