

# The health equity briefs

National Association of State Offices of Minority Health Newsletter

## JULY IS MINORITY MENTAL HEALTH MONTH: THE IMPACT OF RACIAL DISCRIMINATION ON BLACK YOUTH MENTAL HEALTH



As we observe **Minority Mental Health Month** this month, this recent study sheds light on a critical issue affecting Black youth in America. [The research, published in the American Journal of Orthopsychiatry](#), reveals the profound impact of racial discrimination on the mental health of Black children and adolescents.

### Key Findings:

About 90% of Black youth report experiencing racial discrimination each year, which significantly increases their vulnerability to depression and anxiety. The study found that rumination, or the internalization of negative feelings, plays a crucial role in connecting racial discrimination to adverse mental health outcomes. As Black youth get older, their tendency to ruminate increases, which could worsen their mental health risks.

Age and gender factors play a role, with younger children reporting higher anxiety levels than adolescents, female participants showing greater rumination, depression, and anxiety, and adolescents reporting more depression than younger children.

### Implications:

This research underscores the urgent need for age-appropriate interventions and policies to support Black youth in coping with racial discrimination. It highlights the importance of addressing mental health concerns in minority communities, especially among younger populations.

### Call to Action:

As we observe Minority Mental Health Month, let's commit to increasing awareness about the mental health challenges minority youth face, supporting research and interventions tailored to address these issues, and promoting inclusive environments in schools and communities.

JULY 2024



### Our Mission:

Promote and protect the health of racial and ethnic minority communities, tribal organizations and nations, by preventing disease and injury and assuring optimal health and well-being.

### HIGHLIGHTS:

*July is Minority Mental Health Month*

*Resources for Mental Health support*

*ASTHO Earns National Recognition*

*Illinois Minority Health Conference Call for Abstract*

*New Data Portal Shedding Light on Health Disparities*

*Improving Health Equity Communications: CDC's Three Key Principles*

*CDC's Office of Women's Health to host Women's and Girls' Health Seminar*

*UNITE Structural Racism and Health Workshop*

*NIMHD Unveils Comprehensive Framework for Minority Health and Health Disparities Research*

*Historic Land Affirmation for the Prairie Band Potawatomi Nation*

## July is . . .

- [Cord Blood Awareness Month](#)
- [Group B Strep Awareness Month](#)
- [Healthy Vision Month](#)
- [Juvenile Arthritis Awareness Month](#)
- [National Cleft & Craniofacial Awareness & Prevention Month](#)
- [Sarcoma Awareness Month](#)
- [UV Safety Month](#)
- [World Hepatitis Day: July 28](#)
- [National Minority Mental Health Awareness Month](#)

## RESOURCES FOR MENTAL HEALTH SUPPORT

If you or someone you know is struggling with mental health, there are resources available. In life-threatening situations, call 911 or go to the nearest emergency room. For immediate support, consider using the 988 [Suicide & Crisis Lifeline](#) by calling or texting 988 or chatting online with a trained crisis counselor.

For those seeking treatment, options include therapy (virtual or in-person), medication, or a combination. Primary care providers can perform initial mental health screenings and provide referrals. Federal resources like [SAMHSA's helpline](#) and [online locator](#) for mental health services are also available. Many insurance companies, universities, and employers offer support for mental health.

Remember, treatment works best when you have a good relationship with your mental health professional. Don't hesitate to ask questions and discuss concerns with your provider.

By understanding these challenges and leveraging available resources, we can strive for improved mental health outcomes for all minority communities.

## ASTHO EARNS NATIONAL RECOGNITION FOR AGE-FRIENDLY PUBLIC HEALTH INITIATIVES

The Association of State and Territorial Health Officials (ASTHO) has become the first national organization to achieve Advanced Recognition through the Trust for America's Health (TFAH) Age-Friendly Public Health Systems Recognition Program. This prestigious recognition highlights ASTHO's commitment to improving the health and well-being of older adults through various initiatives aligned with the program's 6C Framework.

ASTHO's efforts include developing resources for enhancing older adults' health, hosting learning communities, providing data analysis assistance, creating e-learning modules, and expanding fall prevention strategies. This recognition reinforces ASTHO's role as a national leader in promoting healthy aging and optimal care for older adults.

For more information, visit [Age-Friendly Public Health Systems](#) - Trust for America's Health.



The Illinois Department of Public Health— is now accepting workshop abstracts for the 2024 Illinois Minority Health Conference.

This is your chance to share your expertise and contribute to the important work of advancing health equity. The Illinois Department of Public Health – Center for Minority Health Services encourages submissions that address a wide range of marginalized and underserved populations, including but not limited to racial and ethnic minorities, people with disabilities, individuals experiencing homelessness, and rural communities.

Please visit [the website](#) for full details on abstract submission requirements and conference information.

Interested presenters should submit their workshop abstracts to [dph.cmhs.info@illinois.gov](mailto:dph.cmhs.info@illinois.gov) by **July 31, 2024, at 5:00 PM CST**.

