

A young girl with curly hair is blowing bubbles. She is holding a yellow cap and a pink ring. The background is a bright, outdoor setting with a wooden structure and a yellow wall.

TALKING RACE, KIDS & HEALTH

MARYLAND BEHAVIORAL HEALTH
INTEGRATION IN PEDIATRIC PRIMARY CARE
(BHIPP)

BHIPP RESILIENCE BREAKS
JACQUELINE DOUGE, MD, MPH, FAAP
MAY 7, 2021

A photograph of three young children sitting together on a light-colored surface. On the left is a young girl with light brown hair, wearing a white knit sweater and blue jeans. In the middle is a young boy with dark curly hair, wearing a red and blue plaid shirt and dark pants. On the right is a young girl wearing a grey hijab and a light green long-sleeved shirt with blue jeans. All three children are smiling warmly at the camera. The background is a blurred outdoor setting with colorful objects.

IT IS NOT OUR DIFFERENCES THAT DIVIDE US. IT IS OUR
INABILITY TO RECOGNIZE, ACCEPT, AND CELEBRATE
THOSE DIFFERENCES.

Audre Lourde

TODAY'S AGENDA

- DISCUSS THE ROLE OF PEDIATRIC HEALTH CARE PROVIDERS TO ADDRESS RACE AND RACISM
- DISCUSS CROSS-SECTOR COLLABORATIONS TO IMPROVE HEALTH OUTCOMES
- DISCUSS USE OF BOOKS TO START CONVERSATIONS ABOUT RACE WITH KIDS





"Racism is a socially transmitted disease"

Maria Trent, MD, MPH,FAAP



3 Steps to Addressing Race and Racism in Our Practices

1



Start with yourself

2



Create a culturally safe medical home

3



Our Patients



Script examples

Yeh J. Discussing Racism in the Primary Care Office. Physician's Weekly. April 8, 2021. <https://www.physiciansweekly.com/discussing-racism-in-the-primary-care-office/>. Accessed April 24, 2021



6-18 months

“... It’s important for the baby to stay in a rear-facing car seat until 2 years old. Another important safety topic - it’s important to start introducing diversity to babies even at this young age. Babies as young as 6 months old already react differently when they see someone of a different skin color than themselves. Make sure you read books to the baby that include characters of all different skin colors and cultures.”

Yeh J. Discussing Racism in the Primary Care Office. *Physician's Weekly*. April 8, 2021. <https://www.physiciansweekly.com/discussing-racism-in-the-primary-care-office/> Accessed April 24, 2021



Elementary school age-11 years

“...Are you having conversations about bullying? Another conversation that’s important to have is about racism. It’s okay to talk about how we are the same and different from our friends. Expose your kids to people from different cultures through your social networks and characters in books. Celebrate the differences.”

Yeh J. Discussing Racism in the Primary Care Office. Physician's Weekly. April 8, 2021. <https://www.physiciansweekly.com/discussing-racism-in-the-primary-care-office/> Accessed April 24, 2021

