Wyoming Office of Multicultural

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Perceived Racism May Impact the Mental Health of Black Americans

Wyoming Department of Health

Public Health Division

Manager:
Lillian Zuniga

Editor:
LeNitra Oliver, PharmD.

For black Americans, perceived racism may cause mental health symptoms similar to trauma and could lead to physical health disparities between blacks and other populations in the United States, according to a new study led by University at Albany Assistant Professor Alex Pieterse. While previous studies have found links between racism and mental health, this is the first meta-analysis focusing exclusively on black American adults, according to the study published online in the American Psychological Association's *Journal of Counseling Psychology*.

"The study focused on black American adults because this is a population that has reported, on average, more incidents of racism than other racial minority groups," said Pieterse, of the School of Education's Division of Counseling Psychology. "Additionally, studies have indicated links between perceived racism and mental and physical health."

Researchers examined 66 studies comprising 18,140 black adults in the United States. To be included in the analysis, a study must have been published in a peer-reviewed journal or dissertation between 1996 and 2011, include a specific analysis of mental health indicators associated with racism, and focus specifically on black American adults in the United States.

Black Americans' psychological responses to racism are very similar to common responses to trauma, such as somatization, which is psychological distress expressed as physical pain; interpersonal sensitivity; and anxiety, according to the study. Individuals who said they experienced very stressful racism were more likely to report mental distress, the authors said.

While the researchers did not collect data on the impacts on physical health, they cite other studies that indicate perceived racism may also affect black Americans' physical health.

UAlbany School of Education Assistant Prof. Alex Pieterse

"The relationship between perceived racism and self-reported depression and anxiety is quite robust, providing a reminder that experiences of racism may play an important role in the health disparities phenomenon," said Pieterse, who also serves as an associate with UAlbany's Center for the Elimination of Minority Health Disparities. "For example, African-Americans have higher rates of hypertension, a serious condition that has been associated with stress and depression."

The authors recommended that therapists assess racism experiences as part of standard procedure when treating black Americans, and that future studies focus on how discrimination is perceived in specific settings, such as work, online or in school.

--ALBANY, N.Y (December 12, 2011); News Release. News Center: The World Within Reach. University at Albany State University of New York. "Perceived Racism May Impact the Mental Health of Black Americans." http://www.albany.edu/news/19793.php

Mountain States Regional Health Equity Council - Region VIII

The Mountain States RHEC has a Facebook page, and could use your help in spreading the word:

1. Please email your friends and colleagues with the message: "*The Mountain States RHEC has a Facebook Page! If you have a Facebook account, 'Like' the page for updates and join us in ending health disparities in Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming*: https://www.facebook.com/RHEC8"

2. If you have Facebook account:
   - "Like" the Mountain States RHEC page on Facebook: https://www.facebook.com/RHEC8
   - Update your Status on Facebook to read *"The Mountain States RHEC has a FacebookPage! 'Like' the page for updates and join us in ending health disparities in the region*:https://www.facebook.com/RHEC8"
   - When you see posts on the Mountain States RHEC Facebook page that interest you; Comment, "Like," or "Share" them on your Facebook page
   - If you have an update that pertains to the RHEC, post it to the Mountain States RHEC Facebook page

Like us on Facebook

Five Potential Cancer Pains

"Chest Pain

The Lung Cancer Tipoff: Pain in the chest, chronic cough, coughing up of blood, shortness of breath, wheezing, hoarseness and weight loss can be a sign of lung cancer.

Abdominal Pain

The Colon Cancer Tipoff: Abdominal pain, cramping, bloating, blood in stool, rectal bleeding and difficulty passing stool, change in stool consistency and weight loss can be a sign of colon cancer.

Pelvic Pain

The Ovarian Cancer Tipoff: Pelvic, abdominal or lower back pain, bladder pressure, changes in urinary or bowel patterns, bloating, fullness and weight loss can be a sign of ovarian cancer.

Head Pain

The Brain Cancer Tipoff: Chronic early morning headache, or one that wakes you from sleep, that is also associated with nausea, vomiting, changes in sensation, vision, speech or balance, can be a sign of a brain tumor.

Bone Pain

The Multiple Myeloma Tipoff: Chronic bone pain, back pain, unexplained fractures, anemia, frequent infections, and fatigue can be a sign of multiple myeloma.