## NEW DATA PORTAL SHEDDING LIGHT ON HEALTH DISPARITIES

The National Institute on Minority Health and Health Disparities (NIMHD) has developed a powerful tool for researchers, policymakers, and public health professionals. The HDPulse Data Portal offers a comprehensive look at health disparities across the United States.

### Key Features:

- Interactive graphics and maps
- Spatial and temporal trend analysis
- Geographic pattern identification
- Social-Ecological Framework exploration

This user-friendly platform allows you to:

1. Assess the magnitude of health disparities
2. Explore trends over time and across regions
3. Identify areas of greatest need
4. Examine social determinants of health

The HDPulse Data Portal provides valuable insights that aim to inform and prioritize research and public health efforts. This tool is essential for reducing disparities and improving minority health outcomes.

Discover more about this invaluable resource by visiting the [HDPulse Data Portal website](#).

## IMPROVING HEALTH EQUITY COMMUNICATION: CDC'S THREE KEY PRINCIPLES



The CDC's Office of Health Equity (OHE) has developed three evidence-based principles to enhance communication about health equity concepts. These principles aim to reframe public health messages, shifting focus from health disparities to addressing systemic and structural issues.

### HERE'S WHAT YOU NEED TO KNOW:

#### Meet the Audience Where They Are

Understand your audience's beliefs, attitudes, and biases towards **health equity** concepts. Use enabling language, set context, and help the audience draw new conclusions.

#### Communicate Health Equity as a "We" Issue

Build on shared values and interconnectedness. Use gain-framed messaging and emphasize that health equity benefits everyone. Provide examples like the "**curb-cut effect**" to illustrate universal benefits.

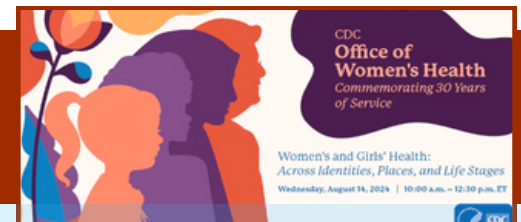
#### Frame Health Equity as Achievable

Break down health equity into manageable concepts. Provide examples of actions at individual, community, and systemic levels. Use action terms and avoid language that reinforces **fatalism**.

The OHE has applied these principles to develop a Health Equity Video Series and is creating additional resources, including infographics and tools. These materials aim to help public health professionals better understand and communicate health equity concepts.

For more information and to access these resources, visit the [OHE's Health Equity site](#).

## CDC'S OFFICE OF WOMEN'S HEALTH TO HOST WOMEN'S AND GIRL'S HEALTH WEBINAR TO COMMEMORATE 30TH ANNIVERSARY



Join the CDC Office of Women's Health (OWH) for a Zoom Webinar  
**Women's and Girls' Health: Across Identities, Places, and Life Stages**  
**August 14, 2024 from 10:00 AM - 12:30 PM ET.**

This insightful webinar will explore the multi-dimensional lives of women and how social and structural barriers impact their health across different life stages. The expert speakers will discuss theoretical and actionable public health approaches to create fair and just opportunities for women and girls to achieve optimal health.

#### Highlights of the webinar include:

- Keynote address by Dr. Nancy Lopez on understanding the complex intersections of women's lives
- Presentation by Kathryn Godburn Schubert on using data to tell women's health stories
- Panel discussions on intergenerational dialogues in women's and girls' health and understanding risks and resiliency during public health emergencies
- Opening remarks by Dr. Nirav Shah, Principal Deputy Director of CDC
- Closing remarks by Dr. Leandris Liburd, Acting Director of the Office of Health Equity

Accessibility: This event will feature Web CART captions and American Sign Language (ASL) interpretation. For additional accommodations, please contact [OWH@cdc.gov](mailto:OWH@cdc.gov) at least 10 business days prior to the event.

To participate, [please register in advance](#).

After registering, you will receive a confirmation email with joining instructions.



# UNITE STRUCTURAL RACISM AND HEALTH WORKSHOP

Interdisciplinary Approaches to Understanding and Addressing Structural Racism and Health

The National Institutes of Health's (NIH) UNITE initiative is hosting a two-day virtual workshop on **Interdisciplinary Approaches to Understanding and Addressing Structural Racism and Health**. This event will gather experts from various fields to:

1. Review historical data on structural racism.
2. Showcase research on methodologies and strategies.
3. Share best practices from interventions.
4. Identify recommendations through breakout discussions.

For more details and registration, visit [NIH UNITE Workshop](#).



**Virtual via Zoom**  
 July 18–19, 2024  
**Limited capacity;**  
**register** to secure your spot.

## NIMHD UNVEILS COMPREHENSIVE FRAMEWORK FOR MINORITY HEALTH AND HEALTH DISPARITIES RESEARCH

The National Institute on Minority Health and Health Disparities (NIMHD) has introduced a groundbreaking research framework to advance our understanding and approach to minority health and health disparities. This framework represents a significant step forward in addressing the complex nature of health inequities.

