



PLANT-BASED
Health Professionals UK

Promoting sustainable health and nutrition



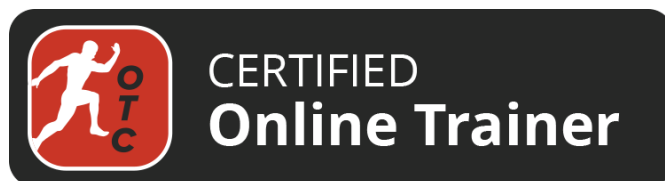
Racial Disparities and Inequities in Healthcare

Dr Leila Dehghan
MD, MSc (Nutr), ANutr

About me



- Doctor turned nutritionist
- Vegan personal trainer
- Person-centred counsellor & life coach
- MSc in Clinical and Public Health Nutrition
- Education lead and board member for Plant-based Health Professionals UK
- Associate lecturer at University of Winchester



“Health is a state of complete physical, mental,
and social well-being...”

WHO, 1948

“...Health is a positive concept emphasizing
social and personal resources...”

WHO, 1986

Terminology



- BAME (Black, Asian and minority ethnic) and BME (Black and minority ethnic)
- People of Colour - North America
- BIPOC - Black and Indigenous People of Colour
- Ethnic minority/minority ethnic
- PGM - People of the Global Majority
- Minoritised ethnic, racially minoritised

Learning Objectives



- The state of health disparities
- Understanding the social determinants of health
- Racism as a health threat
- Racism in healthcare
- Steps to reduce racial health disparities and inequities

“Just because you have a medical degree it doesn’t mean that you can understand health. If you want to understand why health is distributed the way it is, you have to understand society.”

Prof Michael Marmot, The Health Gap: The Challenge of an Unequal World, 2015

The social determinants of health

WHO Definition:

“...are the non-medical factors that influence health outcomes...are the conditions in which people are born, grow, work, live and age, and the wider set of forces and systems shaping the conditions of daily life.”



Coronavirus

Why are people from BAME groups dying disproportionately of Covid-19?



Study reveals depth of BAME health inequality in England

Impact in some ethnic minority groups equivalent to being 20 years older than actual age, study says

