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# Outline

- Racial – developmental trajectory
- Racism – Adverse Childhood Experience
- Physical and Mental Health Consequences – Lifespan
- Anticipatory Guidance

**Preschool (3-5 years):** Children are interested in physical characteristics and may begin to notice differences in people around them.

**Early school-aged children (6-9 years):** Children become aware of social groups and recognize in-groups and out-groups. Children may start to develop prejudices based on exposure of those around them.

**Late school-aged children (9-12 years):** Learn that they can belong to more than one group. As children become capable of understanding others' perspectives, empathy may emerge at this age.

**Adolescence (12+ years):** Values are solidified including prejudices.

**Late school-aged children**

## Types of ACEs



### ABUSE

- Emotional
- Physical
- Sexual



### NEGLECT

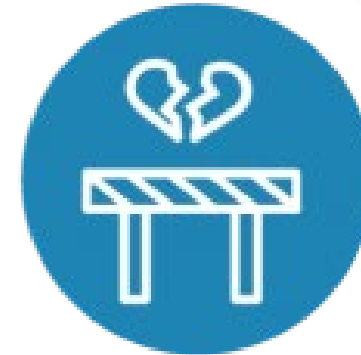
- Emotional
- Physical



### HOUSEHOLD CHALLENGES\*

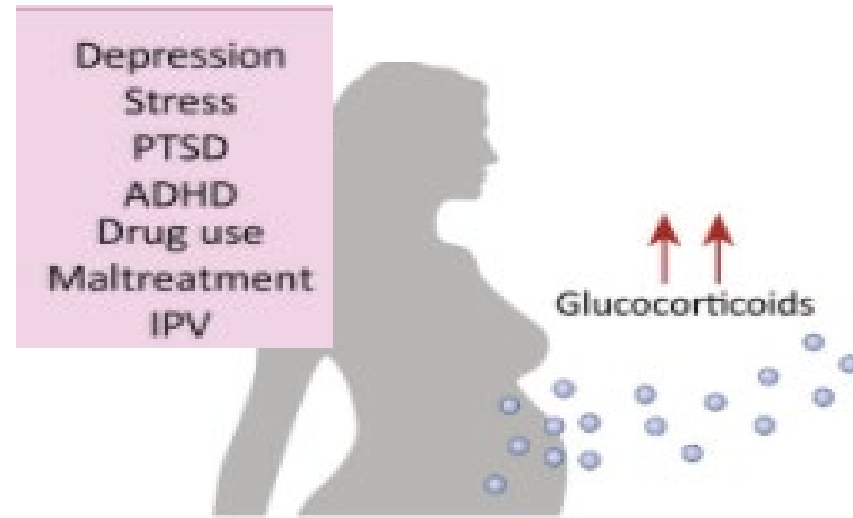
- Substance misuse
- Mental illness
- Suicidal thoughts and behavior
- Divorce or separation
- Incarceration
- Intimate partner violence or domestic violence

## Other Adversity



- Bullying
- Community violence
- Natural disasters
- Refugee or wartime experiences
- Witnessing or experiencing acts of terrorism

\* The child lives with a parent, caregiver, or other adult who experiences one or more of these challenges.



**Adverse Intrauterine Environment**

## **Maternal Experiences of Interpersonal Discrimination are Associated with**

- Increased preterm and LBW births
- Higher cortisol levels in pregnancy
- Shortened telomere lengths / accelerated bio-markers of aging