Cross-Sector Collaborations

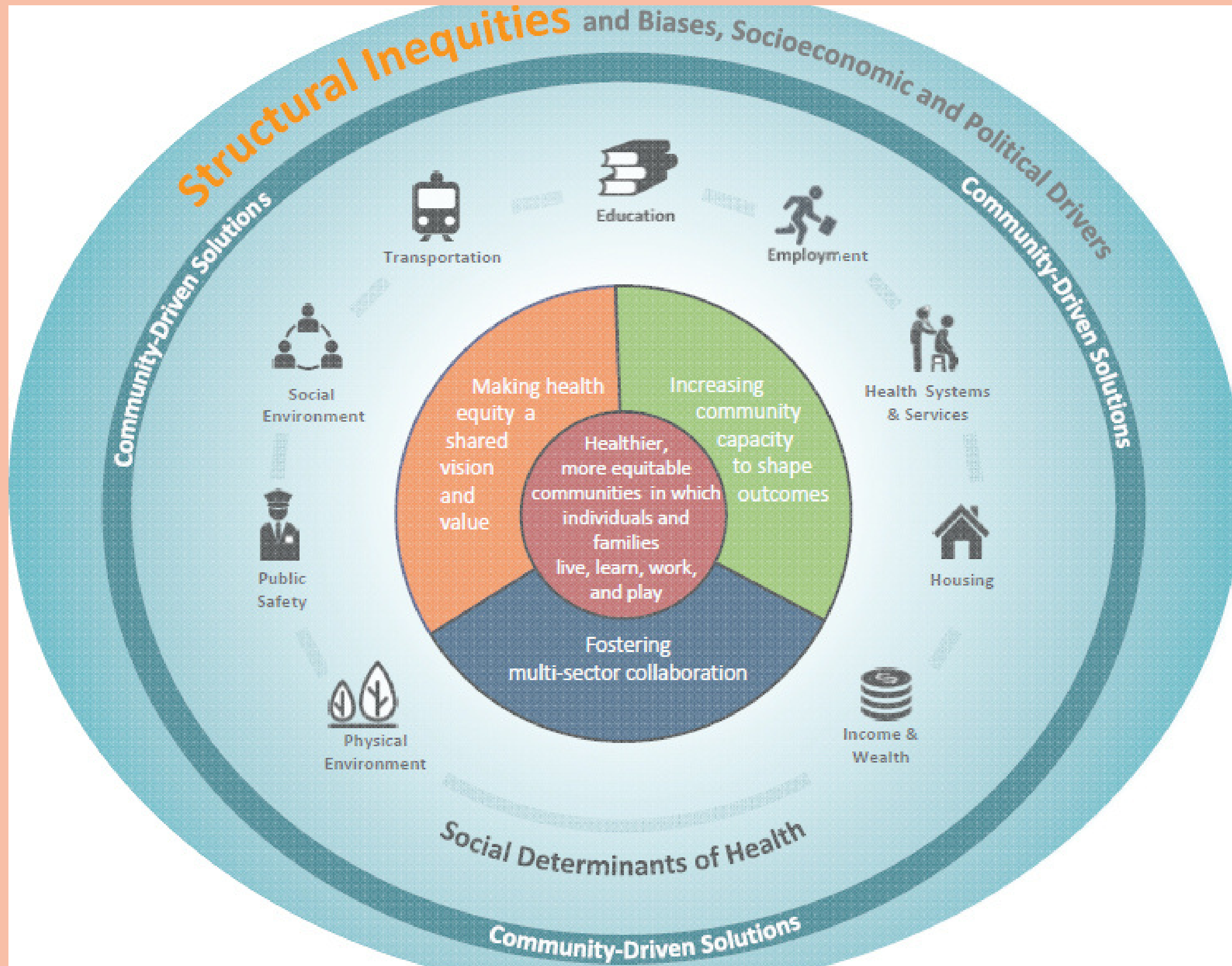
Collaboration

If we are gonna tackle the huge issues that impact health, like poverty and racism, the truth is, **we can't do that alone. The future of public health [pediatric health] is crossing sectors.** Working with partners outside of traditional public health, with everybody doing the part they do best to bring together all the players who impact the social determinants, because it's all linked. It's all about health. That means **we need to partner with** the same sectors we've been talking about: **education, employment, housing, food, transportation, and healthcare.** Public health is the right group to bring stakeholders to the table, or to many tables, to positively impact the social determinants. We in public health are collaborative by nature. We're conveners, we understand the power of synergy. We are the right people to change the way we as a society approach health. **You are those leaders.**

Lisa M. Carlson, MPH,
MCHES, Immediate Past
President, APHA



<https://debeaumont.org/news/2020/10-inspiring-quotes-from-apha-2020/>



**"CREATING REAL CHANGE REQUIRES
INNOVATIVE CROSS-SECTOR
PARTNERSHIPS AND STRATEGIES
THAT ENGAGE THE STRENGTHS AND
ASSETS OF THE PRIVATE AND SOCIAL
SECTORS."**

Zimmer K. Advancing Racial Equity Through Cross-Sector Partnerships. Forbes. February 2021. <https://www.forbes.com/sites/forbesnonprofitcouncil/2021/02/25/advancing-racial-equity-through-innovative-cross-sector-partnerships/?sh=2b96707e69f4>. Accessed April 24,2021



LOOK FOR PARTNERS WITH AN ACTIVIST MINDSET.

USE DATA TO INFORM YOUR PARTNERSHIPS AND CREATE WIN-WINS.

