



Stress, Resiliency, and Health Equity

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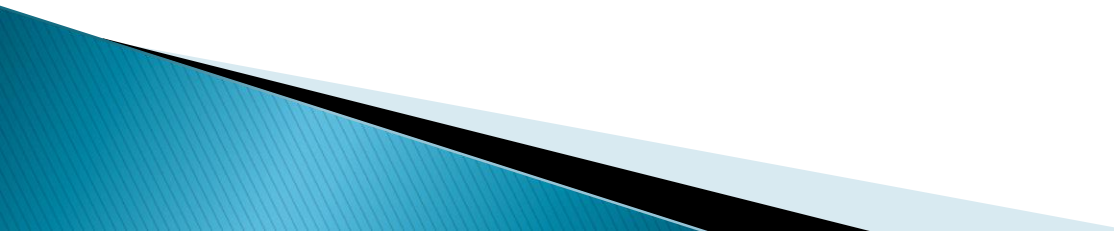
Objective

- ▶ Present materials on the development and translation of a racial and gendered stress measure as the foundation for the development of a health equity agenda

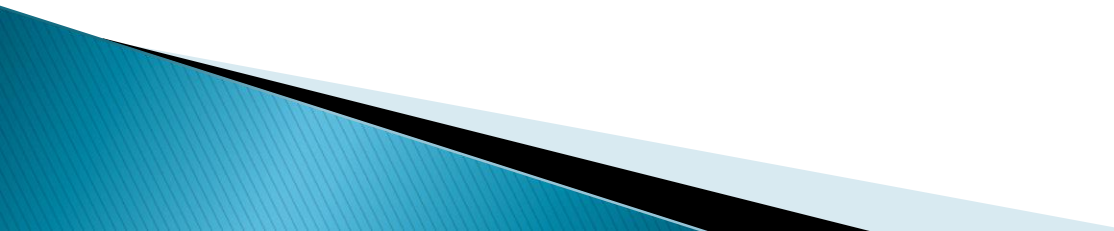
The Questions

- ▶ *What* specific psychosocial responses to African American women's lived experiences, in places where they live, work, play and age over the life course adversely impact emotional and mental health (stress and depression) contributing to poor birth outcomes
 - ▶ **What** are the best ways to assess the emotional/mental health consequences of racial and gendered stress as risks to preconceptual, perinatal, and postpartum health.
 - ▶ *How* might an assessment of the particular stress of race and gender be translated into interventions and policies to arrest the crisis of black infant mortality.
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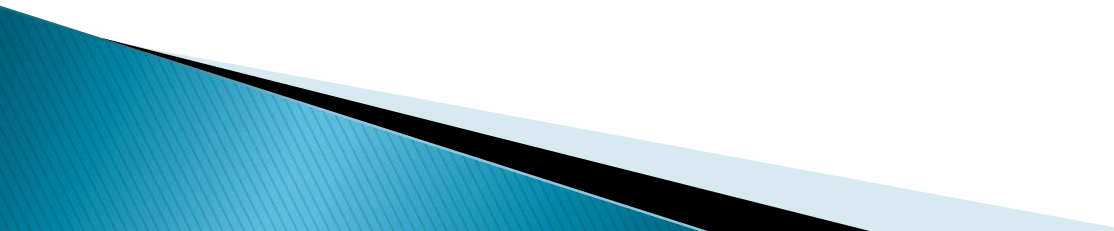
The Goals

- ▶ The development of a race and gender-based stress measurement; Jackson, Hogue, Phillips Contextualized Stress Measure
 - ▶ Determining the link between contextualized stress and other psychosocial risks for the health of the mother and child.
 - ▶ Developing translation strategies for practice, policy and advocacy
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Methods

- ▶ Mixed-methods for tool development: Focus groups, interviews, content analysis, item construction, evaluation, psychometric testing
 - ▶ Regression analysis for linking contextualized stress to depression
 - ▶ Community-based research dissemination
 - ▶ Photovoice and appreciative inquiry for research translation for practice and advocacy
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Guiding Assumptions and Concepts

- ▶ Stress as a Composite of Stressors and Stress Mediators (indicators of resilience); Allostasis
 - ▶ Embodies the Social Determinants; Lived Experiences of Race, Gender and Class
 - ▶ Structural and Individual Level Inequity (Race, Gender, Class); Multiple and Overlapping Contexts; Community and Individual Resilience (Cultural and Historical)
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Guiding Assumptions

- ▶ The intersection of racial and gendered inequity results in gendered racism as stress for African American women.
 - ▶ African American women are authorities on their lives with clear perspectives on the causes and remedies for poor health, including poor birth outcomes.
 - ▶ Authentic experiences of African American women as told by them can be translated into a valid, reliable stress measurement.
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Measuring Contextualized Stress

- ▶ 69 item measurement (latest version 56 items) translated from qualitative data
- ▶ Measuring racism, gendered burden, abuse/neglect (trauma), workplace stressors, distress, and stress mediators (resilience)
- ▶ Psychometric properties; Cronbach alpha (internal consistency) 0.84–0.89
- ▶ Validated with another stress measure (PSS, $p < .01$); with depression (BDI-II, $p < .01$); Anxiety ($p < .01$).