Reporting Pain to Your Doctor

The type of pain you experience can offer clues to its cause. Keep these factors in mind when describing your pain to your doctor:

Where the pain is located
When you first noticed the pain
What precipitated the pain
How long you have had the pain
How long the pain lasts when it comes
How often the pain occurs
What you do or take that makes it worse
What you do or take that makes it better
What it feels like - stabbing, throbbing, stinging etc.
What other symptoms you have
What you think it is

For more tips on being a smart patient, **click here**."

—***"Five Pains that Point to Cancer."*** The Dr. Oz Show. http://www.doctoroz.com/videos/five-pains-point-cancer?fb_xd_fragment&page=2

Food Deserts

Food deserts are defined as urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food. Instead of supermarkets and grocery stores, these communities may have no food access or are served only by fast food restaurants and convenience stores that offer few healthy, affordable food options. The lack of access contributes to a poor diet and can lead to higher levels of obesity and other diet-related diseases, such as diabetes and heart disease.

USDA was at the forefront of identifying food deserts and working to eliminate them when the Department created its High Priority Performance Goals. USDA's Economic Research Service estimates that 23.5 million people live in food deserts. More than half of those people (13.5 million) are low-income. A one-mile marker may not be appropriate to use in rural areas where the population is more sparsely distributed and where vehicle ownership is high. To further refine the number of people who may be affected by food deserts, a 10-mile marker is used to consider food access in rural areas. Two million three hundred thousand people live in low-income rural areas that are more than 10 miles from a supermarket."

More on Food Deserts Next Month...

—Agricultural Marketing Service. USDA. http://apps.ams.usda.gov/fooddeserts/foodDeserts.aspx

Statistics

Currently, nearly 120,000 men, women and children are awaiting organ transplants in the United States. For specific numbers visit unos.org

65,991 Multicultural Patients*

1,760 Pediatric Patients*

28,052 Organ Transplants Performed in 2012

14,013 Organ Donors in 2012

More than 46,000 corneas were transplanted in 2012

More than 1 million tissue transplants are done each year and the surgical need for tissue has been steadily rising

*as of March 2013

August 2013 Events/Observances

Month

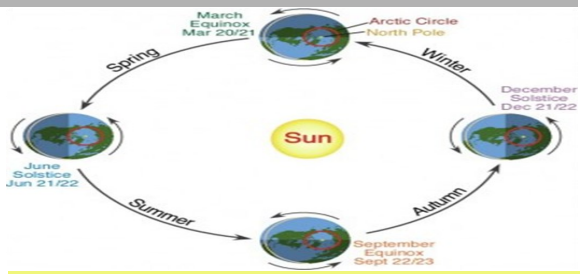
Cataract Awareness Month
Children's Eye Health and Safety Month
Neurosurgery Outreach Month
Psoriasis Awareness Month
Relay For Life
Spinal Muscular Atrophy Awareness Month
National Immunization Awareness Month

Week

Minority Donor Awareness Week (National) 1-7
Breastfeeding Week Celebrations (World) 1-7
Health Center Week (National) 11-17

Day

KidsDay (National) 4
Health Unit Coordinator Day 23



Fun fact:

It is all about the tilt of the Earth's axis. Many people believe that the temperature changes because the Earth is closer to the sun in summer and farther from the sun in winter. In fact, the Earth is farthest from the sun in July and is closest to the sun in January!

During the summer, the sun's rays hit the Earth at a steep angle. The light does not spread out as much, thus increasing the amount of energy hitting any given spot. Also, the long daylight hours allow the Earth plenty of time to reach warm temperatures.

During the winter, the sun's rays hit the Earth at a shallow angle. These rays are more spread out, which minimizes the amount of energy that hits any given spot. Also, the long nights and short days prevent the Earth from warming up. Thus, we have winter!

–Everyday Mysteries. http://www.loc.gov/rr/scitech/

The Case for Childhood Immunization

Reducing and eliminating the diseases that vaccines prevent is one of the top achievements in the history of public health. But, because of this success, most young parents have never seen the devastating effects that diseases like polio, measles or whooping cough (pertussis) can have on a family or community. It's easy to think of these as diseases that only existed in the past, but the truth is they still exist. Children in the United States can—and do—still get some of these diseases. In fact, when vaccination rates drop in a community, it's not uncommon to have an outbreak.