IDENTIFY MARKET FAILURES AND THEN DETERMINE LEVERS TO CREATE REAL, SYSTEMIC CHANGE.

A CALL FOR NEW THINKING ACROSS SECTORS

Zimmer K. Advancing Racial Equity Through Cross-Sector Partnerships. Forbes. February 2021. <https://www.forbes.com/sites/forbesnonprofitcouncil/2021/02/25/advancing-racial-equity-through-innovative-cross-sector-partnerships/?sh=2b96707e69f4> Accessed April 24, 2021



BOOKS AS TOOLS

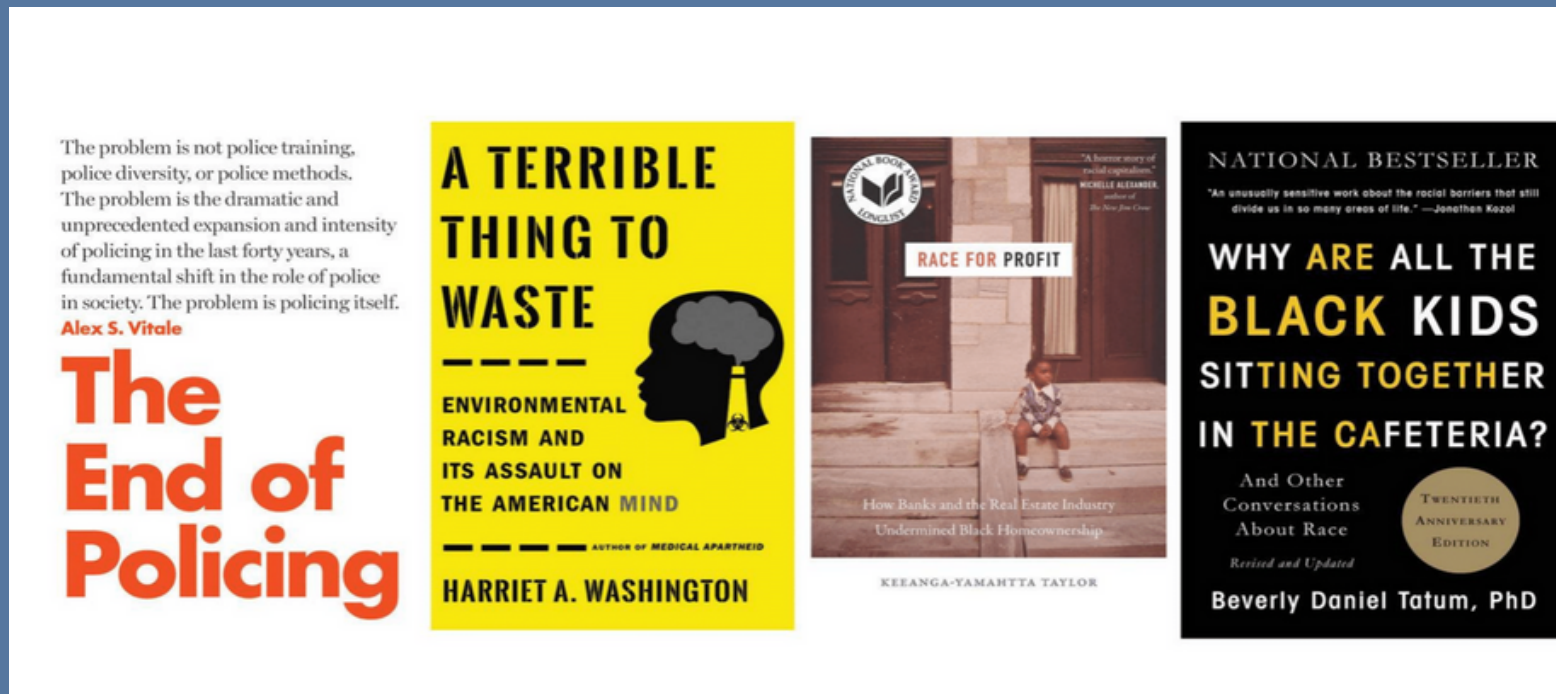


GRANT SNIDER (AFTER RUDINE SIMS BISHOP)

