



2020 VIRTUAL GI AND LIVER SYMPOSIUM

White Coats for Black Lives:

Racial Inequities in Health and Healthcare

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Disclosure Information

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I will not discuss off label use and/or investigational, device, product or medication use in my presentation.

Educational Objectives

- *To provide definitions of equity and disparities in health and healthcare and examples of inequities by race and ethnicity*
- *To discuss contributors to racial and ethnic disparities*
- *To discuss pathways to eliminate racial and ethnic inequities in health and healthcare*

Race, Equality, and Health



Equality



Assumption
that **everyone**
benefits from
the same
supports

Health Equity

“Attainment of the highest level of health for all.”

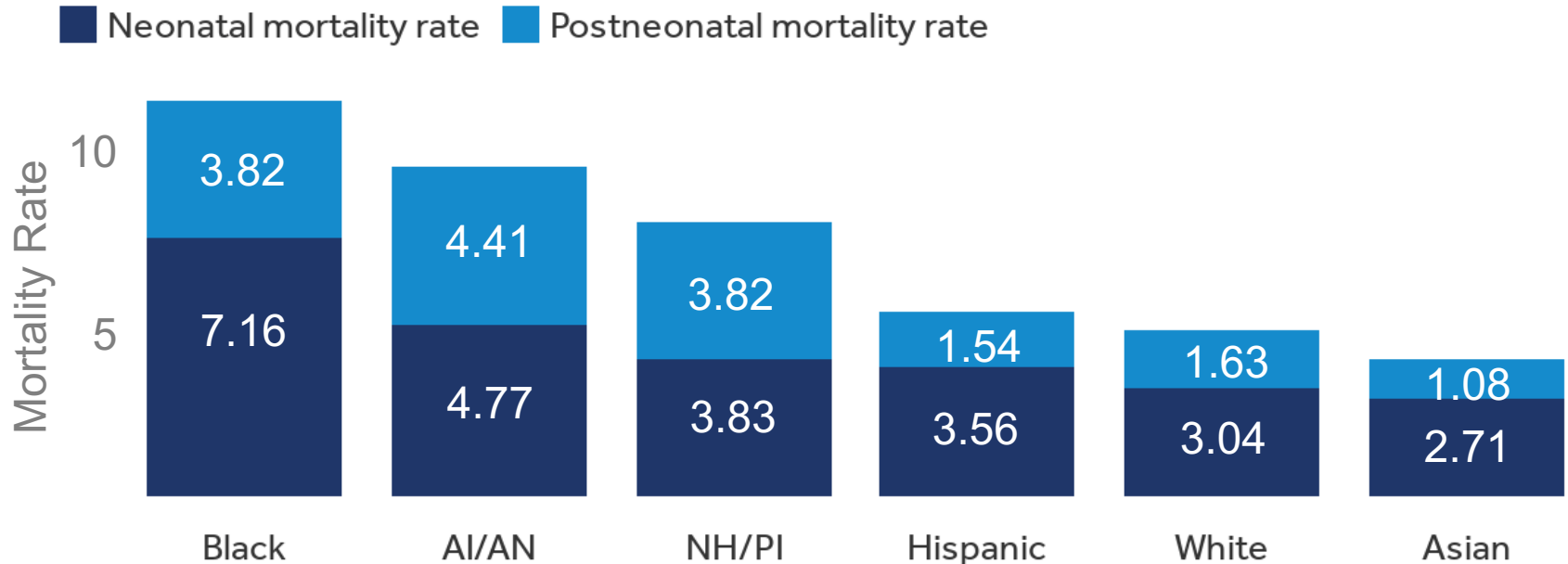
Health Disparities

“Health difference that are closely linked with economic, social, or environmental disadvantage.”