Stress is About the Children

- ▶ *But personally it's[racism], like a daily battle and I feel like I always have to look over my shoulder...And that's stressful...I've just seen different types of racism. Now I have an opportunity not only to experience it on the job but watch people do it to children. And that's very very stressful. Then I feel I have to move in and say, hey! You don't know what you are doing. I have to deal with racism directed at African American children that I interact with (58%)*

It's About the Children

- ▶ *The pregnancy scares the life out of me because I am pregnant with a boy and I know how black boys are treated in this society. And because I've seen that it worries me because I wonder if I can give my baby boy what he needs in order to function in this racist society.*

Pool Boots Kids Who Might "Change the Complexion"

Campers sent packing after first visit to swim club

By [KAREN ARAIZA](#)

Updated 11:22 PM EDT, Wed, Jul 8, 2009



Dymire Baylor says he overheard a

NBC Philadelphia

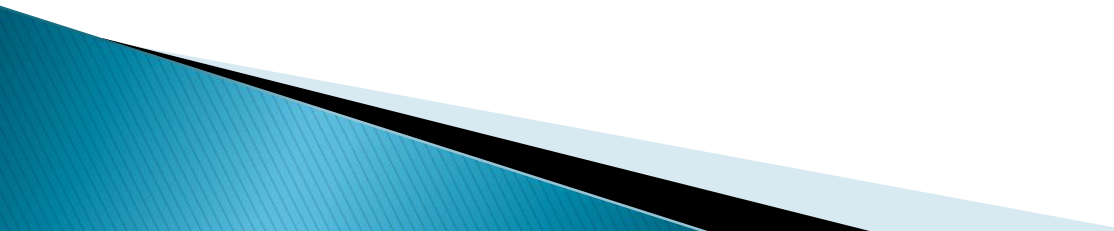
Dymire Baylor says he overheard a woman ask, "What are all these black kids doing?" when he and his friends showed up.



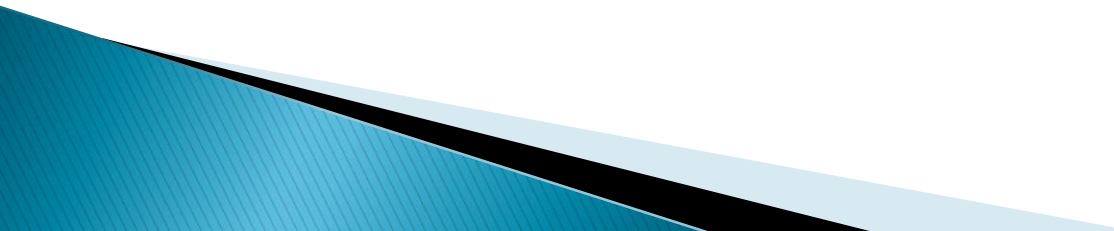
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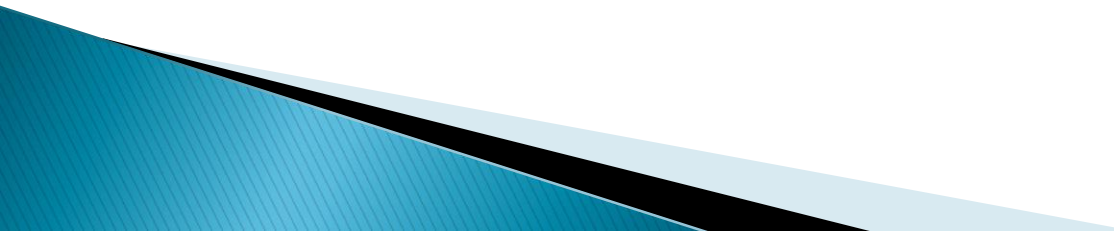
It's About...

