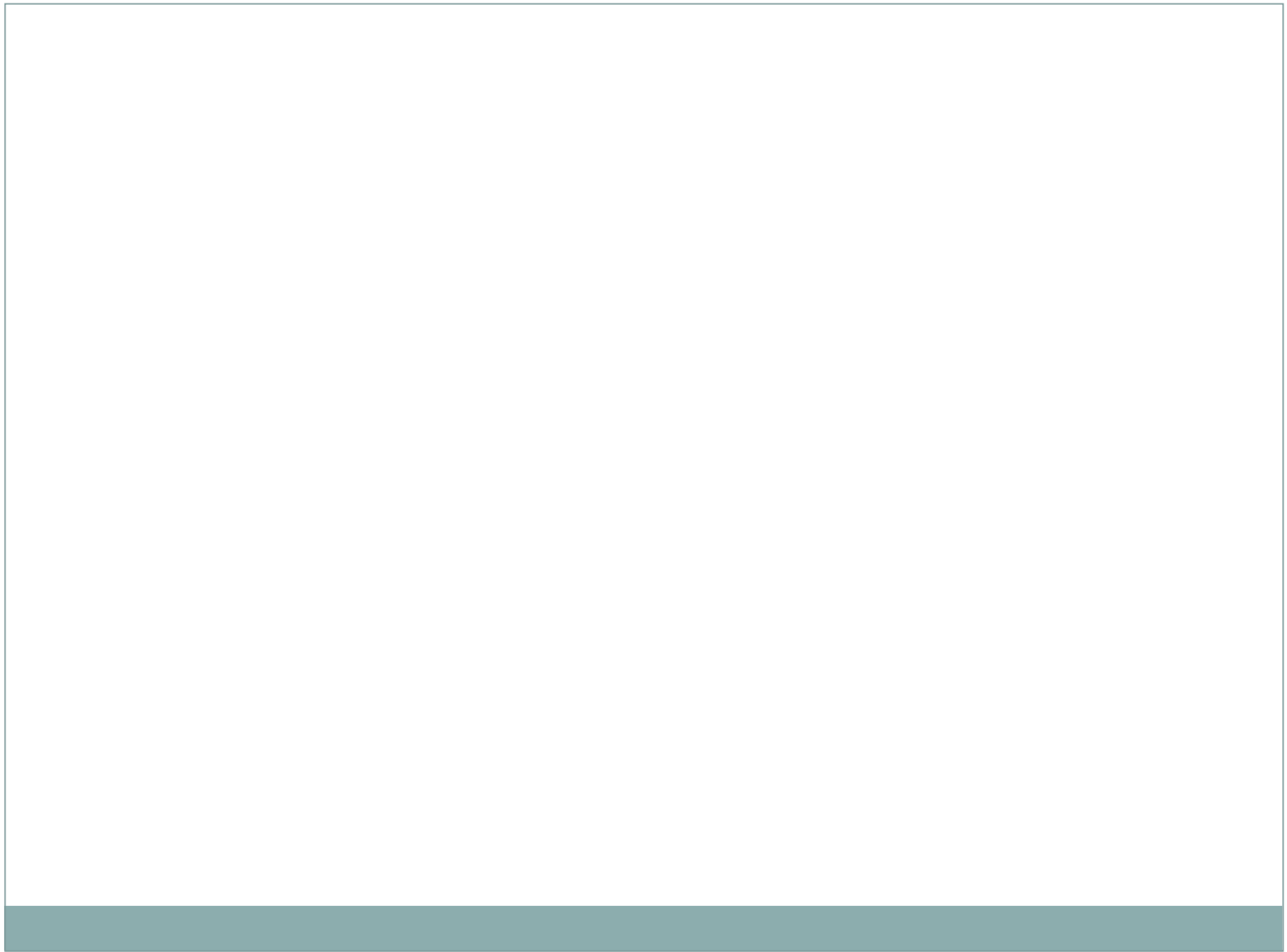


The Measurement and Translation of the Social Determinants of Racial and Gendered Stress

