

Medical Mistrust & Distrust: The Negative Impact on Black & Brown Communities

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Pause and Reflect

We pause to acknowledge the land we are on land that was once the land of Indigenous people.

As we live, work, play on stolen land – let us remember to be good stewards of the land and to remember the Indigenous Peoples of today, tomorrow, and yesterday.



- Listen with an open mind
- Ask questions
- You might have a tummy-feeling
- Assume good intentions
- Learning environment

Our time together...



“For he who has health has hope; and he who has hope, has everything.”

— Owen Arthur

“Of all the forms of inequality, injustice in health is the most shocking and inhumane.”

— Martin Luther King Jr.

“If access to health care is considered a human right, who is considered human enough to have that right?”

— Paul Farmer

Definitions

To mistrust is “to regard with mistrust, suspicion, or doubt.” The word suspicion can be key here. The lack of trust implied by *mistrust* can take the form of unease or uncertainty and may be based on feelings and instinct rather than direct experience.

Example: *The teachers mistrusted politicians, especially those eager to prescribe reforms without setting foot in a classroom.*

To distrust is “to regard with doubt or suspicion; have no trust in.” This verb—if we want parse subtle differences in usage or connotation—can express a lack of trust stemming from a specific experience or certain knowledge.

Example: *I have every reason to distrust George because he's lied to me before. When you use distrust, you're often implying you have evidence to back your wariness.*

Health inequities are not natural. We cause them.

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Repeat after me

**How would you feel about healthcare?

Native
Americans

History – Native Americans

1492

- 60 million (Europe's population was ~ 70-88 million)

1869-1978

- Hundreds of thousands of children removed from families
- Forced to stop using native language, practices, education, medicine
- Forced to adopt/learn Christianity

1838

- Trail of Tears
- Removed Chickasaw, Cherokee, Creek, Choctaw, Seminoles to 'Indian Territory' (later Oklahoma)

1887

- Citizenship if they give up their tribal affiliations

1900

- 250,000 population (4%)

1924

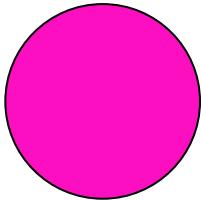
- Became a recognized citizen in the US

[Congress](#) has long failed to allocate enough money to meet Native American health needs. In 2016 it set the Indian Health Service budget at \$4.8 billion. Spread across the US population of 3.7 million American Indians and Alaska Natives, that's \$1,297 per person. That compares to \$6,973 per inmate in the federal prison system."

[COVID-19](#) was the leading cause of death among AI/ANs in 2020, and available data indicate the age-adjusted COVID-19 mortality rate among AI/AN persons was 1.8 times that among White persons.

Other evidence of mortality disparities from IHS data show the AI/AN age-adjusted death rate is 33 percent higher than the overall U.S. death rate (all races), and show the following disparities in causes of death compared to the overall U.S. population:

- Alcohol-related: 570 percent greater among AI/ANs
- Diabetes mellitus: 207 percent greater
- Unintentional injuries: 133 percent greater
- Homicide: 100 percent greater
- Suicide: 64 percent greater
- Firearm injury: 29 percent greater
- Pneumonia and Influenza: 50 percent greater
- Diseases of the heart: 11 percent greater
- Cerebrovascular disease: 10 percent greater



- 5x more likely to attempt suicide
- 2x more likely to live alone
- Higher rates of substance use
- 3-5x more likely to be bullied in school; 2-4x more likely to be bullied at work
- Higher rates of breast/cervical cancer
- Higher rates of eating disorders

Indiana means “Land of the Indians”

~14,000 Native Americans

~High school degree = 8,430

~BS = 1,681

~24% poverty

~40% married; 20% divorced; Never married 33%;

Widowed 4%; Separated 3%

Native American Health Inequities

Asian
Americans

1943 Chinese immigrants could become naturalized US citizens.

1952 Japanese immigrants could become naturalized US citizens.

The Chinese Exclusion Act is the first law passed to keep out a specific ethnic group. Similar laws follow banning immigration from other Asian countries. Unable to become citizens, people of Asian descent in America have no political voice.

1882

The Voting Rights Act (VRA) is signed into law to prohibit racial discrimination in voting.

1965

The VRA language protections are expanded to cover areas where there are 10,000+ voters with limited

1992

1790

The Naturalization Act of 1790 limits naturalization to immigrants who are free white persons of good character, thus excluding Asians from citizenship.