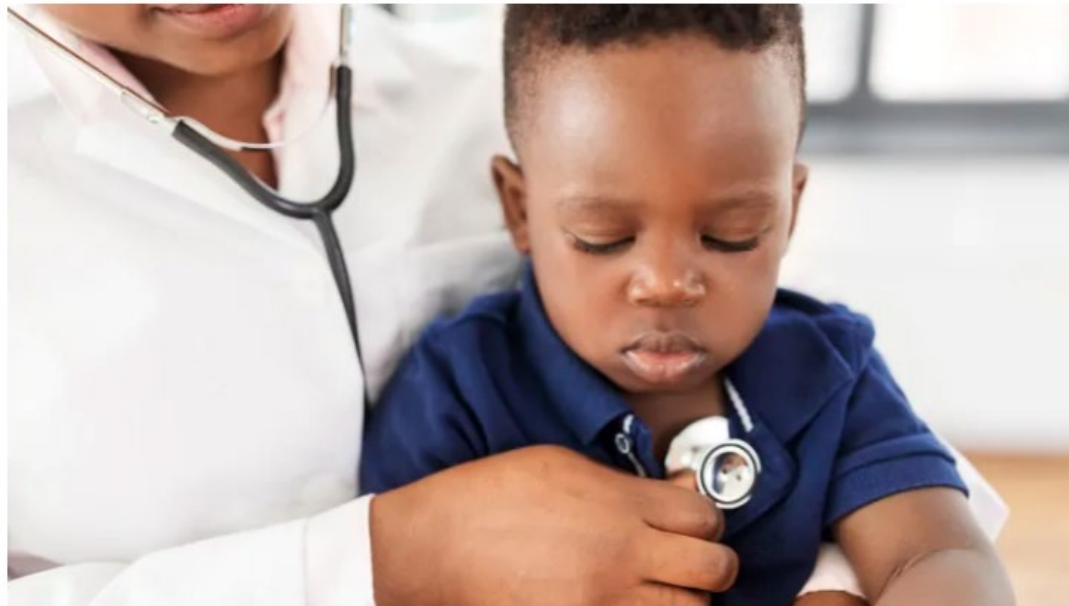
As It Happens

## Black babies more likely to survive if they have Black doctors: study



'The reasons are really complex,' says co-author Dr. Rachel Hardeman

CBC Radio · Posted: Aug 18, 2020 6:05 PM ET | Last Updated: August 19, 2020



New research out of the United States finds that Black infants are more likely to survive when cared for by a Black doctor. (Syda Productions/Shutterstock)

# Black women's health matters

We don't know much about Black women's health in Canada, largely because we don't collect statistics by race. The data, scant as they are, indicate that addressing systemic racism will lead to better health outcomes for Black women in Canada.

Caitlin Dunne, MD, FRCSC

BC MEDICAL JOURNAL VOL. 62 NO. 6 | JULY/AUGUST 2020





### Alterations in Physiological Function

- Chronic Maternal Stress
- Birth Disparities
- Blood Pressure
- Altered Inflammatory Response
- Sleep

### Child Development Outcomes

- Poor educational achievement
- Decreased ability to cope with racial discrimination
- Internalizing behaviors (e.g. depression, anxiety and Isolation)
- Externalizing behaviors (e.g. aggression and violence)

### Effects on Mental Health

- Psychological distress: anxiety, depression, anger, PTSD
- Perceptions of threat, fear, victimization
- Low self-efficacy, self esteem and hopelessness



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

# The Impact of Racism on Child and Adolescent Health

Maria Trent, MD, MPH, FAAP, FSAHM,<sup>a</sup> Danielle G. Dooley, MD, MPhil, FAAP,<sup>b</sup> Jacqueline Dougé, MD, MPH, FAAP,<sup>c</sup> SECTION ON ADOLESCENT HEALTH, COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON ADOLESCENCE

PEDIATRICS Volume 144, number 2, August 2019:e20191765

- Even IF children do NOT directly experience racism themselves, they can they can experience adverse physiological and psychological responses



Lucas, one of Joyce Echaquan's children, attends a vigil in front of the hospital where his mother died in Joliette, Que. on Tuesday, September 29, 2020. A nurse has been fired after Echaquan, an Indigenous woman who was dying Monday night in the hospital, was subjected to degrading remarks. THE CANADIAN PRESS/Paul Chiasson

# Fear of racism

Itself is harmful, and that it can undermine

1. Resilience
2. Hope
3. Motivation



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## Police killings and their spillover effects on the mental health of black Americans: a population-based, quasi-experimental study

*Jacob Bor\*, Atheendar S Venkataramani\*, David R Williams, Alexander C Tsai*

### Summary

**Background** Police kill more than 300 black Americans—at least a quarter of them unarmed—each year in the USA. These events might have spillover effects on the mental health of people not directly affected.