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Acknowledgement



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The Questions

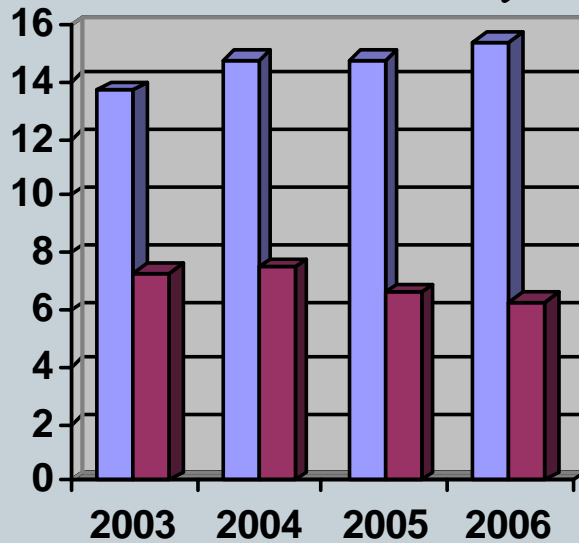


- ***What*** specific conditions in the lives of African American women contribute to adverse birth outcomes and what is the best way to capture and assess those conditions.
- ***How*** might an assessment of the particular stressors of race and gender be translated into interventions and policies to arrest the crisis of black infant mortality.