- ▶ Place matters, neighborhood inequity
 - ▶ Women's burdens caring for others; lack of reciprocity
 - ▶ Income inadequacy and inequity
 - ▶ Discrimination; racism and sexism on the job
 - ▶ Physical, sexual, and emotional abuse
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Key Findings

- Significant correlations among the stressor subscales (racism and burden, personal history and burden, burden and workplace)
 - Contextualized racial and gendered stress is predictive of perinatal depression
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Resilience

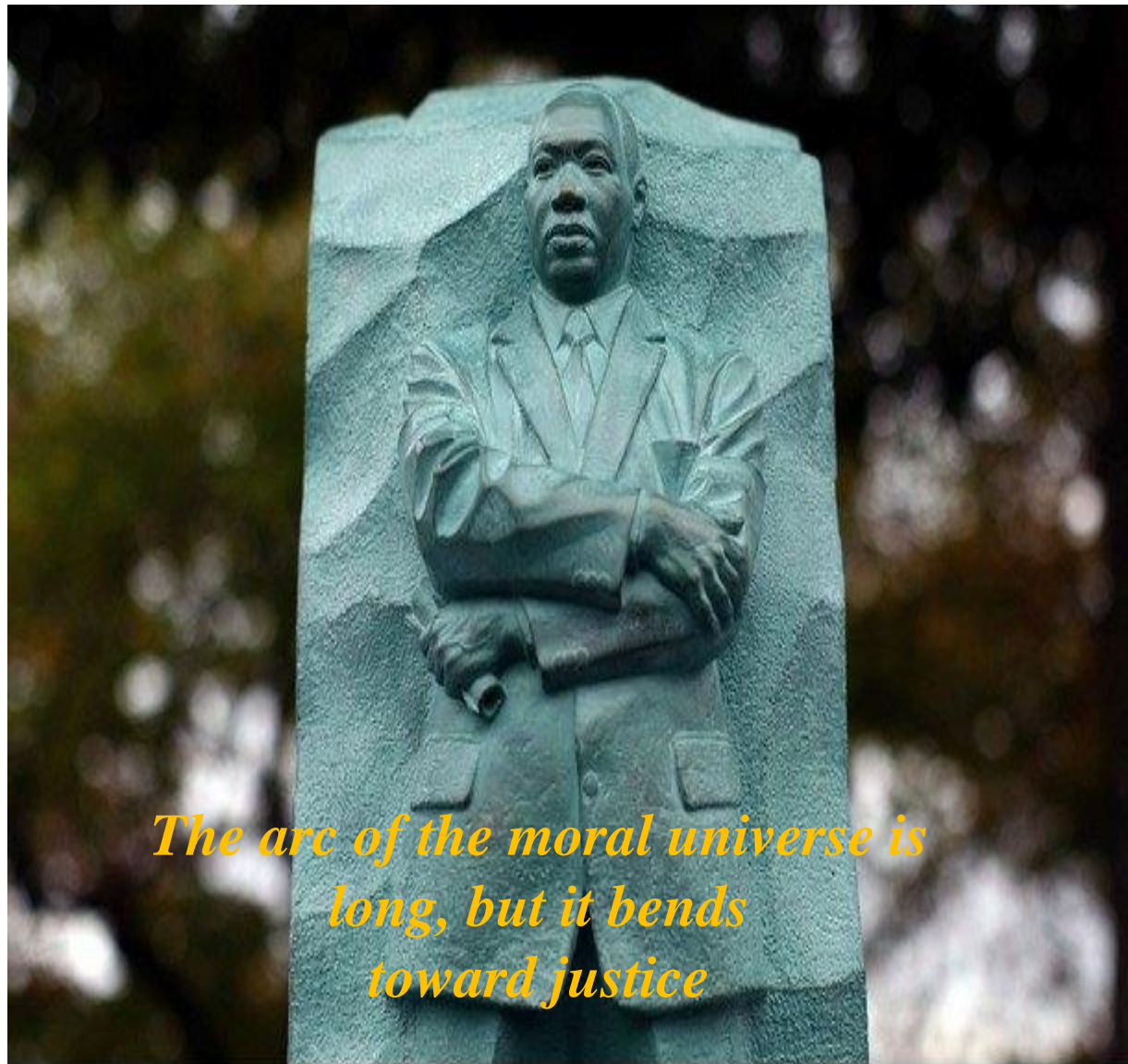
- ▶ Family and friendship support
 - ▶ Historical and cultural teaching/mentoring and affirmation
 - ▶ Hopefulness
 - ▶ Faith-based
 - ▶ Civic engagement
 - ▶ Activism
 - ▶ Self care
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Translations

- ▶ Calming the Waters: Holding Back the Storms©
 - ▶ Save 100 Babies©
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The arc of the moral universe is long, but it bends toward justice

Getty Images



We can interrupt the crisis of black infant mortality through:

- Healthy Families
- Enduring Faith
- Positive Social Support
- Safe Housing
- Healthy Nutrition
- Quality Education
- Fair Employment
- Accessible Transportation
- Quality Health Care



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