



RUN THE LIST

Introduction to Healthcare Inequities

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Some landmark texts in healthcare inequities:

- 1899: W.E.B. Du Bois [“The Philadelphia Negro”](#)
 - A sociologic study highlighting higher levels of poor health in Black Americans linked to an early description of the “social determinants of health”
- 1985: HHS [Heckler Report](#)
 - Described disparities leading to excess deaths
 - Led to creation of a national Office of Minority Health
- 2002: [Institute of Medicine Report](#) “Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care.” Described pervasive/persistent disparities by race.

Suggestions for Individuals, Health Systems, and Education Organizations:

- Encourage flexibility in curriculum – taking a step back and integrating current events
- Integrate social factors into each course and elective during medical training
- Individual short-term steps
 - Listen to friends, colleagues, peers – there are diverse responses to these tragedies
 - Educate yourself:
 - [How to be an Antiracist](#) by Ibram X. Kendi
 - [White Fragility](#) by Robin DiAngelo
 - [Killing the Black Body](#) by Dorothy E. Roberts
 - [The New Jim Crow](#) by Michelle Alexander
- Using your voice to call out the social determinants of health in the healthcare setting
- Show your patients and healthcare team you care. Consider asking: “how are you doing?”
- Individual long-term steps
 - Push leaders to do more
 - Promote minority leaders
 - Promote workforce diversification
 - Encourage health systems, medical schools, and programs to write messages of support