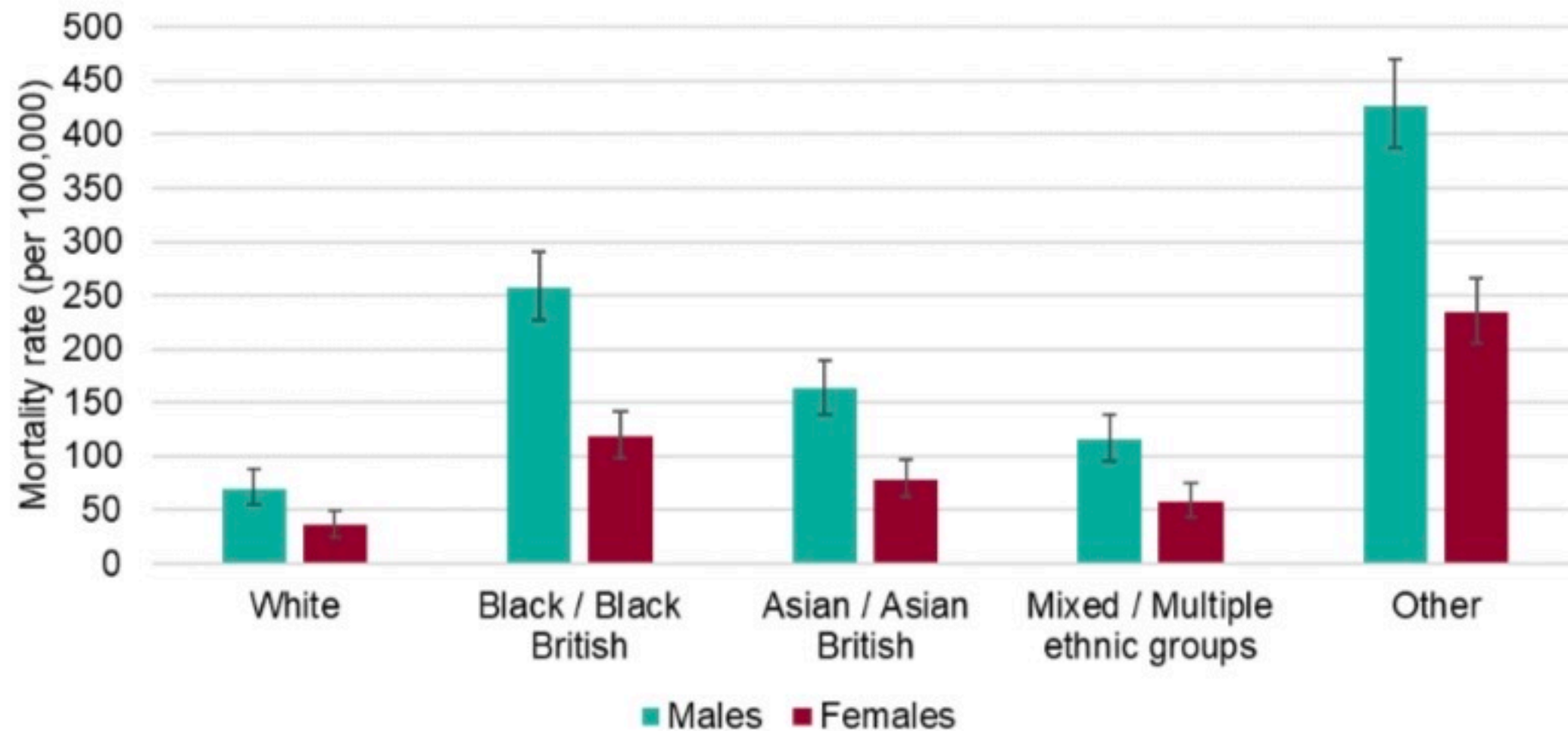
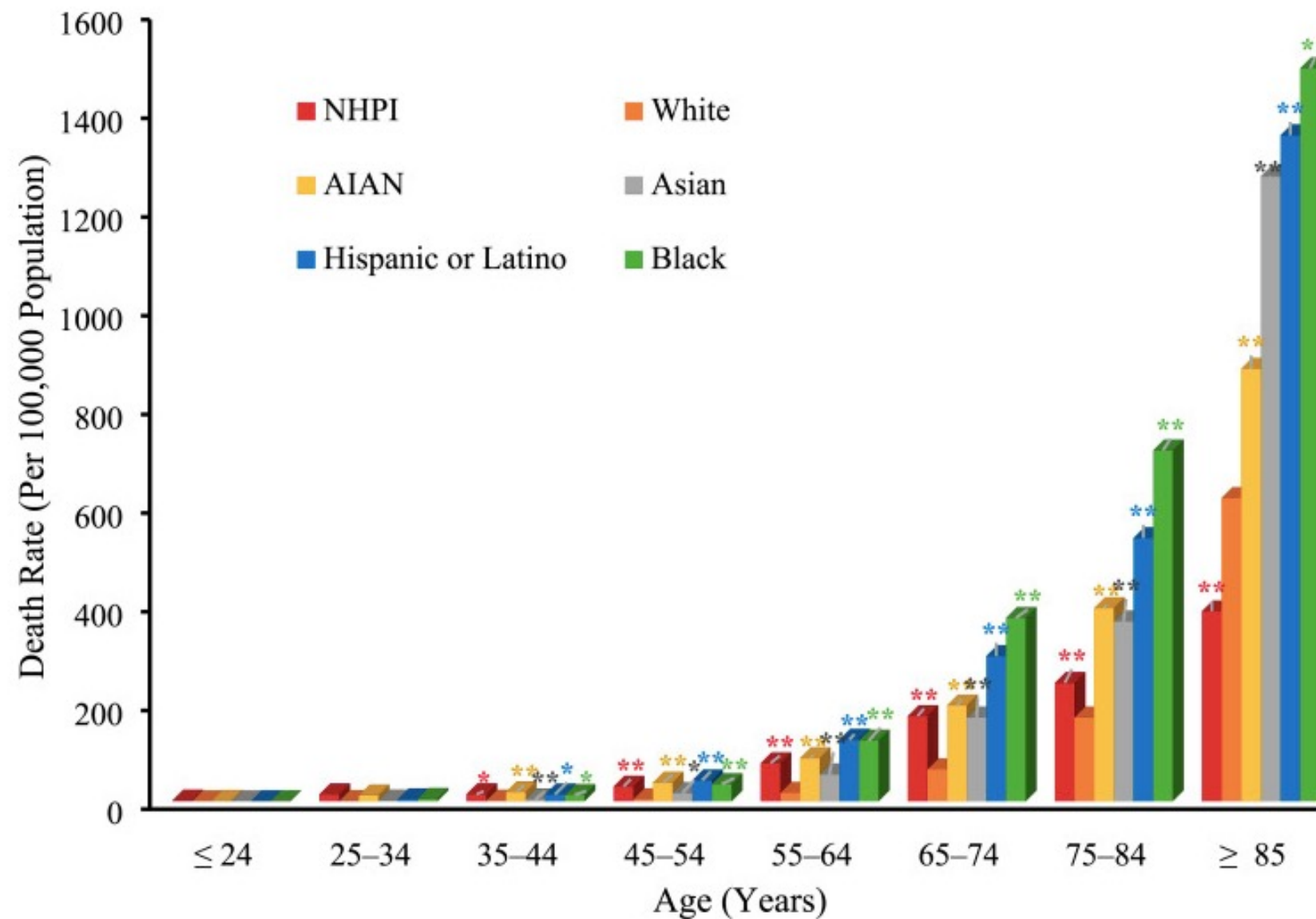