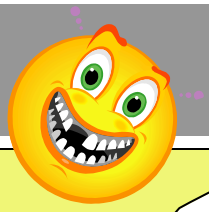
The United States currently has the safest, most effective vaccine supply in its history. Before a vaccine is approved and given to children, it is tested extensively. Scientists and medical professionals carefully evaluate all the available information about the vaccine to determine its safety and effectiveness. As new information and science become available, vaccine recommendations are updated.

Although there may be some discomfort or tenderness at the injection site, this is minor compared to the serious complications that can result from the diseases these vaccines prevent. Serious side effects from vaccines are very rare.

Click Photo to see immunization schedules ↔

—"What are the Reasons to Vaccinate My Baby?" Centers for Disease Control and Prevention. http://www.cdc.gov/features/reasonstovaccinate/index.html

That's Weird



Your heart health is predicted by your earlobes

Oddly enough, a diagonal crease – or lack of crease -- in your earlobe may determine the health of your heart. Although scientists are exploring the reason behind the link, a 1992 study of hospital patients was the first to report that those with an earlobe crease were far more likely to have coronary artery disease (CAD).

In fact, this indicator was 94 percent accurate at predicting which patients had CAD, prompting the researchers to suggest that this weird clue be used to help identify at- risk patients. More recent research also linked earlobe lines to risk for sudden cardiac death in men.

Yawning is contagious, but less so in the summer

Seeing other people yawning—even in photos—can make you yawn in response. However, a 2011 study with 80 participants per season showed that yawning in response to photos only happened 24 percent of the time in the summer, versus 45 percent of the time in the winter.

Apparently, yawning cools down your brain a bit, so outside temperature makes a big difference in how likely you are to catch the urge. Scientists also report that yawning also helps keep us alert, because. It turns out that difficult mental tasks literally heat up the brain, while a yawn lowers the temperature.

Another surprising research finding: You can't complete a yawn with your eyes open, reports neuroscientist Robert Provine in his new book, *Curious Behavior: Yawning, Laughing, Hiccupping*

--Collier Cool, Lisa. "7 Weird Facts About the Body." Yahoo! Health. Aug 31, 2012 http://health.yahoo.net/experts/dayinhealth/7-weird-facts-about-body

Wyoming Office of
Multicultural Health

6101 Yellowstone Road Ste. 420
Cheyenne, WY 82002

Phone: 307-777-5601
E-mail: Lillian.Zuniga@wyo.gov

WWW.WOMH.ORG

We look forward to working with you to eliminate health disparities in Wyoming.

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.

Wyoming Department of Health
Commit to your health.

Cent$ible Nutrition Tips, 307.633.4383

UNIVERSITY OF WYOMING EXTENSION

10 Easy Ways to Get Moving

Along with healthy eating habits, regular physical activity is an important part of a healthy lifestyle. To reduce health risks, aim for at least 30 minutes of moderate physical activity every day. If your goal is to lose or maintain weight, step it up to 60 minutes on most days. You may think it's impossible to find 30 minutes to fit in physical activity every day, but it's easier than you think. Your everyday activities can count towards your 30 minutes – even if only done at 10 minutes at a time. Try these 10 simple strategies to add more movement to your day and you'll see how easy it is!

1. Wake up 30 minutes earlier and go for a brisk early morning walk. Ask a friend or family member to join you.
2. Take the stairs instead of the elevator whenever possible.
3. Wash your car by hand instead of going through the drive through car wash.
4. If you spend a lot of time sitting, get up and move around for 5 minutes for every hour or two you spend sitting.
5. Do backyard gardening in the summer. Rake leaves in the fall. Shovel snow in the winter.
6. Use the restroom at the other end of the building or on another floor so you have an opportunity to walk more steps.
7. Rent a new exercise DVD at the library. Ask the whole family to join you.
8. Plan an active family vacation or weekend trip. Try canoeing and hiking.
9. Push your lawn mower instead of using the power-assisted drive.
10. While you watch TV, catch up on household tasks like washing the windows, mopping the floor, or dusting. During commercials, do push-ups, crunches, jumping jacks, lunges, and squats.