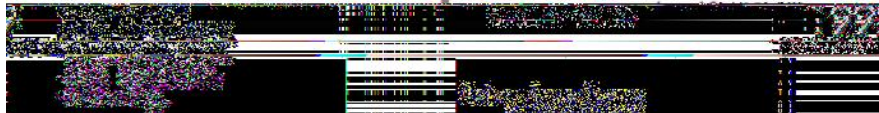
1943

Federal policies barring immigrants of Asian descent from naturalizing begin to lift, making them eligible to become citizens. (Most Asians were granted the ability to naturalize by 1952.)

1975

Congress adds protections (Section 203) for voters with limited English skills to the Voting Rights Act.

In Hamtramck City, Michigan, election officials



76%/53% (w/m) more likely to develop stomach cancer

72%/66% (w/m) more likely to develop liver cancer

23% more likely to be obese

3x more likely to die from a pregnancy-related complication

72% more likely to be diabetic

47% more likely to receive late or no prenatal care (Chinese)

51% more likely to be diabetic

~ 158,705 (2.7%) Asian Americans

~High school degree = 79,151

~BS = 55,156

~26% poverty

~54% married; 5% divorced; Never married 37%;

Widowed 3%; Separated 1%

Asian American Health Inequities

Latinx
(Latine)
Hispanic

Hispanic: A person of Spanish-speaking descent

Latinx: A person from Latin America or descended from Latin Americans

LATINO = GEOGRAPHY (LATIN AMERICA) VS HISPANIC = LANGUAGE



- Cervical cancer (18%)
- HIV (2x)
- Diabetes (33%)
- Liver disease (3.5x)
- Stomach cancer (48%)
- 75% more likely to have asthma
- 3.8x more likely to be diagnosed with TB
- 35% more likely to have liver disease
- 63% more likely diabetes

~ 475,541 (2.7%) Latinx/Hispanic

~High school degree = 165,054

~BS = 36,953

~39% poverty

~44% married; 9% divorced; Never married 43%;

Widowed 2%; Separated 2%

Latinx/Hispanic Health Inequities

Black
African
Americans

- 20% more likely to have asthma
- 23% more likely to be obese
- 3x more likely to die from a pregnancy-related complication
- 72% more likely to be diabetic
- Stroke (44%)
- Breast cancer (40%)
- Cervical cancer (52%)
- Heart disease (25%)
- HIV (9x+)

~ 631,923 (10%) Black/African Americans

~High school degree = 333,004

~BS = 72,634

~42% poverty

~27% married; 12% divorced; Never married

53%; Widowed 5%; Separated 3%

Black Americans

History

1526 - 1866

- 12.5 million; 10.7 million arrived in the Americas; ~388k to the US

1868

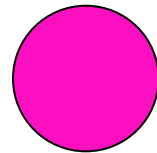
- Citizenship

1870

- Black men could vote

1920/1965

- Black women



Dr. Sims 1813-1883

Father of Gynecology

Experimented on enslaved women without consent, without anesthesia

Lucy, Anarcha, Betsey

After he conducted his experiments, perfected them - then conducted the procedure on white women with anesthesia

*Use a shoemaker's tool to pry open the brain of enslaved children

Henrietta Lacks (HeLa)

Died in 1951 - vicious case of cervical cancer

Surgeon took samples of her tumor

Her cells reproduced an entire generation every 24 hours

Tuskegee Syphilis Study (1932-1972)

399 with late latent/201 without

Became unethical in the 1940s when penicillin became available - wasn't offered

Mr. Ernest L. Hendon, died at 97 in 2004, last study participant

Former U.S. Surgeon General Dr. David Satcher and colleagues calculated that in 2002, 83,570 African Americans died who would not have if Black and white mortality rates were equal. That's 229 "excess deaths" per day: the equivalent of an airplane loaded with Black passengers being shot out of the sky and killing everyone on board every single day of the year.

33% of African American children, 29% of Native American children, and 28% of Latino children live below the poverty line (\$20,650 for a family of four in 2007), compared to 9.5% of white children.

Many African American and Native American populations are less likely to reach 65 than people from Bangladesh or Ghana. African American males living in Washington, D.C. have a lower life expectancy (57.9 years) than men in Bangladesh (58.1) and Ghana (58.3).