**Methods** In this population-based, quasi-experimental study, we combined novel data on police killings with individual-level data from the nationally representative 2013–15 US Behavioral Risk Factor Surveillance System (BRFSS) to estimate the causal impact of police killings of unarmed black Americans on self-reported mental health of other black American adults in the US general population. The primary exposure was the number of police killings of unarmed black Americans occurring in the 3 months prior to the BRFSS interview within the same state. The primary outcome was the number of days in the previous month in which the respondent's mental health was reported as "not good". We estimated difference-in-differences regression models—adjusting for state-month, month-year, and interview-day fixed effects, as well as age, sex, and educational attainment. We additionally assessed the timing of effects, the specificity of the effects to black Americans, and the robustness of our findings.



# Father Loss and Child Telomere Length

## **14% Reduction in telomere Length for 9 years of age**

- Paternal death - 16%
- Paternal incarceration - 10%
- Separation / divorce - 6%

## **Associated with**

- Effects are 40% greater in boys
- Affects serotonin and dopamine receptors
- No differences were found by age at father loss or a child's race/ethnicity

# Health Care Use and Health Behaviors among Young Adults with History of Parental Incarceration

Young adults with a parent incarcerated during their childhood were more likely to...

Skip Medical Care



Misuse or Abuse Prescription Drugs



Have 10+ Lifetime Sexual Partners

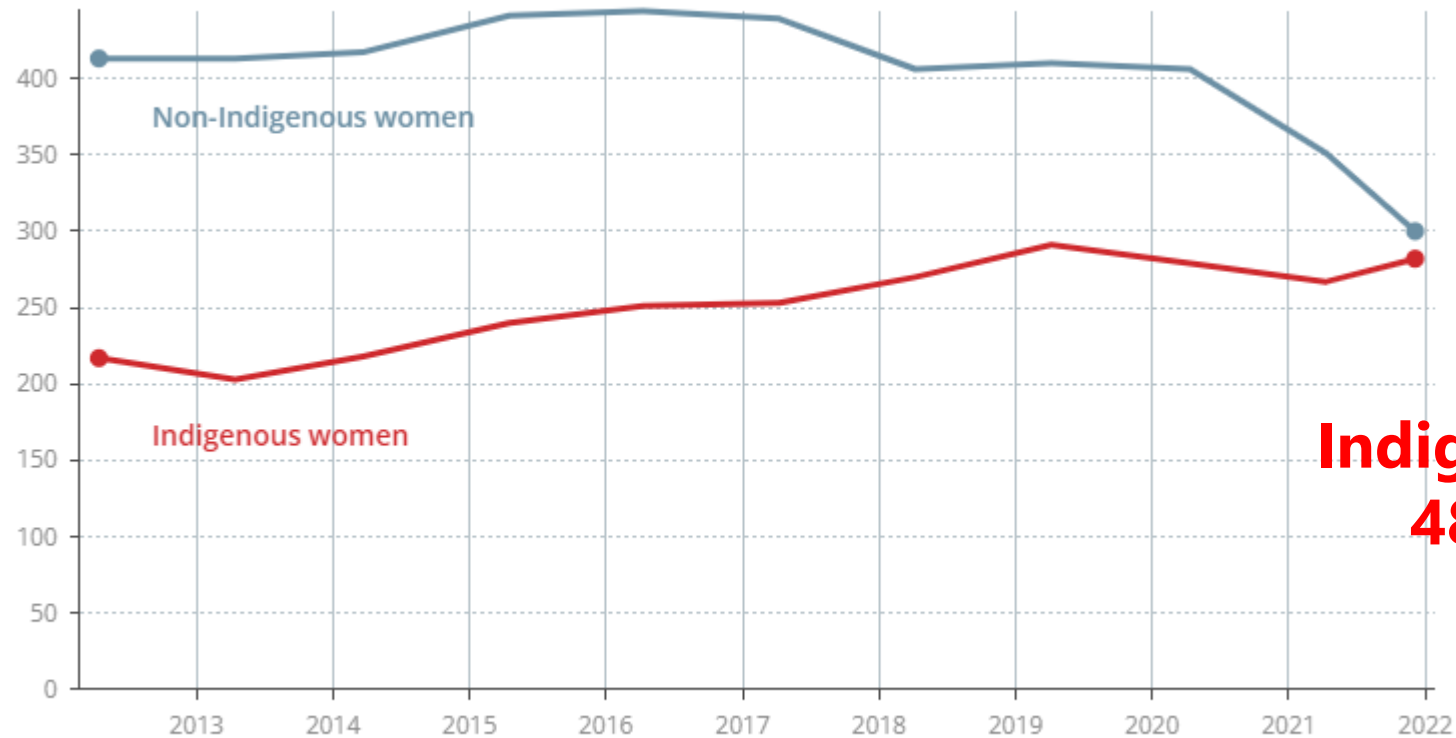


\*\*\*p-value was <.05 for each outcome and each parent.

Heard-Garris, N. et al. *Pediatrics*, September 2018.

 @DrHeardGarris #VisualAbstract

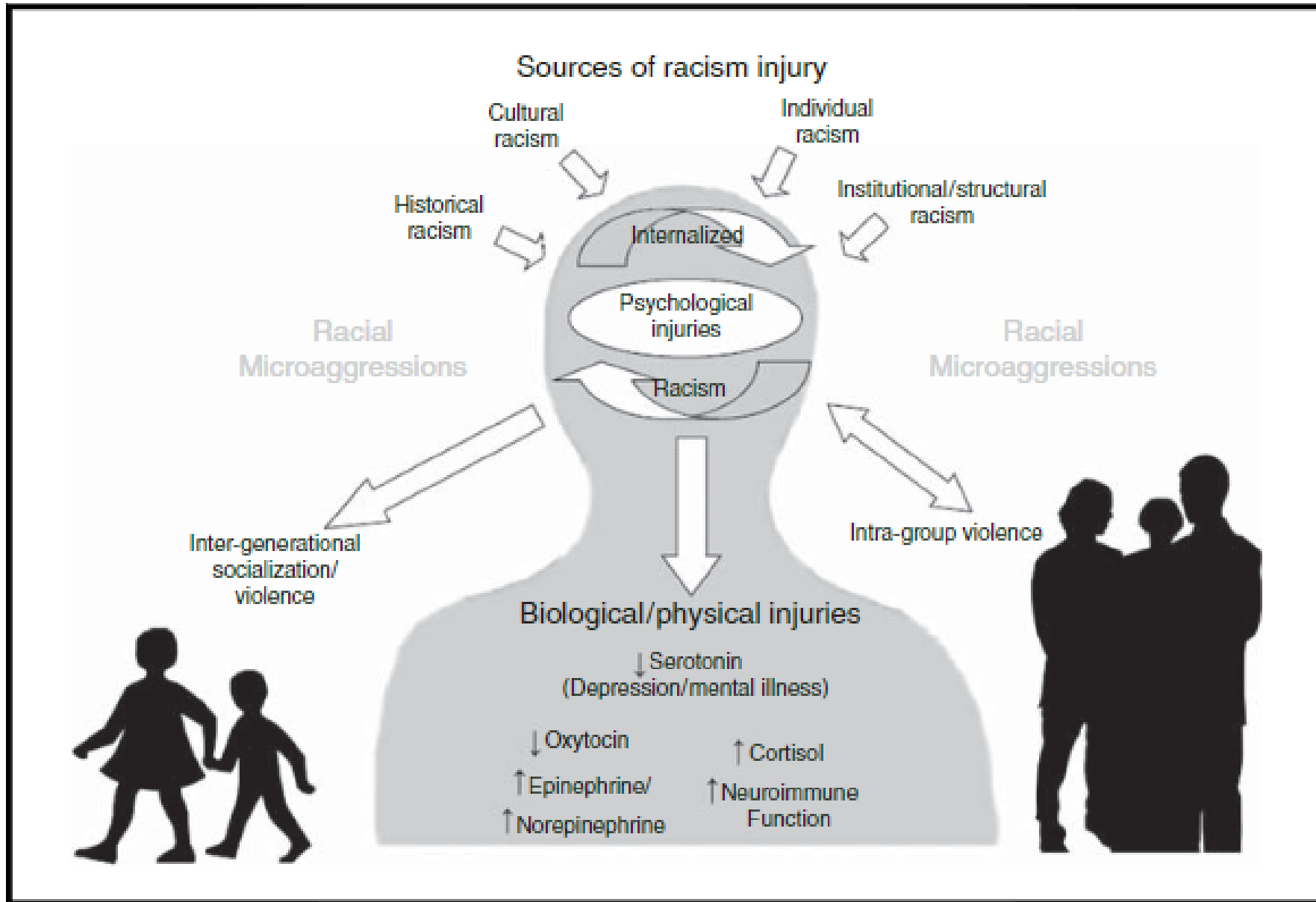
## Federally sentenced women incarcerated since 2012