U.S. Department of Health and Human Services
Healthy People 2020

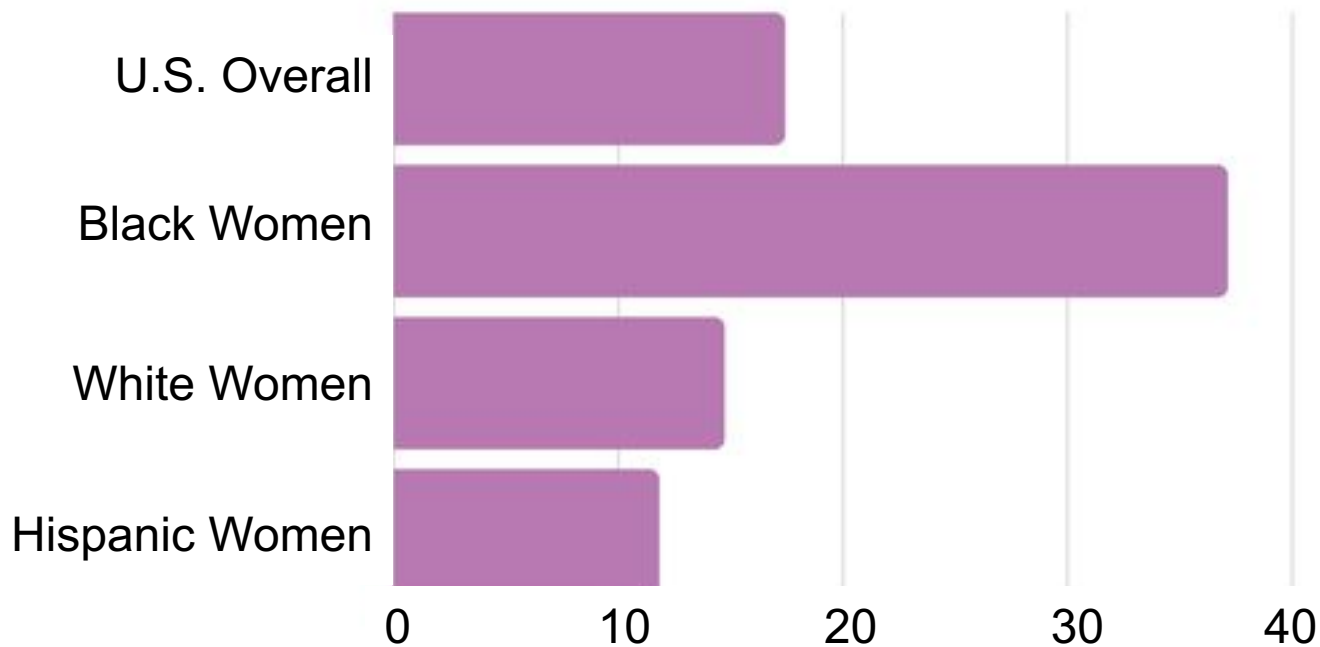


Infant Mortality by Race/Ethnicity



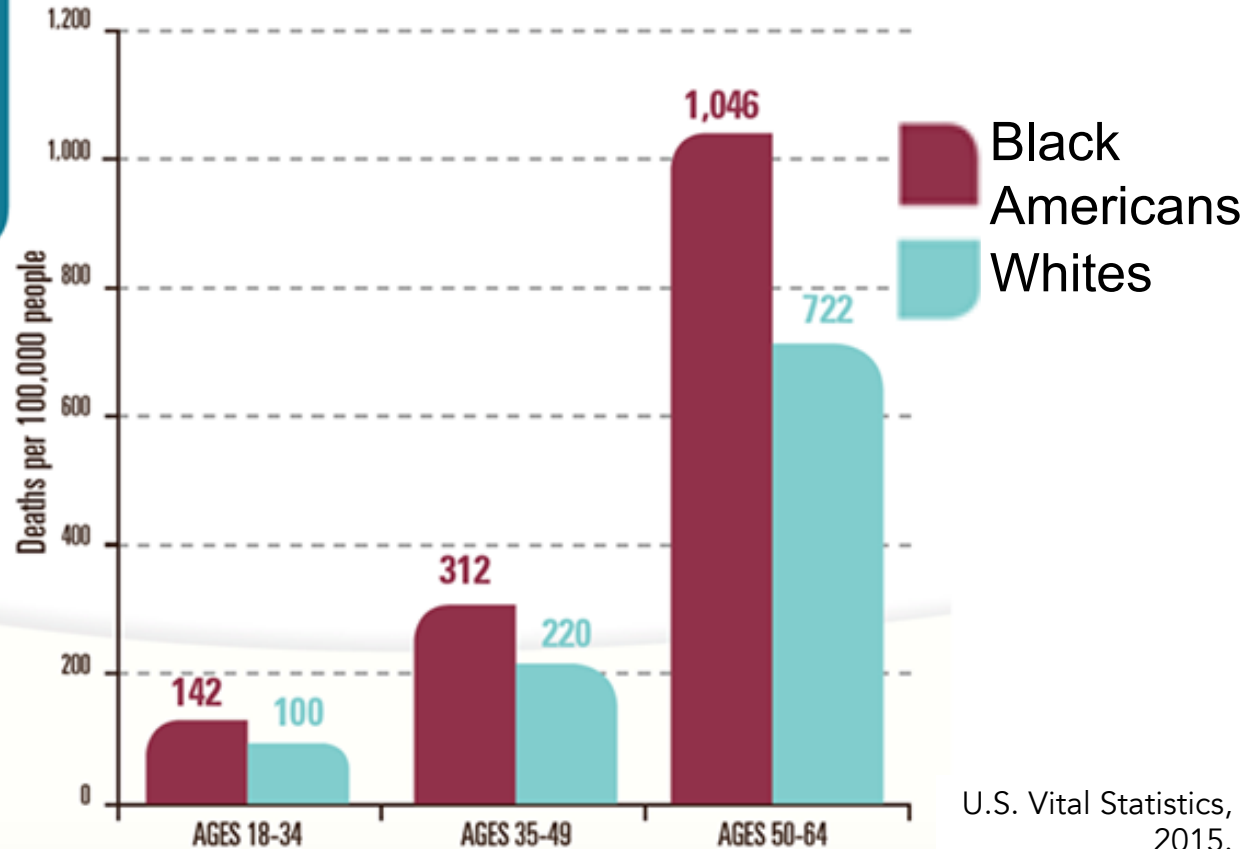
AI/AN = American Indian or Alaska Native; NH/PI = Native Hawaiian or Other Pacific Islander