Figure 4.5. Age standardised mortality rates in laboratory confirmed COVID-19 cases by ethnicity and sex, as of 13 May, England. Source: Public Health England: COVID-19 Specific Mortality Surveillance System.

THE COLOR OF CORON- AVIRUS: **COVID-19 DEATHS BY RACE AND ETHNICITY IN THE U.S.**





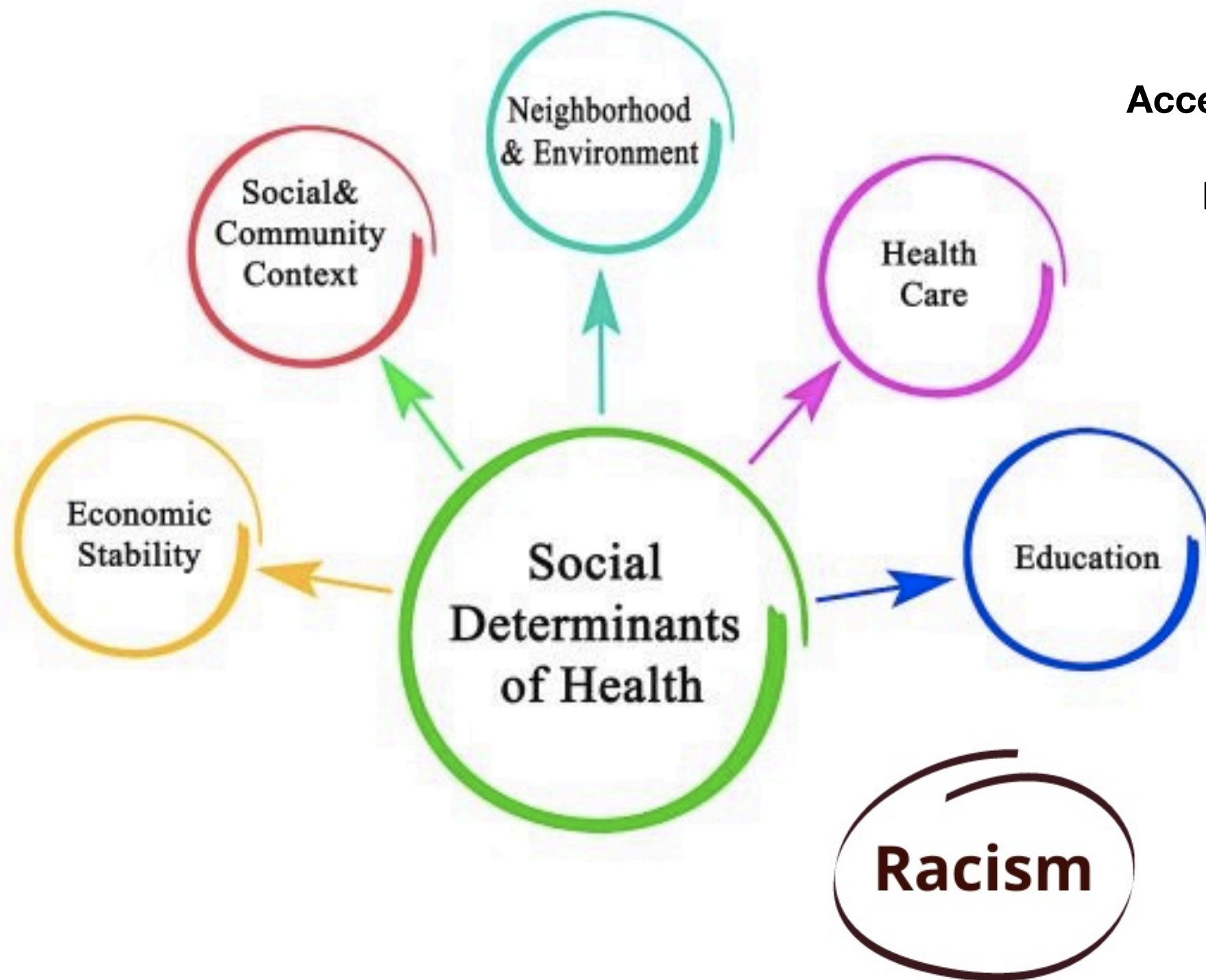
Cumulative crude COVID-19 death rates (per 100 000 population) according to age, race, and ethnicity (data recorded by the Centers for Disease Control from the week of February 1, 2020-the week of July 11, 2020). Asterisks indicate a significant difference in comparison to whites within each age group studied. Significance was determined via a simple comparison of proportions by Fisher's exact test. * $P < .01$; ** $P < .001$.