**Indigenous women, account for 48% of the population in women's prisons**



**Figure 1** Sources of racism injury and its internalization



# Asian American young adults are the only racial group with suicide as their leading cause of death, so why is no one talking about this?



Amelia Noor-Oshiro, PhD Candidate in Public Health, Johns Hopkins University

April 24, 2022 · 6 min read



[Kelvin Murray/Getty Images](#)

Death by suicide is the number one cause of death for young adult Asian Americans (Age 15-24 years)



# Pathology vs. Event

- FOOSH
- Vocabulary
- We start with “knowledge/implicit understanding that there is an injury
- THEN we target intervention to assess how deep the injury  
(soft tissue - fracture)
- Individualized approach with follow up
- Compassion and understanding
- Advocate / encourage accountability

We do not say

- If you hadn't stretched out your arms your wrist would not be fractured
- “You need to grow a thicker radius...”
- “maybe the ice didn't intend to take you out”
- “I saw this happening to a guy during an NHL game .... And he bounced right back up.”
- “I didn't put the ice there so....what do you want me to do about it...”

# Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample

Adverse childhood experiences (ACEs) are associated with poor mental health and social/emotional support in adulthood.

Less is known about positive childhood experiences (PCEs) and how they may modulate the relationship between ACEs and poor mental health.



Is there a relationship between adult-reported PCEs and 1) adult mental health and 2) reported social and emotional support across ACE exposure levels?

Yes and yes: After accounting for ACEs, there is a dose-response relationship between PCEs and adult mental health and social/emotional support. More PCEs = lower risk for poor mental health and greater levels of social and emotional support.



The association between PCEs and adult mental health remained after controlling for reported social and emotional support.

PCEs may promote healthy attributes such as attaining social and emotional support. These may in turn positively impact adult outcomes.



Promotion of PCEs, even in the presence of ACEs, could be beneficial to adult relational and mental health.

# We Can Create Positive Childhood Experiences



## Strengthen families' financial stability

- Paid time off
- Child tax credits
- Flexible and consistent work schedules



## Promote social norms that protect against violence

- Positive parenting practices
- Prevention efforts involving men and boys



## Help kids have a good start

- Early learning programs
- Affordable preschool and childcare programs



## Teach healthy relationship skills

- Conflict resolution
- Negative feeling management
- Pressure from peers
- Healthy non-violent dating relationships



## Connect youth with activities and caring adults

- School or community mentoring programs
- After-school activities



## Intervene to lessen immediate and long-term harms

- ACEs education
- Therapy
- Family-centered treatment for substance abuse

## ANTICIPATORY GUIDANCE

- Adopt positive messaging about each person's uniqueness
- Read books about different cultures
- Expand social circles to include different cultures/activities

### Preschool

- Ideal time to discuss race, bias, diversity, and inclusion
- Discuss themes seen on TV or on social media
- Ask the child their thoughts about community events

### Early school-aged children

- Opportune time to discuss prejudice and bias to interrupt racism
- Continue to expand social circles to include different cultures/activities

### Late school-aged children

- Discuss community events

# Conclusion

- Racial – developmental trajectory
- Racism – Adverse Childhood Experience
- Physical and Mental Health Consequences – Lifespan
- Anticipatory Guidance