- Reflect our own identity
- Offer a view of worlds:
 - real or imagined
 - familiar or strange
- Take a few steps in somebody else's shoes
- Recognize shared humanity
- Experience a world beyond our own
- Find our place in the world

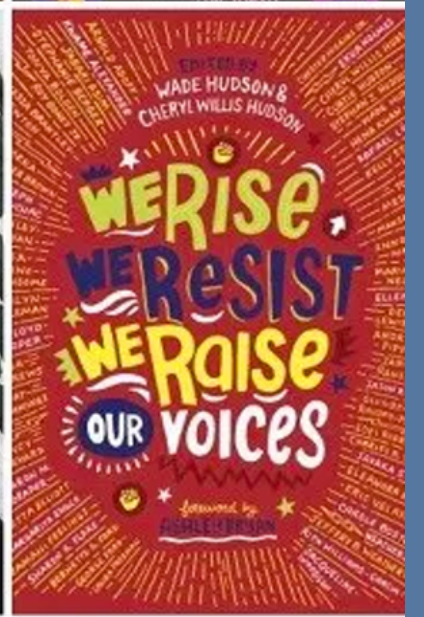
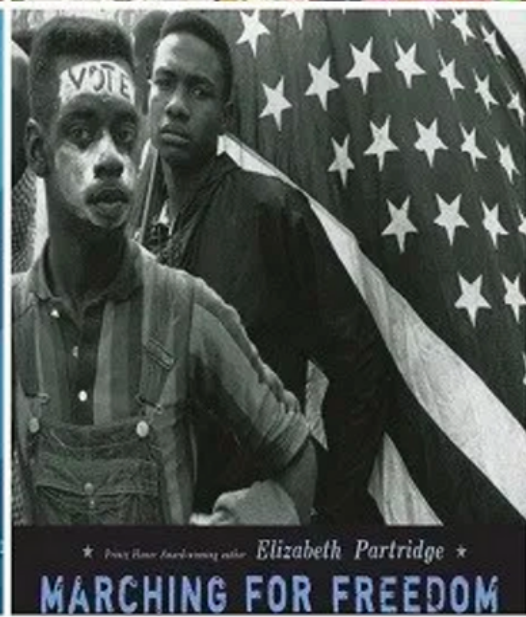
