

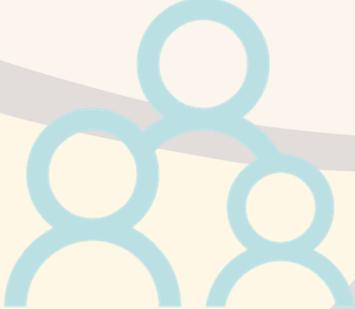
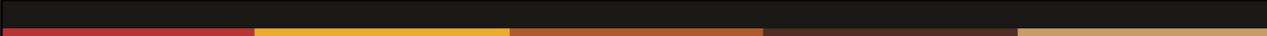


Health Equity and BHAC

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 |  Office of
Equity & Inclusion

1



**OHA - HEALTH
EQUITY DEFINITION
OCTOBER 2019**

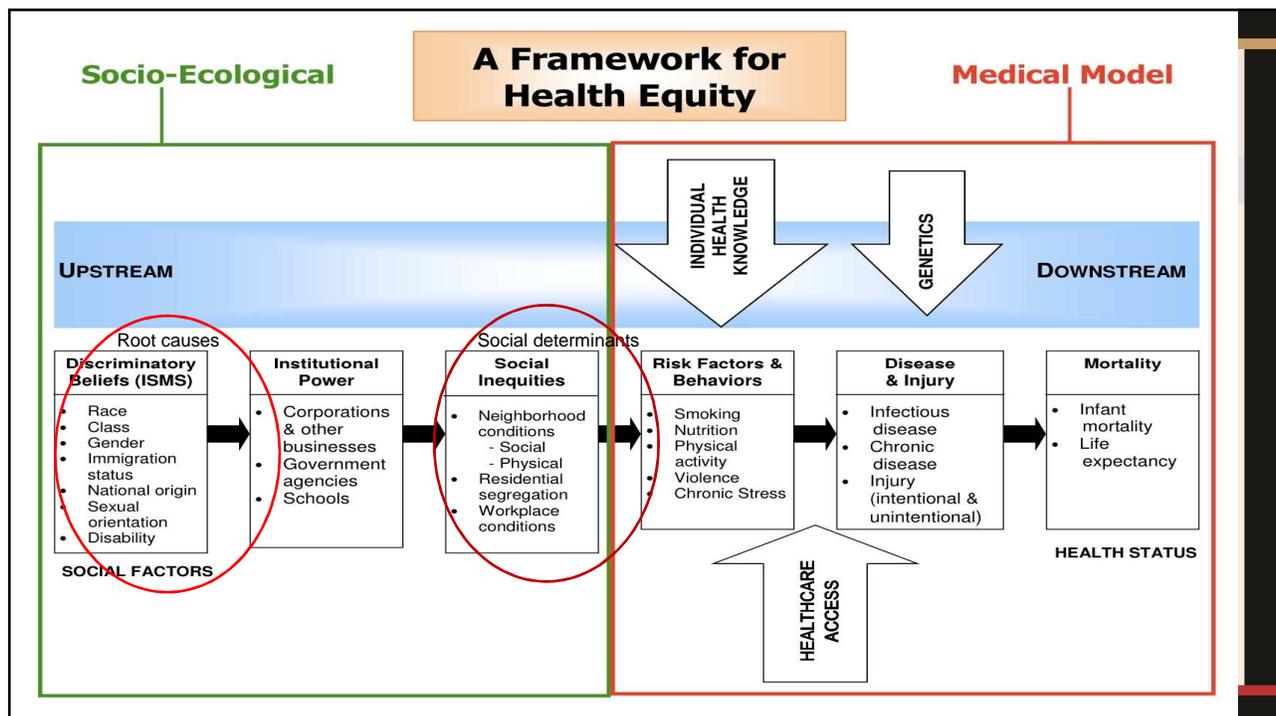
2

Oregon will have established a health system that creates health equity when all people can reach their full health potential and well-being and are not disadvantaged by their race, ethnicity, language, disability, gender, gender identity, sexual orientation, social class, intersections among these communities or identities, or other socially determined circumstances.

Achieving health equity requires the ongoing collaboration of all regions and sectors of the state, including tribal governments to address:

- The equitable distribution or redistribution of resources and power; and
- Recognizing, reconciling and rectifying historical and contemporary injustices.

3



4

Intergenerational Trauma

“Research indicates that AI/AN (American Indian/Alaska Native) populations **have disproportionately higher rates of mental health problems** than the rest of the US population. High rates of **substance use disorders (SUDs), posttraumatic stress disorder (PTSD), suicide, and attachment disorders** in many AI/AN communities have been directly linked to the **intergenerational historical trauma** forced upon them, such as forced removal off their land and government-operated boarding schools which separated AI/AN children from their parents, spiritual practices, and culture.”

American Psychiatric Association (2017)

5

Racism and Historical Trauma

“The Black community suffers from an **increased rate of mental health concerns**, including **anxiety and depression**. The increased incidence of psychological difficulties in the Black community is related to the **lack of access to appropriate and culturally responsive mental health care, prejudice and racism inherent in the daily environment of Black individuals, and historical trauma enacted on the Black community by the medical field**. Moreover, given that the Black community exists at the intersection of racism, classism, and health inequity, their mental health needs are often exacerbated and mostly unfulfilled. Issues related to economic insecurity, and the associated experiences, such as violence and criminal injustice, further serve to compound the **mental health disparities** in the Black population.”

Addressing Mental Health in the Black Community, Columbia University (2019)

6

Toxic Stress

“**Toxic stress** can negatively affect a child’s physical, cognitive, and emotional development. When children experience prolonged and continuous stress, referred to as “**toxic stress**,” it can damage connections in the brain, resulting in issues with brain development and **lifelong negative mental** and physical health effects.”

“**A growing body of literature finds that the threat of parental detention and deportation is a toxic stress.** Children living with the **constant threat of their parents’ deportation may have a constant and heightened state of anxiety that does not allow their body to return to baseline functioning.** The American Academy of Pediatrics recently warned that the stress of living in fear of deportation among immigrant children could disrupt a child’s developmental processes and lead to long-term health concerns.”

“**Over the long term, toxic stress may manifest as poor coping skills and stress management, unhealthy lifestyles, adoption of risky health behaviors, and mental health issues, such as depression.** Toxic stress also is associated with increased rates of physical conditions into adulthood, including chronic obstructive pulmonary disease, obesity, ischemic heart disease, diabetes, asthma, cancer, and **post-traumatic stress disorder.**”

Living in an Immigrant Family in America: How Fear and Toxic Stress are Affecting Daily Life, Well-Being, & Health, Artiga & Ubri (Henry Kaiser Family Foundation, 2017)

7

CH3

Discussion and Next Steps

8

Slide 8

CH3 Suggested changes to this slide.

Carly Hood, 9/25/2019