The NIMHD framework is designed to encourage research that spans multiple domains and levels of influence. It recognizes that health disparities are shaped by a variety of factors, including:

### **Domains of Influence:**

- Biological
- Behavioral
- Physical/Built Environment
- Sociocultural Environment
- Health Care System

### **Levels of Influence:**

- Individual
- Interpersonal
- Community
- Societal

This multifaceted approach allows researchers to explore the intricate interplay between different factors affecting minority health and health disparities.

### **Practical Applications:**

The framework serves as a valuable tool for:

1. Guiding research priorities and design
2. Analyzing current research portfolios
3. Identifying gaps and opportunities in health disparities research
4. Promoting a more holistic understanding of health inequities

While the framework provides examples of factors within each cell (such as family microbiome in the interpersonal-biological cell), it's important to note that these are not exhaustive. The framework is designed to be flexible and may evolve over time to better serve the needs of populations experiencing health disparities.

We encourage all researchers and health professionals to explore this framework and consider how it might inform their work in addressing health disparities and promoting minority health.

For more information and to view the full framework, visit the NIMHD website at <https://nimhd.nih.gov/researchFramework>.

# HISTORIC LAND AFFIRMATION FOR PRAIRIE BAND POTAWATOMI NATION



JULY 2024

## RESOURCES

In a landmark decision this April, the U.S. Department of the Interior placed portions of the Shab-eh-nay Reservation land into trust for the Prairie Band Potawatomi Nation. This action establishes the first and only federally recognized reservation in Illinois, marking a significant milestone in the Nation's long journey to reclaim their ancestral lands.

This development comes 175 years after the U.S. government illegally auctioned off 1,280 acres of the Nation's Reservation land near what is now the Village of Shabbona in southern DeKalb County. The Prairie Band Potawatomi Nation has spent nearly \$10 million over 15 years to repurchase 130 acres of their original reservation land.

The newly trusted land affirms the Nation's sovereignty and opens cultural preservation and economic development possibilities. The Nation has jurisdiction over various aspects, including criminal law enforcement, civil regulatory authority, environmental management, and social welfare within the Reservation.

Prairie Band Potawatomi Nation is committed to ensuring a seamless transition of public services and is considering establishing agreements with local law enforcement for effective coordination. They have also pledged to carefully evaluate potential uses for the land.

The Nation is working on federal legislation to address the concerns of current homeowners within the Reservation boundaries, aiming to clear their property titles of any conditions related to the Reservation's history.

For more information on this historic event, including its implications and the Nation's plans, please visit the [Prairie Band Potawatomi Nation's official FAQ page](#).

**The CDC's Office of Health Equity** offers a free, self-guided online training plan on health equity. This comprehensive program includes 13 on-demand trainings covering 6 health equity-related domains. It addresses health disparities and structural and social determinants of health. The plan is suitable for beginners and those seeking to expand their knowledge.

**CDC's Office of Minority Health and Health Equity (OMHHE)** aims to eliminate health disparities for vulnerable populations. Their website offers data and statistics on minority health, cultural competence resources for healthcare providers, health equity tools and training, and information on specific health issues affecting minority populations.

**The National Institute on Minority Health and Health Disparities (NIMHD)** leads scientific research to improve minority health and reduce health disparities. Resources include funding opportunities for health equity research, scientific advances in minority health, health disparity resources for researchers and community organizations, and educational materials on health equity concepts.

## IN CASE YOU MISSED IT:

### **Health Literacy for Public Health Professionals online Course**

CDC's Office of the Associate Director for Communication has refreshed its online course. This self-paced program aims to educate public health professionals about the crucial role of health literacy in providing health information and services and promoting public health literacy.

Enhance your skills in communicating health information effectively and improve your organization's health literacy practices. Access the course through the CDC's learning platform and take a step towards better public health communication.

### **Understanding Health Disparities**

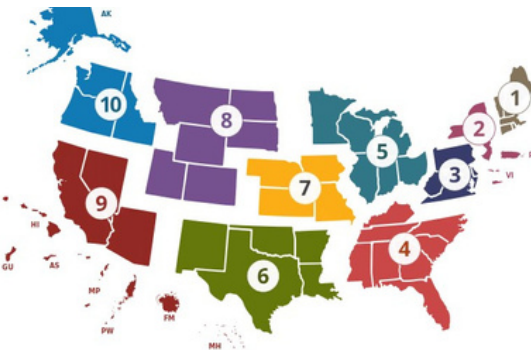
Understanding Health Disparities  
Learn more about health disparities and their impact on communities:

### **NIMHD Funding Opportunities**

Explore funding opportunities for research on minority health and health disparities:

## HHS REGIONAL MINORITY HEALTH ANALYSTS

The Regional Minority Health Analysts work in the Office of Regional Health Operations to foster and strengthen relationships among federal, state, territory, tribal, and community stakeholders by working collectively to improve minority health, eliminate health disparities, and advance health equity.



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