First Year Cleveland
Community Action Council Meeting
January 22, 2019

Opening Remarks
Celina Cunanan, Co-Chair
Honoring History: Connecting the dots between our Past & our current differences in Infant Mortality

FYC Community Action Council
Arthur R. James MD, FACOG
January 22, 2019
African American Citizenship Status: 1619-2019

<table>
<thead>
<tr>
<th>Time Span:</th>
<th>Status:</th>
<th>Years:</th>
<th>% U.S. Experience:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1619-1865</td>
<td>Slaves: Chattel</td>
<td>246</td>
<td>61%</td>
</tr>
<tr>
<td>1865-1964</td>
<td>Jim Crow: virtually no Citizenship rights</td>
<td>99</td>
<td>25.0%</td>
</tr>
<tr>
<td>1964-2019*</td>
<td>“Equal”</td>
<td>55</td>
<td>14%</td>
</tr>
<tr>
<td>1619-2019</td>
<td>“Struggle” “Unfairness”</td>
<td>400</td>
<td>100%</td>
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* USA struggles to transition from segregation & discrimination to integration of AA’s
Time-line of African American Experience:

**Slavery:**
- 246 years
- 1619: 61%

**Jim Crow:**
- 99 years
- 1975: 25%

**Since CRA**
- 55 years
- 2019: 14%

* = Civil Rights Act

http://www.400yearsofinequality.org
Year after year of providing preferential treatment to one group and, simultaneously, detrimental treatment to certain other groups, has created current conditions characterized by **disparate impacts** in...

- In education
- In living circumstances
- In income
- In Home Ownership
- In poverty levels
- In Incarceration rates
- In Health
- In life expectancy, including Differences In the opportunity to survive the first year of life.
Racial Disparities: are not “natural... we made it this way?

We often perceive racial health disparities as consequences of “nature”. As such, we convince ourselves that these differences are “fixed” or “hardwired”; a part of what is different about us as people and therefore cannot be changed.

Similarly, we also often see America as it is instead of an America as it should be...and we accept the difference between the two as “normal”.

However, these disparities are differences that we created, differences that occur as a consequence of systems that we put into place. Therefore, we know they can be changed and would suggest that their persistence is in part because of our unwillingness to “undo” what we have done.
During the 4th quarter of the year, FYC will host a conference to:

1. Acknowledge the 400-year anniversary of African Slavery in the USA
2. Discuss how the legacy of slavery and continued Racial bias in America contributes to current racial disparities
3. Discuss what must be done to change this pattern
400-year recognition, of African American SLAVERY

...and 400-years is enough!!
If interested in helping with the planning, contact me at:

ajpppinapod@gmail.com
UPDATE FROM FYC
EXECUTIVE DIRECTOR
FYC ACTION TEAMS 1, 2 AND 3
RACIAL EQUITY DIRECTOR
KATRICE CAIN
News from FYC
Action Team 3

Research on Race, Stress, and Infant Mortality
Angela Neal-Barnett, Ph.D.
Kent State University
and
Christin Farmer, B.A.

Birthing Beautiful Communities
FYC Action Team 3 Mission Statement

• To conduct innovative community-based participatory informed research and/or applied research on unexplored subject areas that allow us to better understand role of race and stress in maternal child health
  
  A. To **understand** the role race and maternal stress play in infant deaths
  
  B. To **evaluate** the effectiveness of interventions designed to reduce the role of race-based stress in expectant and postpartum mothers’ lives
  
  C. To **develop** research that will inform other action teams’ work
Sponsors

SISTERS OF CHARITY FOUNDATION OF CLEVELAND

A Ministry of the Sisters of Charity Health System
Black Women and Stress

• It is literally exhausting to be Black in this country.
  • Marion Wright Edelman
STRESS - HPA AXIS
Cortisol: What is it?

- Laymen’s term: The stress hormone
- Scientifically this is not technically correct
- Cortisol is a hormone that tells us how HPA axis is working
  - Chronic levels of stress, cortisol rises
Weathering Hypothesis (Geronimus, 1992)

But on the *inside*...

- Racial inequality takes a cumulative toll on Black women, increasing the chance they will have health problems at younger ages

Maybe not on the *outside*...
Cortisol: How do we measure

**Acute**
- Saliva
- Urine
- Blood

**Chronic**
- Hair
What is it like to be pregnant in Central:
• Four (4) focus groups
  • 24 expectant and postpartum mothers
  • Age range: 17-35
  • Number of Children: 42

Baseline data
• Hair Cortisol
  • Cosmetologist
    • Hair questionnaire
• Focus group questions and booklets
  • Doulas and Grad student clinicians
• Audio recorded and transcribed
  • Currently being coded by clinicians
Hair Cortisol Data

Published studies
• White/Trimester 2: Mean = 33.7
• White/Trimester 3: Mean = 30.8

esCentral mothers
• Trimester 2 esCentral: Mean = 60.9 (N=5)
• Trimester 3 esCentral: Mean = 99.6 (N=7)
esCentral Stress.

Reported Stress Level
Quantitative
• Low levels of stress
  • the greater the perceived frequency of racial discrimination the greater the stress

Reported Stress level: Qualitative`
• High stress and high trauma
  • What is it like being pregnant in Central?
    • “it is like being in Hell”
      Focus group member
What have we found: esCentral

• Stressors

• *Relational (partner) stress*
  • Many are incarcerated

• *Lack of support* (during and after pregnancy)
  • Many are alone

• *Lack of resources (financial and communal)*
  • Bills are overwhelming
  • Housing
  • Transportation
Discrepancy: What creates it

• Strong Black Women
  • This is the way things are, this is the way things have always been, this the way they will always be.
  • Strong Black women keep on keeping on even when they know they should stop.

• Racism
  • Institutional/Structural
  • Person Mediated
  • Internalized

<table>
<thead>
<tr>
<th>esCentral Cortisol</th>
<th>esCentral Quantitative Stress</th>
<th>esCentral Qualitative Stress</th>
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<tbody>
<tr>
<td>High</td>
<td>Low</td>
<td>High</td>
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Summary

• Higher hair cortisol levels compared to the literature (Whites)
• Cortisol levels for expectant mothers in Central suggests HPA axis is in overdrive due to stressors
• Quantitative report of stress-low
• Qualitatively report of stress-high
• Perceived racial discrimination impacts stress level
• At the same time racism is not seen as racism but just the way things are
• Strong Black woman persona
As we move to interventions

• Collecting biomarkers within the community
  • Blood Pressure
  • BMI
  • Cortisol
    • HAIR:

• Culturally sensitive Mixed-Method intervention research
  • Incorporates way to reduce stress
  • Self-empowerment
esCentral Questions, Comments

ARE YOU A NEW MOM OR EXPECTING?
The Sister Circle is a platform for expecting and new moms of color who struggle with everyday stressors in their lives that lead to depression, panic, fear and anxiety.

FOCUS GROUP SESSIONS
Wednesdays
11am-1pm.
Tri-C MAIN CAMPUS

2900 Community College Ave
CLEVELAND, OH 44115
Arts & Health Auditorium
Entrance is at Parking Lot 5
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Closing Remarks
Celina Cunanan, Co-Chair