Maternal Death Rates by Race



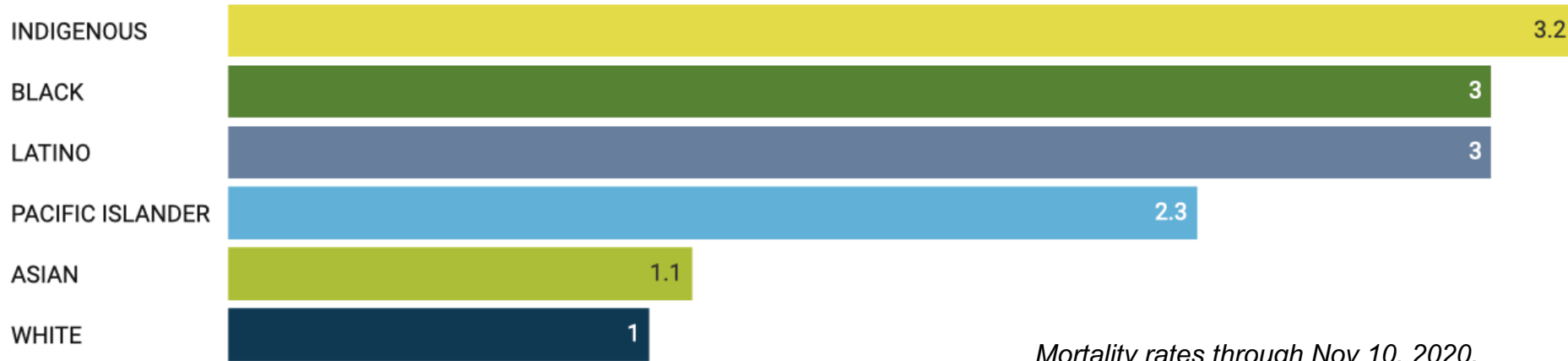
Life Expectancy in Black Americans

African Americans are more likely to die at early ages from all causes.



U.S. Vital Statistics,
2015.

Race/Ethnicity and COVID-19 Deaths



Mortality rates through Nov 10, 2020.

Adjusted for age, non-White Americans are many times more likely to die from COVID-19 than White American

Gastrointestinal Conditions with Racial and Ethnic Disparities

Esophageal Conditions

- Acid reflux disease
- Barrett's Esophagus
- Esophageal cancer

• **Gastric Conditions**

- Gastric neoplasia

Pancreatic Conditions

- Pancreatitis
- Pancreatic cancer



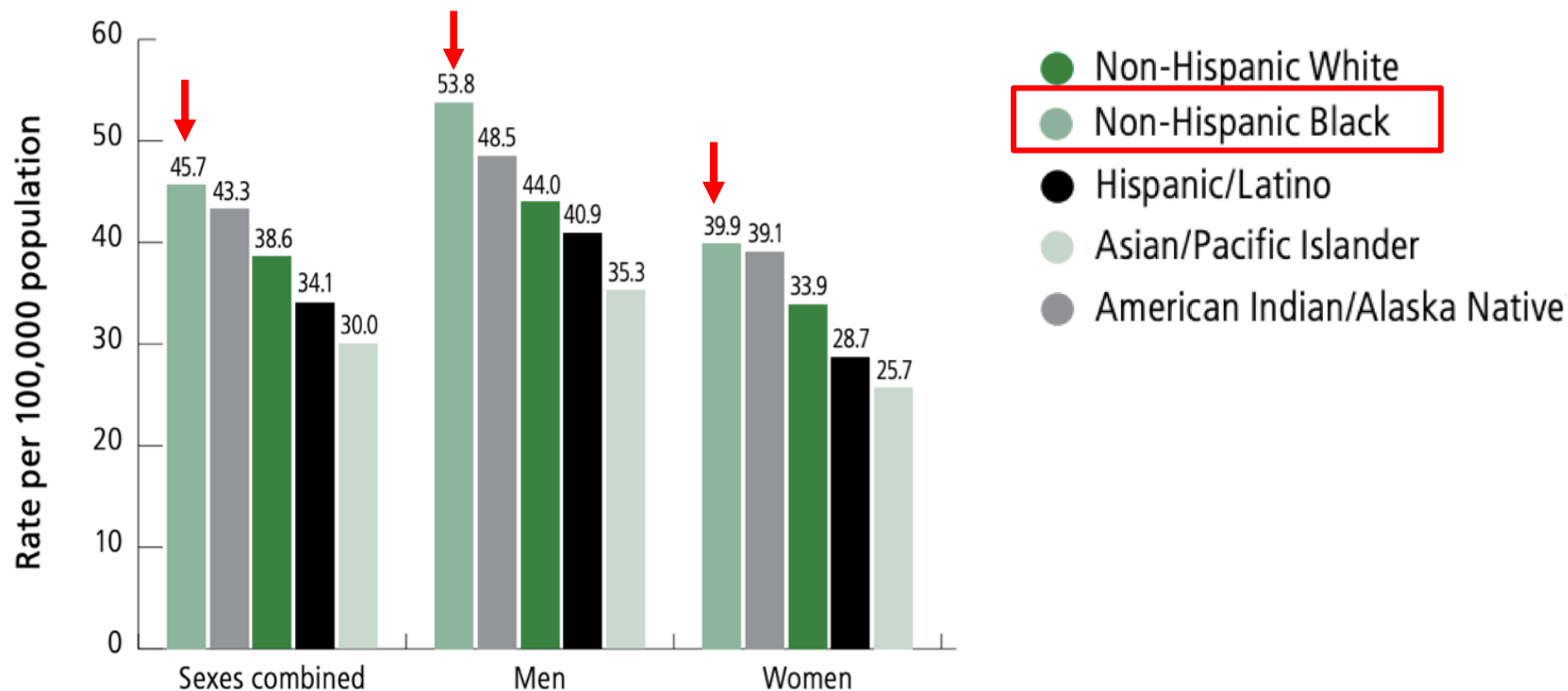
Liver Conditions

- Viral hepatitis (HBV, HCV)
- Fatty liver disease
- Liver transplantation
- Hepatocellular carcinoma