The Data: Preterm Delivery, Metro Atlanta

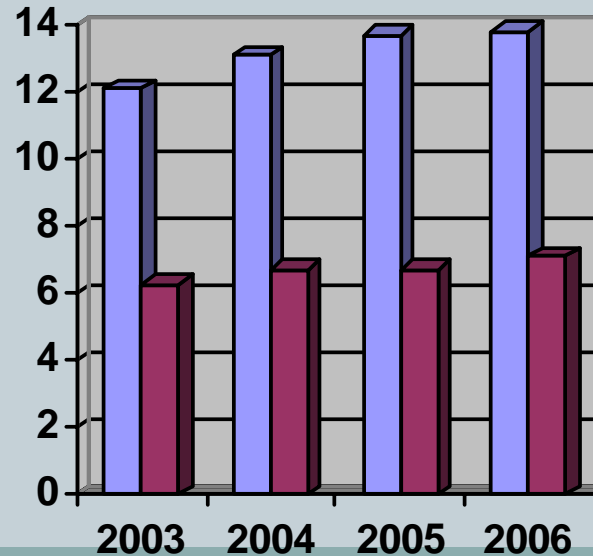


Fulton County



■ African American
■ Caucasian

Dekalb County



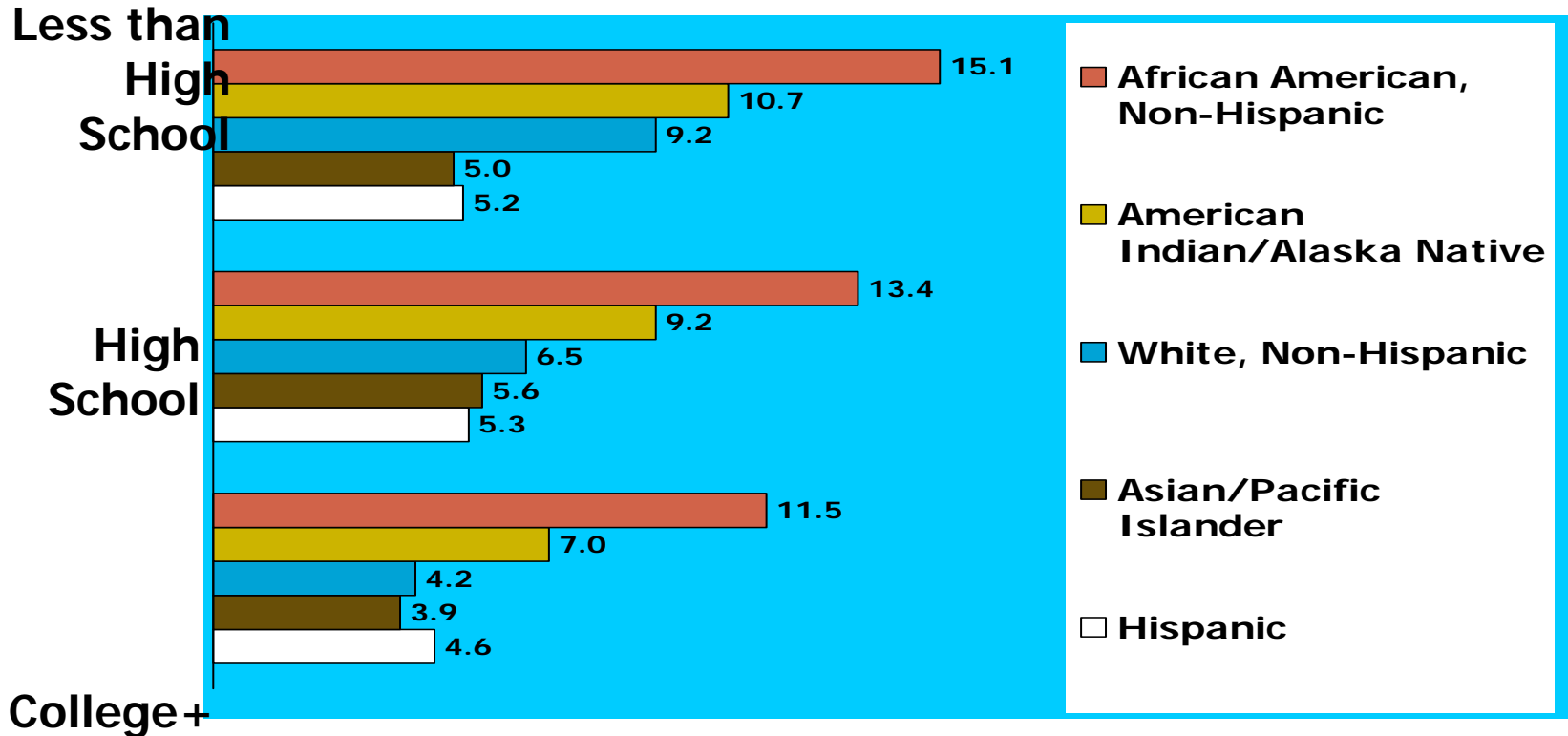
■ African American
■ Caucasian

Infant Mortality Rate (Deaths per 1,000 Live Births) by Race/Ethnicity, Linked Files, 2003-2005_

	DC	US
Non-Hispanic White	3.4	5.7
Non-Hispanic Black	17.2	13.6
Hispanic	7.2	5.6
Total	11.4	6.9

Infant Mortality Rates for Mothers Age 20+, by Race/Ethnicity and Education, 2001-2003

Infant deaths per 1,000 live births:



SOURCE: Kaiser Family Foundation, based on Health, United States, 2006, Table 20, using data from the National Center for Health Statistics, National Vital Statistics System, National Linked Birth/Infant Death Data.

African American college educated women are at greater risk of experiencing infant death than non college-educated, unemployed, uninsured white women

Pregnancy Outcomes as the Forecast for Future Health Outcomes



- **Risk for mental and physical impairment**
- **Poor health for the mother and child**
- **Indicator of risk for future chronic diseases**

Explanations



- *Access/ Quality of Health Care*
- *Poverty*
- *Genetics*
- *Race*
- *Physiological Pathways*

Stress



- Environmental Exposure and Physiological Response
- Expectations, Interruptions, and Threats
- Chronic, Acute, Traumatic
- Impact on Health-Accumulative, Weathering
- Stems from Identity experiences-- race, gender, class, age, etc

Stress



- Immune Suppression
- Vascular Functioning
- Hormonal Imbalance
- Fight and Flight
- Tend and Befriend
- Allostatic Load