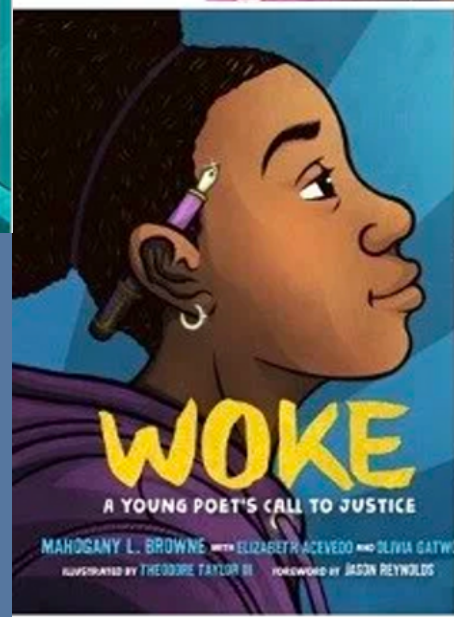
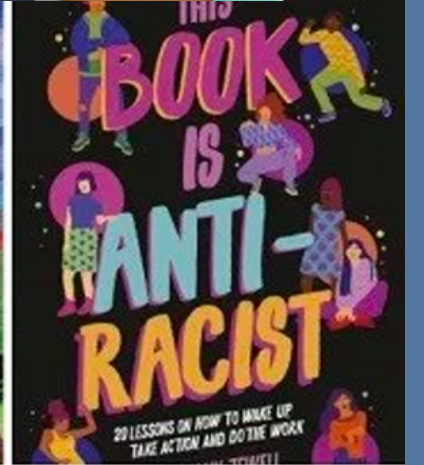
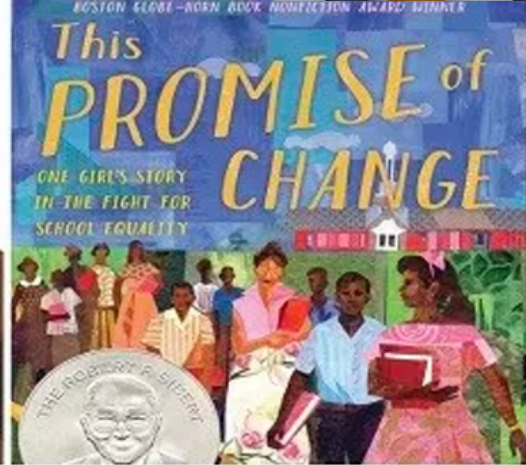
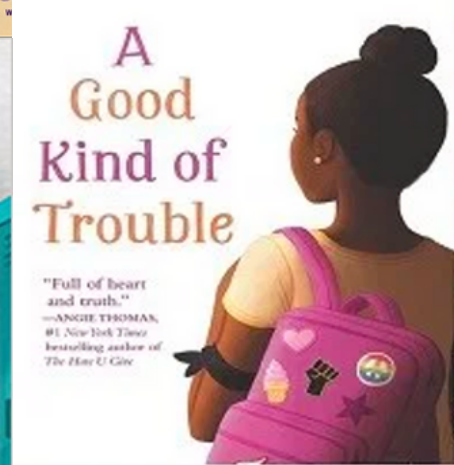
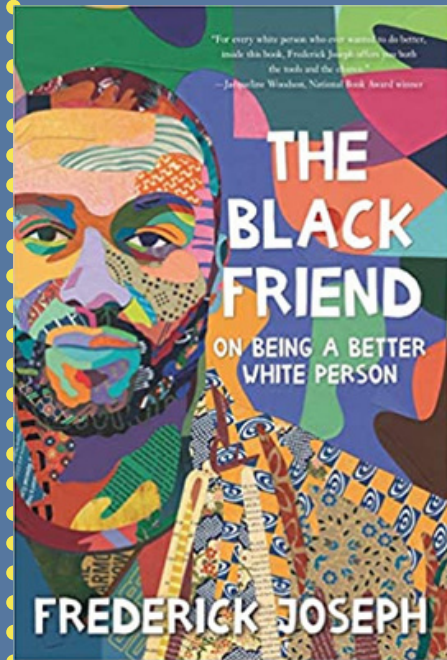
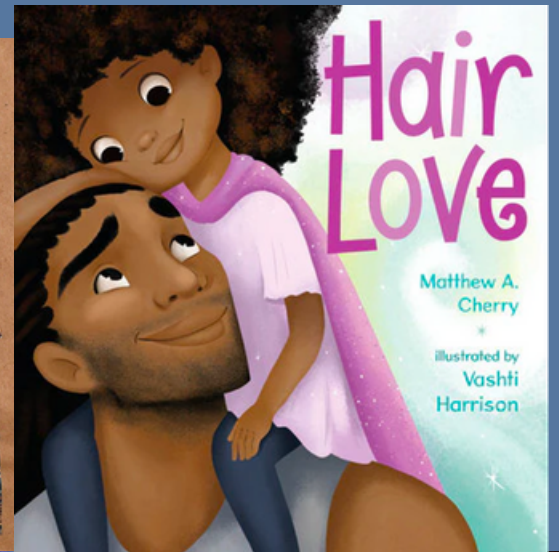
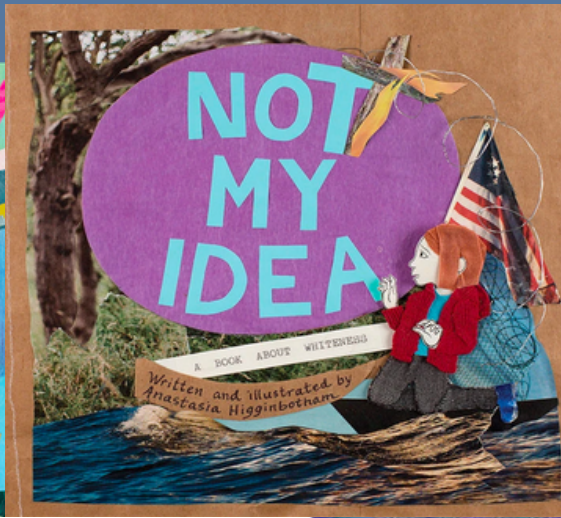
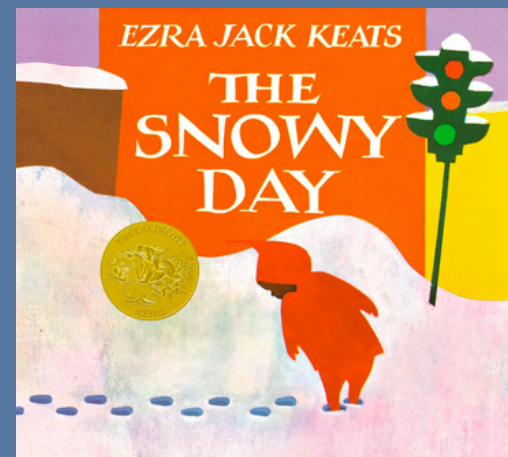
BOOK RESOURCES