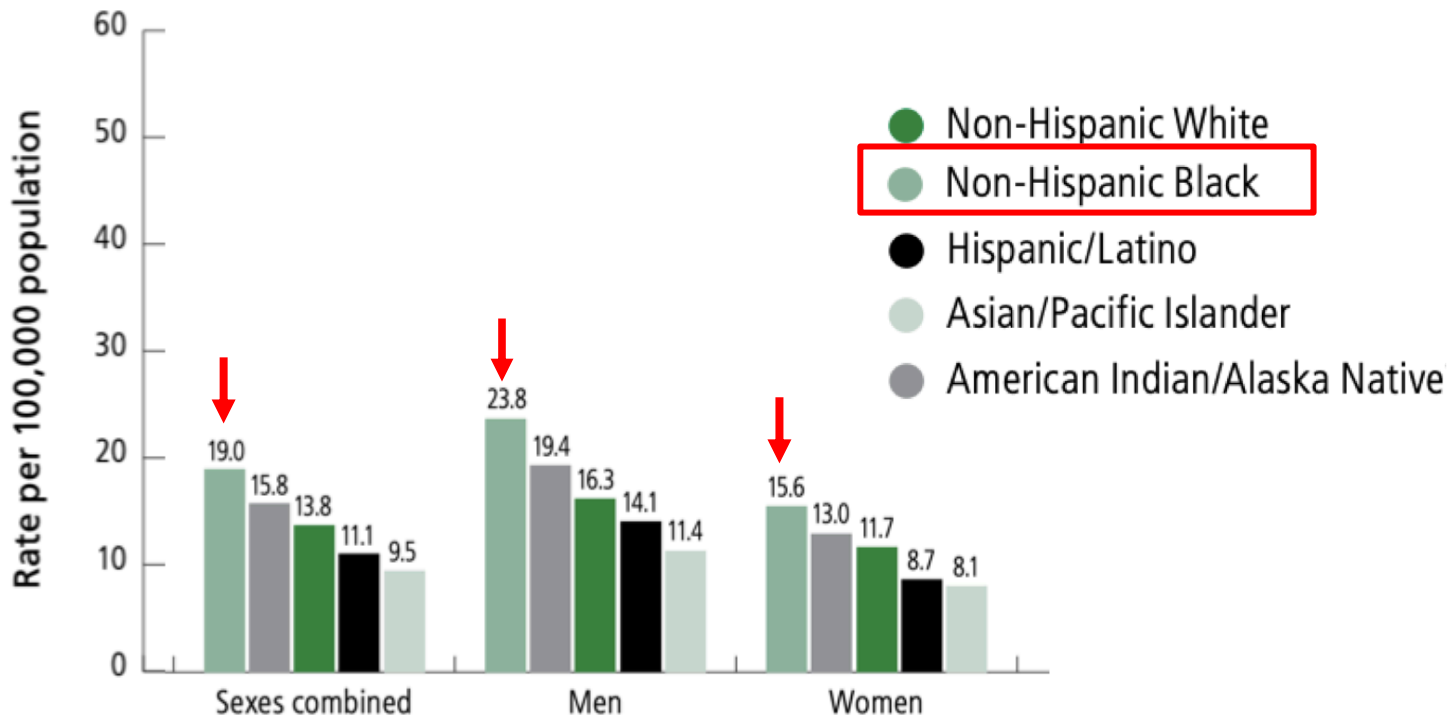
Colon and Rectum Conditions

- Inflammatory bowel disease
- Irritable bowel syndrome
- Colorectal cancer

CRC Incidence by Race/Ethnicity and Sex (2012-2016)



CRC Mortality by Race/Ethnicity & Sex (2013-2017)



What causes racial health disparities?



Many Factors Contribute to Health Disparities



Employment



Our communities



Access to health services



Alcohol



Diet



Family income



Social support



Tobacco



Genetics



Exercise



Housing



Healthcare



Education



Childhood experiences



Quality of care

Social Determinants of Health

Upstream determinants of health

- Racism
- Discrimination
- Social policies

*Upstream
Factors*

Midstream determinants of health

- Health literacy
- Employment status
- Poverty
- Safe living environment
- Food security and diet
- Exposure to toxins
- Medical mistrust
- Access to high-quality health care

*Midstream
Factors*

Downstream health outcomes

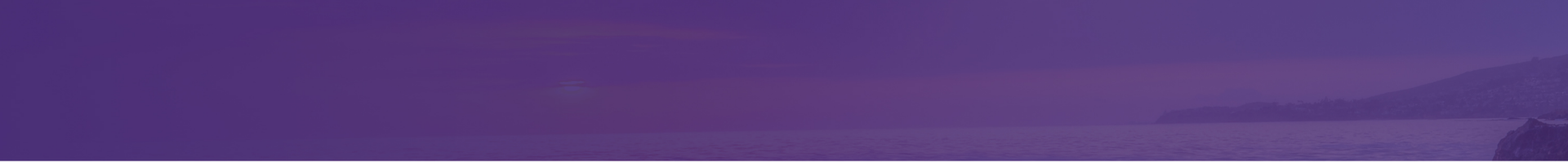
- Heart disease
- Cancer
- Obesity
- COVID-19

*Downstream
Factors*

National Academies of Sciences, Engineering, and Medicine. 2019.