Racism as a Risk for Reproductive and other Health Disparities



- Harrell JP, Merrier M, Kalu J Racism, sexism and disease. In African American Mental Health, ed R. Jones, 1998
- Williams D Racial/ethnic discrimination and health: Findings from community studies. Am J Pub Health, 2003
- Jones C Levels of racism: A theoretical framework and a gardener's tale. Am J Pub Health, 2000
- LaVeist N Perceived racism and self system blame attribution: Consequences for longevity. Ethn and Dis, 2001
- Lewis T, Everson-Rose SA, Powell LH et al Chronic exposure to everyday discrimination and coronary calcification in African American women: The SWAN Heart Study, Psychom Med, 2006.

Race, Gender, and Class



- Kiecott-Glazer JK, Marucha PT, Mercado AM
Slowing of wound healing by psychological stress,
Lancet 1995
- Jackson FM, Hogue C, Phillips M, Curry-Owens T
Examining the burdens of gendered racism Matern
and Child Heal J, 2003
- Nuri-Jeter A, Williams CT, LaVeist TA A
methodological note on modeling the effects of
psychological distress, Stress and Health 2008

Further Explanations



- **The Rise and Fall of US Inequalities in Premature Mortality: 1960-2002, Nancy Kreiger, PLoS Medicine, 2008**
- **Life course perspective, Michael Lu**
- **The social determinants of health**

The Search for Answers



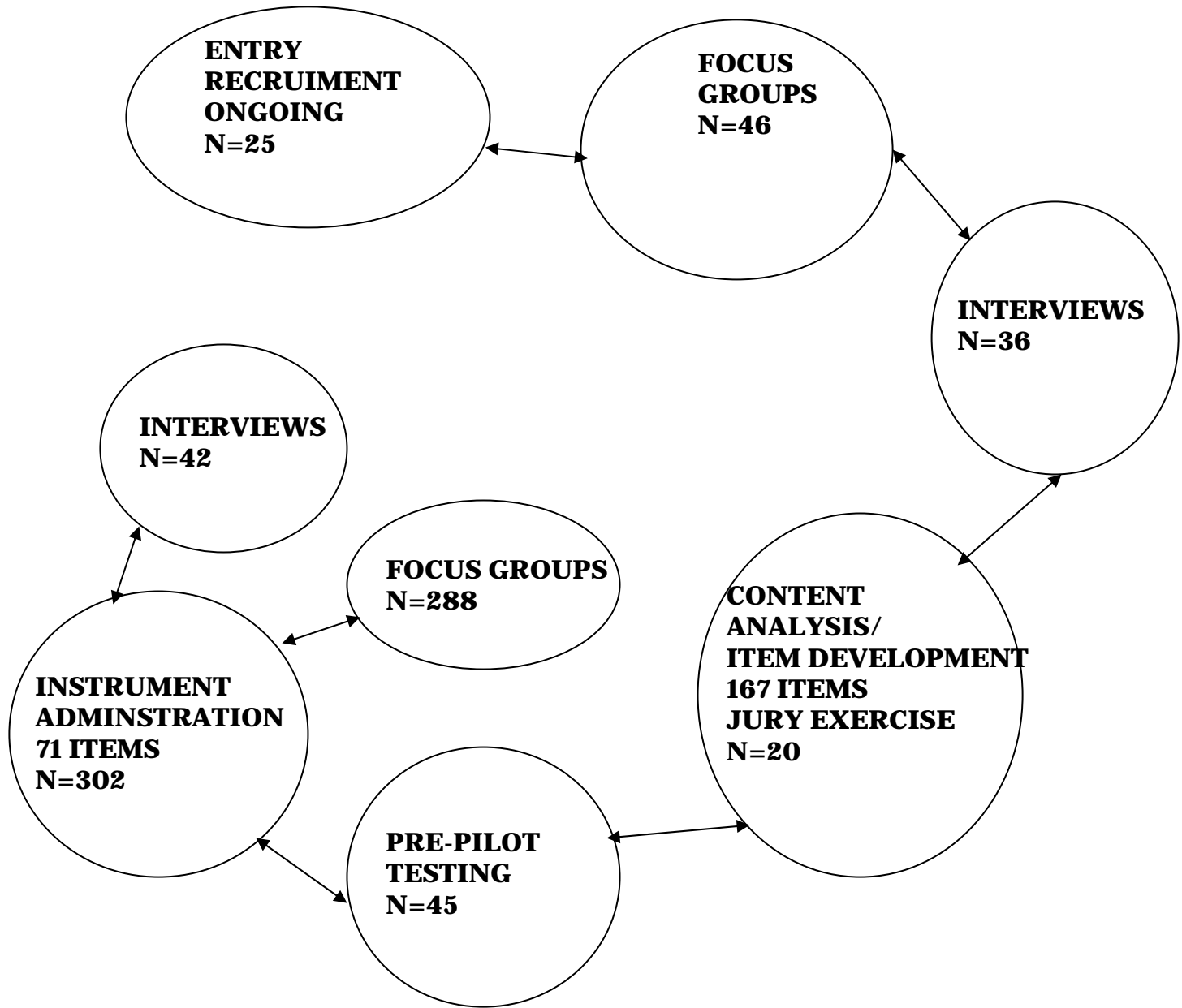
- Conceptual and measurement hurdles (grounded theory and psychometric validity)
- Promoting community-based approach
- Implications for interventions