USE THESE RESOURCES TO HELP LEARN MORE ABOUT RACE AND RACISM



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USE THESE RESOURCES TO HELP LEARN MORE ABOUT RACE AND RACISM

Reach Out & Read

WHAT WE DO | WHY WE MATTER | GET INVOLVED | ABOUT | FIND A SITE | NEWS | **DONATE**

RESOURCES

Resources for Families

We're here for you so that you can be there for them.

We understand the difficulties of parenting especially during the current climate of the world. Young children are very observant, and you may be struggling to address difficult conversations with them. It is during these times of anxiety when children are most in need of a secure environment and opportunities for one-on-one engagement with a loved one. Please see below some of our favorite resources to add to your activities at home.

- TALKING TO CHILDREN ABOUT RACE**
The AAP parenting website, Healthy Children provides trusted advice on how to tackle tough conversations.
> [Talking About Race](#)
- DIVERSE BOOK RECOMMENDATIONS**
Visit our Mirrors and Windows page for a list of children's literature focusing on race, equity, and inclusion.
> [Expanding Your Family Library](#)
- IN SUPPORT**
A message from the Reach Out and Read leadership to our community.
> [Read Full Message](#)

RECAP OF TODAY'S PRESENTATION

RECAP 01

Racism is a socially transmitted disease and health consequences

RECAP 02

Pediatric providers can help children and families address issues of race and racism

RECAP 03

Cross-sector collaborations are essential to achieving racial health equity. We can't do this alone.

RECAP 04

Books are great tools/resources to help to start the conversation about race and racism





THANK YOU!