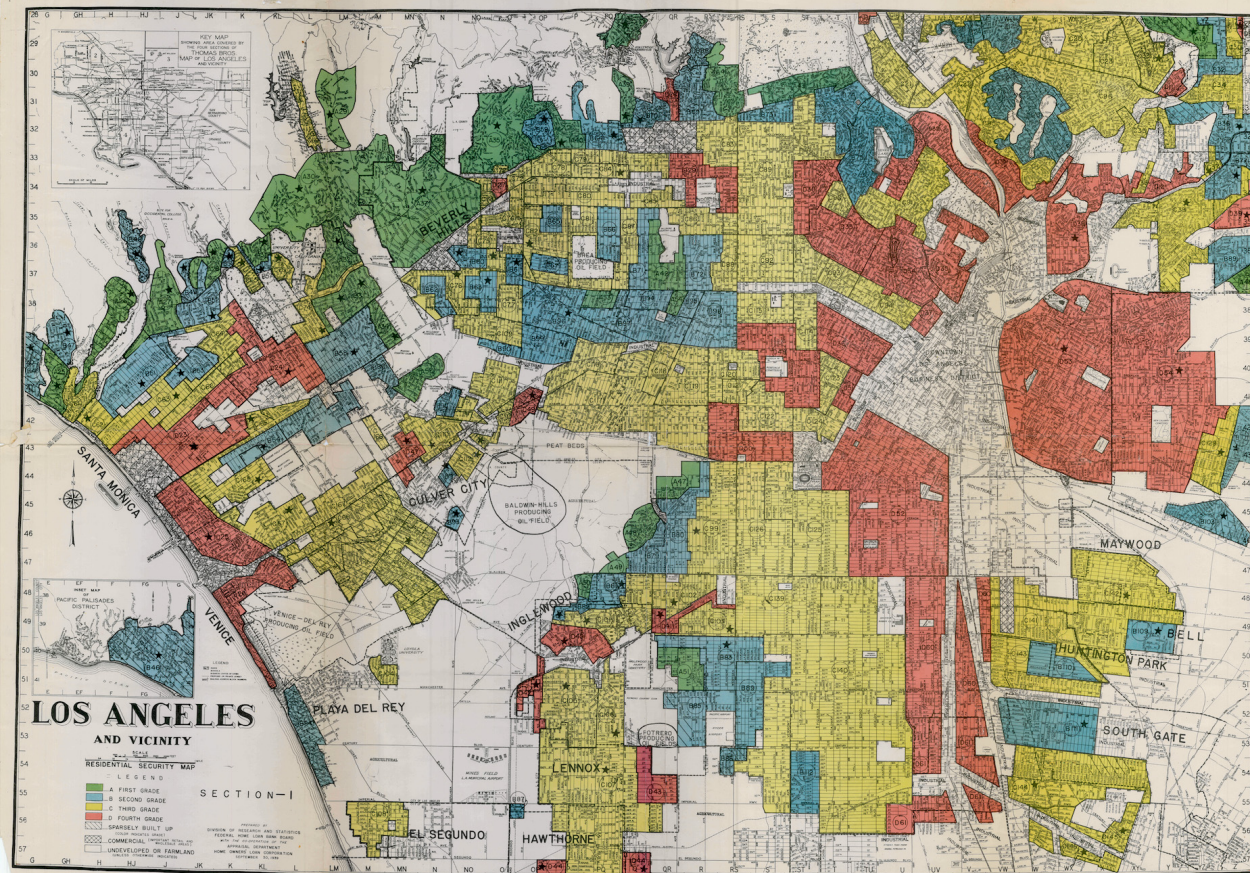
Gray, Anyane-Yeboah, Balzora, Issaka, May FP.

Nat Rev Gastroenterol Hepatol. 2020.



Systemic/structural racism refers to racial inequities that occur as a product of institutional, historical, cultural and interpersonal practices within a society that put one social or ethnic group in a better position to succeed and disadvantages others.