Getting to the Why



- Looking at the stress exposure as risk for poor birth outcomes
- Stress significantly linked to health conditions, cardiovascular risk and disease
- Indications of suppressed immune system contributing to preterm delivery
- Operationalizing stress (race, class, gender)

RESEARCH PROCEDURE: ALWAYS CHECKING WITH THE WOMEN'S VOICES



Selected Socio demographic Variables for Pregnant Sample (N=101)

<u>Variable</u>	<u>N</u>
Age	
18-24	19(19%)
25-34	64(63%)
35-79	17(17%)
Missing data	1 (1%)
Education	
College Educated	62(61%)
No college degree	38(38%)
Missing data	1(1%)

Marital Status

Married	58 (58%)
Not married (includes single, separated, divorced, or widowed)	52 (52%)

Birth History

No children	50 (50%)
At least 1 child	42 (42%)
Missing data	9(9%)

Annual household income (in thousands)

10-30	14(14%)
31-50	31(31%)
51 and higher	48(48%)
Missing data	8(8%)

Selected Socio demographic Variables, N=444

<u>Variable</u>	<u>N (%)</u>
Age	Range 18-79 Mean Age = 40
Education	
College educated	321 (72%)
No college degree	100 (23%)
Other degree	1
Missing data	22 (5%)
Employed	
Employed	360 (81%)
Unemployed/retired	72 (16%)
Missing	12 (3%)
Marital Status	
Single	182 (41%)
Married	162 (37%)
Separated/Divorced	82 (19%)
Widowed	17 (4%)

Birth History

No children	173 (39%)
At least 1 child	264 (60%)
At least 1 child under age 18	177 (40%)

Annual household income (in thousands)

<10	14 (3%)
10-30	81 (18%)
31-50	92 (21%)
51 and higher	130 (29%)
Missing data	127 (29%)

On Gendered Racism



- *But personally it's[racism], like a daily battle and I feel like I always have to look over my shoulder...And that's stressful...I've just seen different types of racism. Now I have an opportunity not only to experience it on the job but watch people do it to children. And that's very very stressful. Then I feel I have to move in and say, hey! You don't know what you are doing.*
- **I have to deal with racism directed at African American children that I interact with (58%)**
- Jackson FM, Hogue C, Phillips MT The development of a race and gender-specific stress measure for African American women: Jackson, Hogue, Phillips Contextualized Stress Measure, Ethn and Dis, 2005

Racial Concerns Before and During Pregnancy



- *The pregnancy scares the life out of me because I am pregnant with a boy and I know how black boys are treated in this society. And because I've seen that it worries me because I wonder if I can give my baby boy what he needs in order to function in this racist society.*

The Struggle Continues



Pool Boots Kids Who Might "Change the Complexion"

Campers sent packing after first visit to swim club

By [KAREN ARAIZA](#)

Updated 11:22 PM EDT, Wed, Jul 8, 2009



Dymire Baylor says he overheard a

NBC Philadelphia

Dymire Baylor says he overheard a woman ask, "What are all these black kids doing?" when he and his friends showed up.