Health Disparities in Chronic Diseases

- UK: 67.5% of Black adults are overweight or obese
- CVD is more common in people of South Asian, and an African or Caribbean background
- Those of South Asian, African or Caribbean background 2-4 times more likely to develop type 2 diabetes

What do these communities have in common?

Social and economic factors



Access to & quality of education

**housing, safety, crime rate,
transport, shops,
green area, gym, schools**

“A lot of why we're not doing better with the social determinants of health is because even though we know they're important, we don't really understand them.”

Damon Francis,
Chief Medical Officer of Health Leads

What is Racism?

is a concept, a social construct

Definition by Ruth King “Mindful of Race”

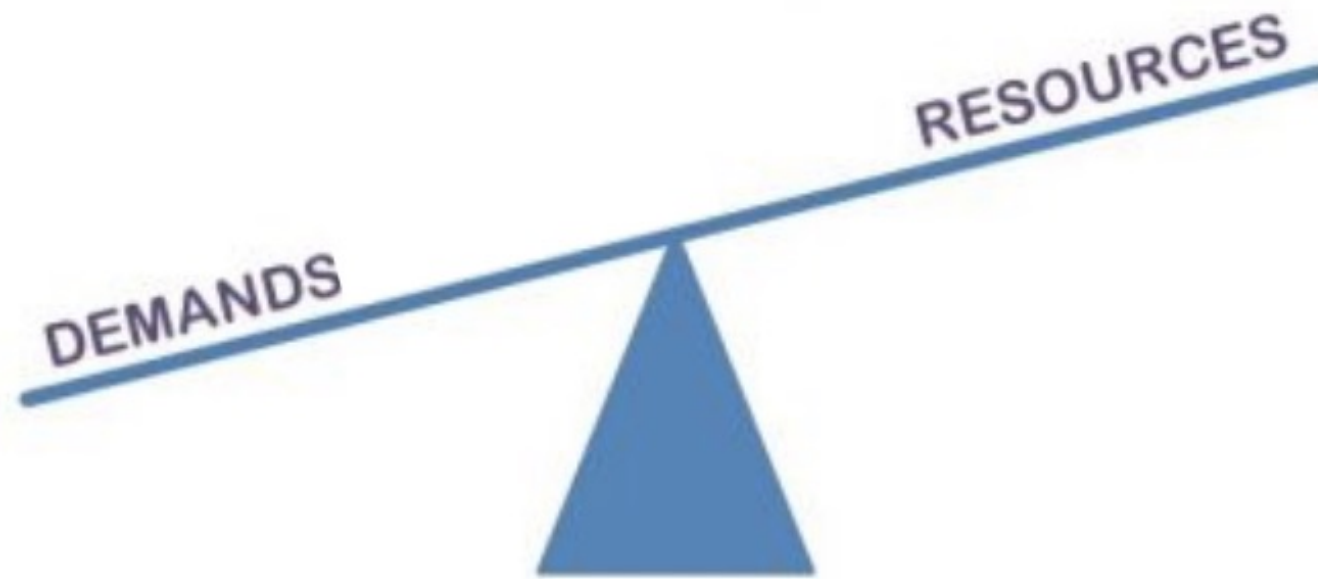
“...define racism as encompassing economic, political, social, and cultural structures, actions, and beliefs that systematise and perpetuate an unequal distribution of privileges, resources, and power between white people and people of colour.”

Examples



- Impoliteness
- Derogatory and insensitive comments
- Refusal to prescribe pain medication
- Harassment and bullying
- “Grinding down experience”
- Q: was that racist?

Stress



Chronic stress leads to inflammation!

How can we reduce the racial health disparities?



Steps for healthcare professionals

- Acknowledge your unconscious bias and preconceived ideas
- Be curious
- Reassure them!

Steps for PGM

- Acknowledge your feelings
- Find your community
- Have a spiritual/grounding practice

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Thank You!

Email: leila@pbhp.uk
www.drleilad.com