WEBSITE RESOURCES

USE THESE RESOURCES TO HELP
YOU HAVE CONVERSATIONS ABOUT
RACE AND RACISM

<https://poorvucenter.yale.edu/RacialAwareness>

Diversebooks.org

Embracerace.org

Healthychildren.org

nmaahc.si.edu/learn/talking-about-race

PBS.org

Raceconscious.org

thebrownbookshelf.com

theconsciouskid.org

Tolerance.org

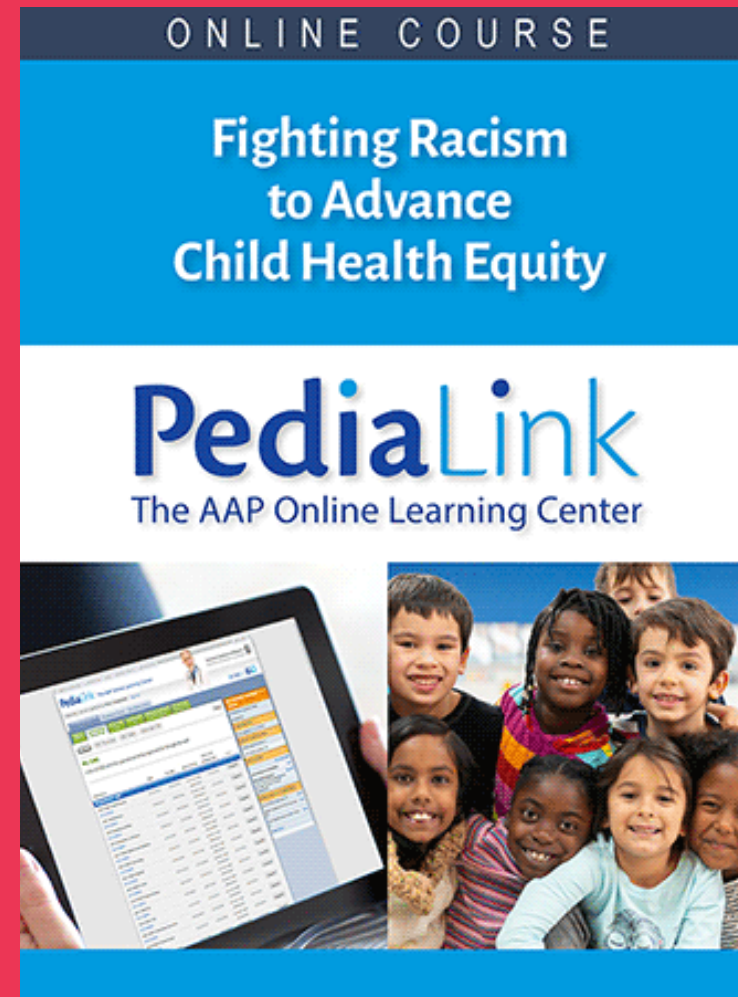
PODCAST RESOURCES

USE THESE RESOURCES TO HELP
YOU HAVE CONVERSATIONS ABOUT
RACE AND RACISM

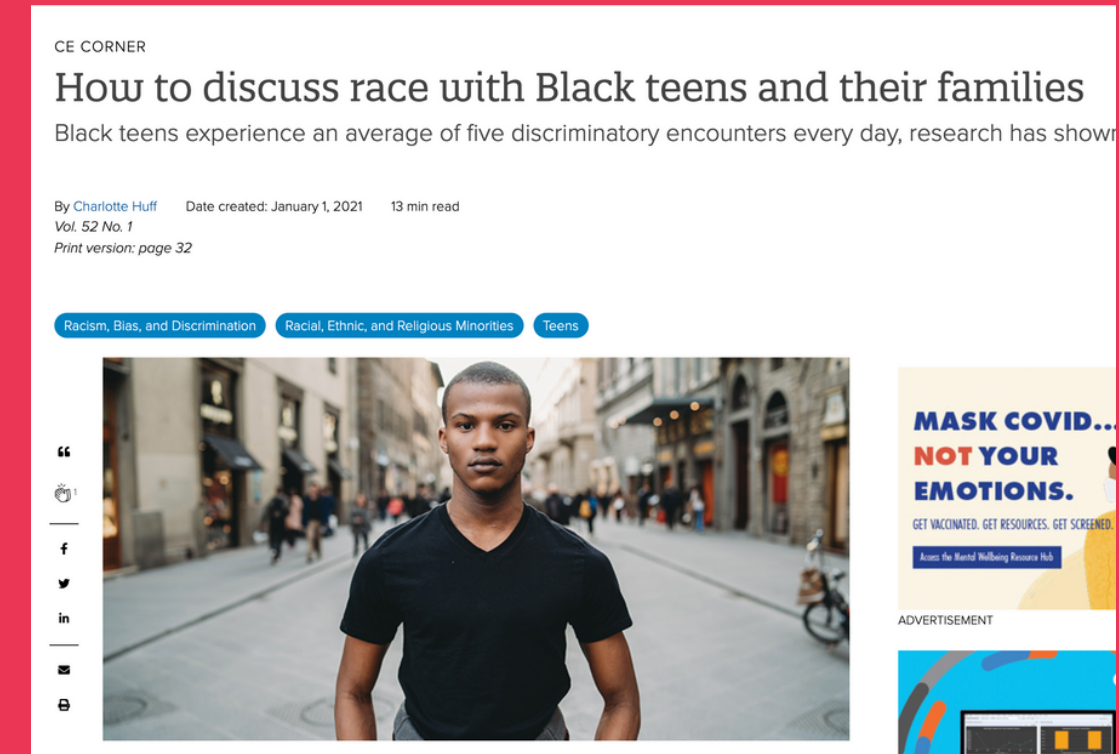


TRAININGS

USE THESE RESOURCES TO HELP LEARN MORE ABOUT RACE AND RACISM



<https://shop.aap.org/fighting-racism-to-advance-child-health-equity/>



<https://www.apa.org/monitor/2021/01/ce-discuss-raceg>

QUESTIONS AND ANSWERS

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