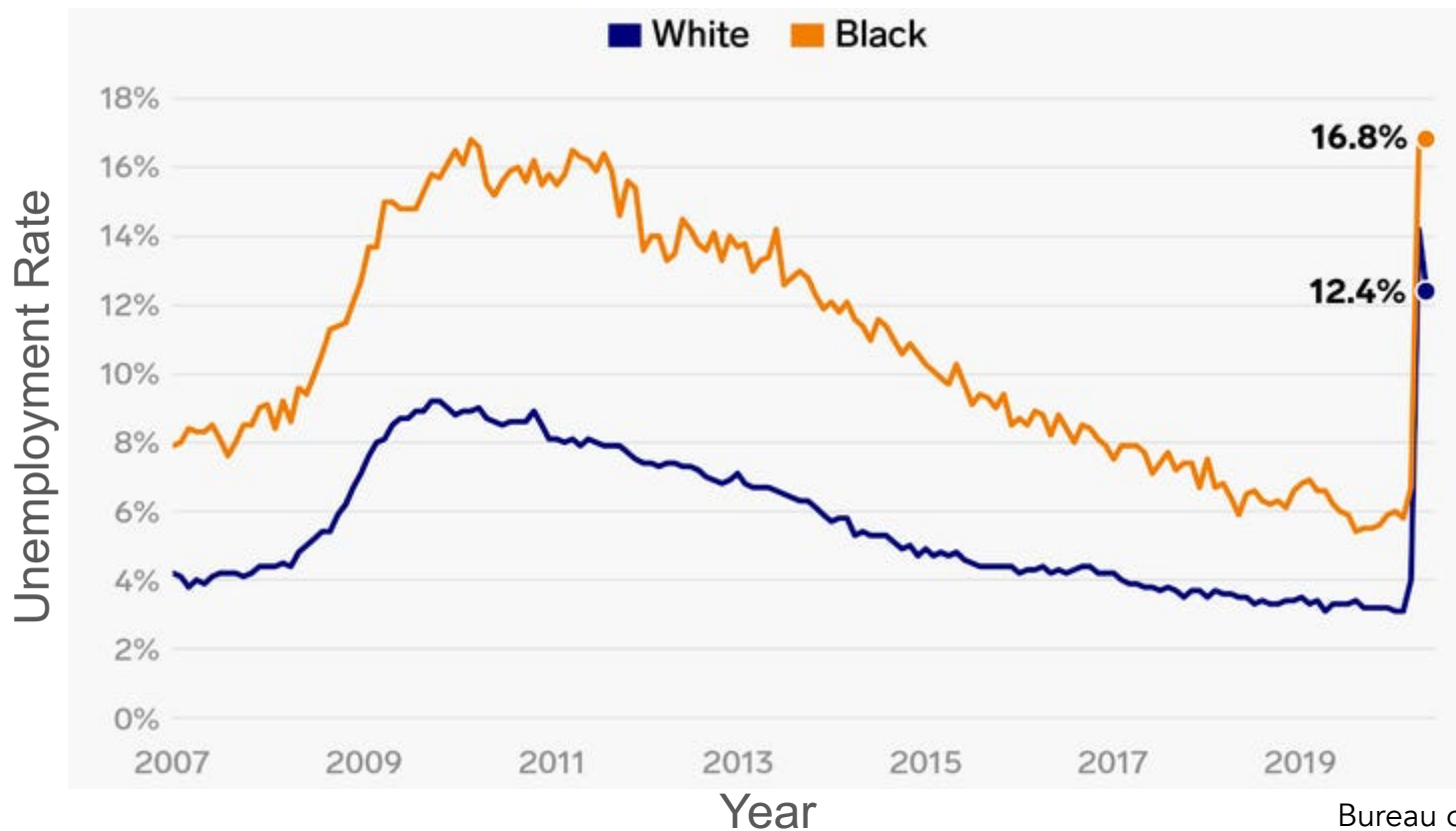
"Redlining" Los Angeles



The size of each circle represents the area in that city that HOLC graded, with each color representing the proportion of the city graded and colored.

- A "Best"
- B "Still Desirable"
- C "Definitely Declining"
- D "Hazardous"

Unemployment Rates of Black and White Americans



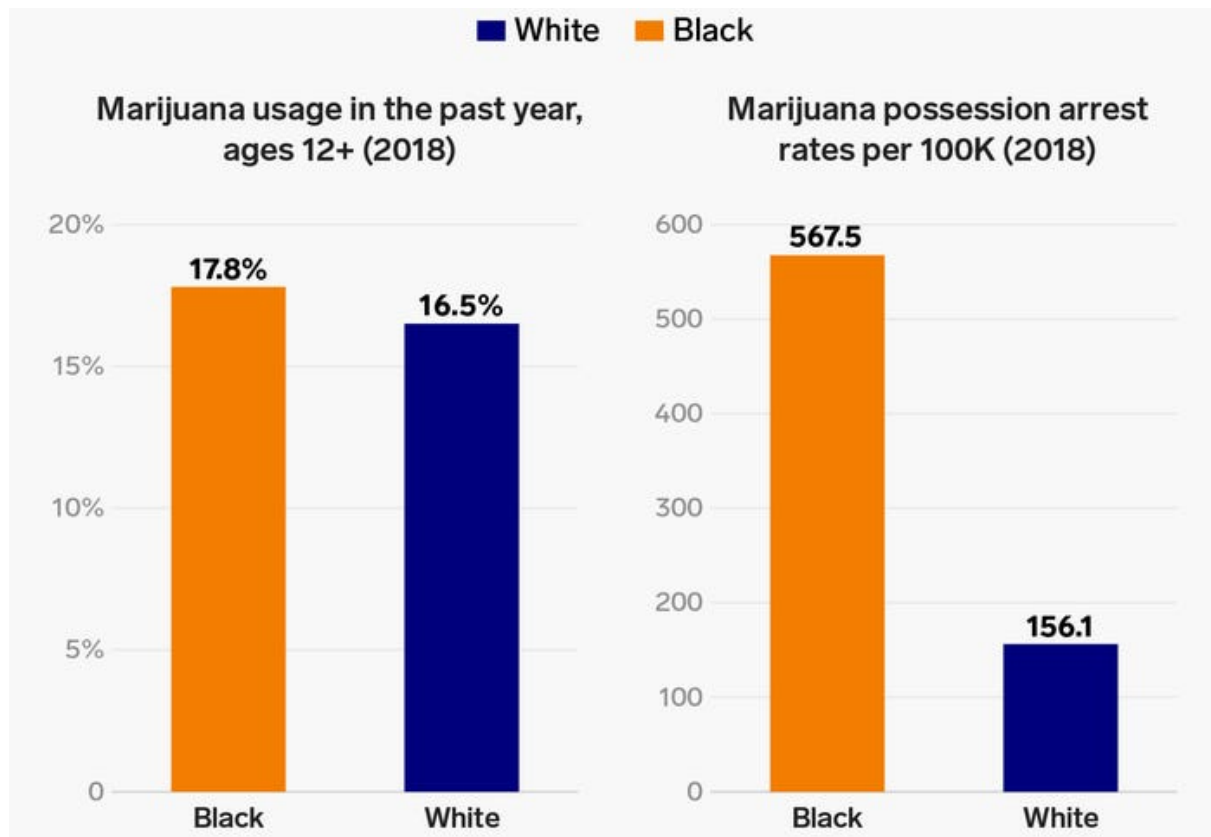
Bureau of Labor Statistics;
FRED; Business Insider