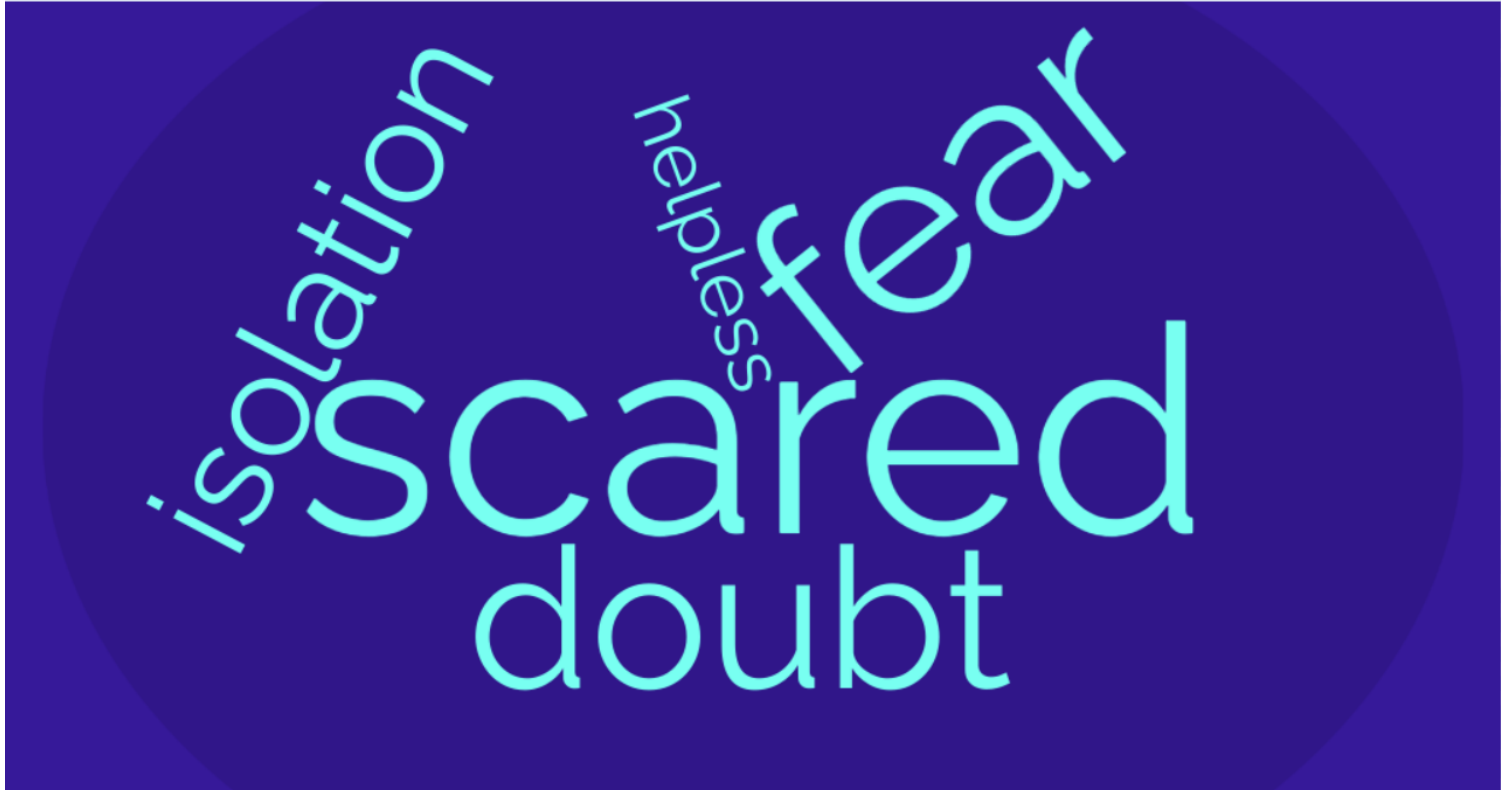
Name one word to describe how you feel about seeking or receiving healthcare.

What word would those folks use to describe healthcare?

Remember the question I asked at the beginning....

Name one word to describe how you feel about seeking or receiving healthcare.

*37 people: 28 female/9 male; 7 Hispanic; 8 Latinx; 6 Asian; 16 Black; 28-71



Unnatural Causes

- Racism adds an additional burden/challenge to health.
 - Stay in flight/fight mode
- Chronic stress
 - Front-line
- Inequality in income
 - Black women: 9/21/23; Hispanic/Latinx: 10/8/23; Native American women: 11/30/23
- Social policies
 - Access to healthcare, seatbelt laws, working conditions
- Poor health costs everyone!
 - US spent over \$2 trillion

“With rare exceptions, all of your most important achievements on this planet will come from working with others — or, in a word, partnership.”

— Paul Farmer,

Questions?