SHAWNA SHEPHERD/CNN

Jackson, Hogue, Phillips Contextualized Stress Measure



- Translation of the authentic voices of African American women
- Stressors in the place where African American women give birth, grow, work, age
- Subscales measures of race, racism, gendered burdens, abuse/neglect, work place stressors
- Affective stress responses (stress state)
- Valid with measures of anger, anxiety, depression

Race and Gender: Preconception and Pregnancy

	Pregnant	Non-Pregnant
<i>I have to deal with racism directed at the children I interact with (racism)</i>	32%	34%
<i>Everyone expects me to be strong for them (burden)</i>	72%	70%
<i>I feel that we are losing our black men (burden)</i>	75%	70%
<i>I have experienced physical abuse in my relationships with men (personal history)</i>	16%	25%
<i>I feel that I am alone (stress state)</i>	32%	33%

Key Findings



- Racism and burden ($r=.536, <.001$) Gendered Racism
- Personal history and burden ($r=.489, <.001$)
- Burden and workplace ($r=.382, <.001$)
- Subscales correlate with anger, anxiety, and depression

Findings



- Stress states and anger-In ($r=.52, <.01$)
- Burden and trait anxiety ($r=.42, <.01$)
- Stress states and trait anxiety ($r=.57, <.01$)
- Burden and anger-in ($r=.33, <.01$)
- Racism and burden ($r=.54, <.01$)

Is Age Predictive of the Stressors of Gendered Racism and Anger?



- Findings confirm higher stress sum, more anger-in for younger women (under 35)-linear regression mixed model
- More depressed, more anger in
- Indications of the life course experience of gendered racism

Key Findings



- The responses of pregnant women indicate high stressor exposure, similar to non-pregnant African American women and links to anger responses
- “Suggest” impact of coping and social support as protective for exposure to racial and gendered stress

Coping with Stress



Self Care

- Relax
- Make time for oneself
- Sleep
- Eat right
- Exercise
- Meditate
- Don't cope in unhealthy ways (drugs, alcohol, food)

Relational/Reflection/ Planning

- Talk to a friend
- Compromise
- Journal
- Help others
- Get a hobby
- Set limits
- Plan your time

What is the intervention for
Gendered Racism?



**WHAT IS THE
INTERVENTION FOR
RACISM?**

Impact of Gendered Racism: Affective Responses



- Anger
- Anxiety
- Depression
- Feelings of Isolation
- Self Blame
- Self Doubt
- Overwhelmed
- Fear
- Constraint



CAUSING THE WATERS
HOLDING BACK THE STORMS
A CONFERENCE ON STRESS, REPRODUCTIVE HEALTH,
AND HEALTH PROMOTION
AMONG AFRICAN AMERICAN WOMEN

Oriental
Bunch

CONFERENCE ON STRESS, REPRODUCTIVE HEALTH,
AND HEALTH PROMOTION
AMONG AFRICAN AMERICAN WOMEN







Calming the Waters: Holding Back the Storms©



- Giving voice to the experiences (worksite, family, relationships, neighborhood)
- “Work Hard for the Money”
- Girlfriending 101
- “*Tea for the Fever*”
- Altar of Stress Interventions



We can interrupt the
crisis of black infant
mortality through:

Healthy Families

Enduring Faith

Positive Social Support

Safe Housing

Healthy Nutrition

Quality Education

Fair Employment

Accessible

Transportation

Quality Health Care



Save 100 Babies ©

Calming the Waters: Holding Back the Storms©

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