Wage Gap Between Black and White Americans



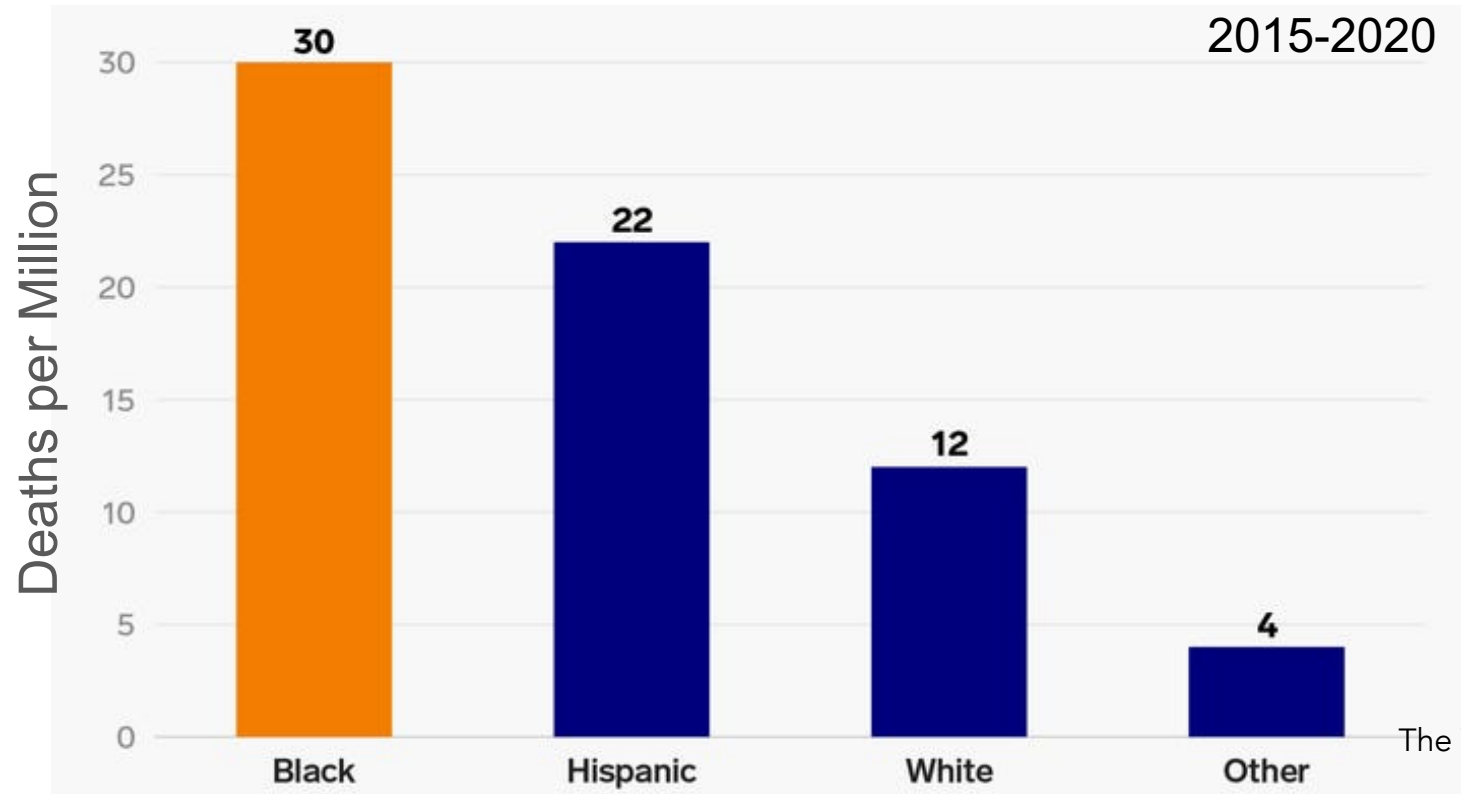
US Census Bureau;
Business Insider

Marijuana Usage and Possession Arrests by Race

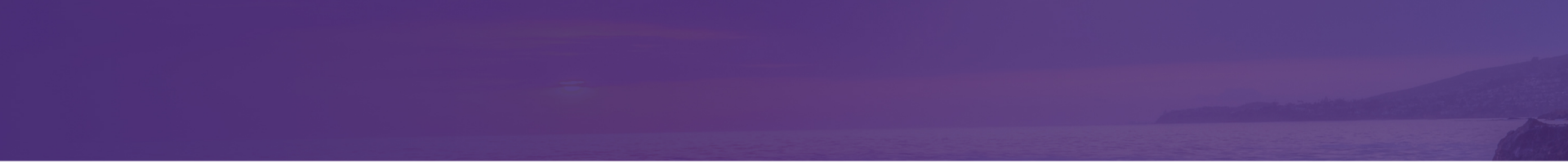


SAMHSA; US Department of Health and Human Services; FBI/Uniform Crime Reporting Program; US Census; Business Insider

Fatal Police Shootings by race (per million)



The Washington Post;
Business Insider



Are we measuring race?

Or racism?

How do we fix health disparities?



Addressing Inequities

Acknowledge



Mechanisms: Implicit and Explicit Bias

Implicit Bias refers to the unconscious, unintentional assumptions we make about others due to unconscious associations about different social groups.

Explicit Bias refers to the conscious, intentional opinions we form about others (e.g. frank racism).



Addressing Inequities

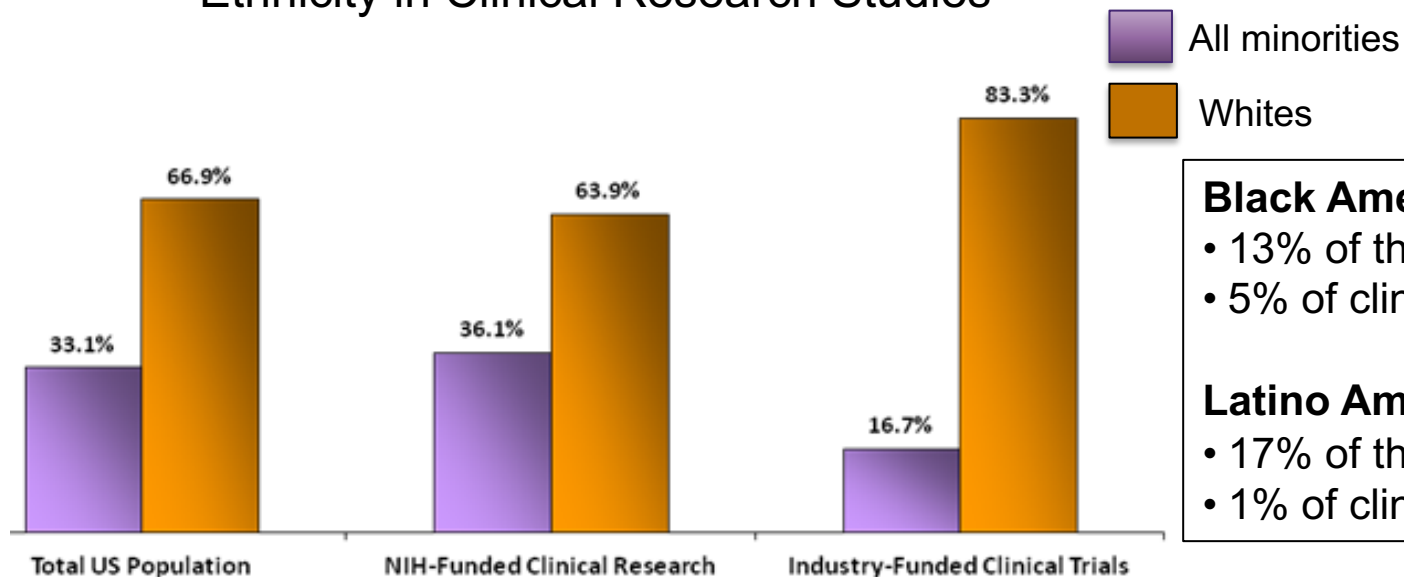
Develop and Disseminate solutions

- Increase **awareness** of racial and ethnic disparities.
- Identify and **stamp out implicit and explicit racism** in healthcare through implicit bias curriculum development and implementation.
- **Support (federal and beyond) for research** to address in racial/ethnic disparities and and adverse social determinants of health.



Representation in Clinical Trials

Proportion of Study Volunteers by Race and Ethnicity in Clinical Research Studies



Black Americans:

- 13% of the US population
- 5% of clinical trial participants

Latino Americans:

- 17% of the US population
- 1% of clinical trial participants

Addressing Inequities

Develop and Disseminate solutions

- **Increase representation** of under-represented doctors and researchers to reflect the diversity of the country.
- **Increase access** to high-quality healthcare for all.



Summary

- Health equity strives for the highest level of health for all, recognizing that subgroups require different supports to achieve this goal.
- Health disparities are common and are the result of adverse social determinants of health, including systemic racism.
- In order to reduce disparities, we must acknowledge, understand, and address the role of race in health and health outcomes.



Thank You!

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UCLA May Laboratory: <https://www.uclahealth.org/gastro/may-lab>