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Goals/Objectives:

Black Man in a White Coat

At the end of this lecture, you will understand:

• Three interrelated factors that contribute to health disparities within the African-American population.

• The contrast in demographic data between black patient and black medical provider populations on both regional and national levels.
Fifty-Year Anniversary

Black Man in a White Coat

“Of all the forms of inequality, injustice in health is the most shocking and the most inhumane.”

--- Dr. Martin Luther King, Jr., 1966
How does my book tell this story?

*Black Man in a White Coat*
My Journey

Black Man in a White Coat
Health Disparities

Black Man in a White Coat

Black vs. white comparison

- Higher infant mortality and lower life expectancy
- HTN and Diabetes: 50-60% higher prevalence in AA’s
- Heart disease and stroke: AA’s nearly twice as likely to die from these conditions before age 75
- List goes on . . . and . . . on
Health Disparities

Black Man in a White Coat

Being black is bad for your health.
Personal Meaning

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Personal Meaning

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Social and Economic Factors

Black Man in a White Coat

Race and health insurance
- Black people 50-60% more likely to be uninsured than whites
- Twice as likely to be on Medicaid

Residential segregation
- Access to health care
- Schools, food options, etc.

Class and race still intertwined
Social and Economic Factors

Black Man in a White Coat

Race and Mental Health Care
Black people are 40-50 percent less likely to receive psychiatric treatment as white people for disorders of comparable prevalence and severity.

Blacks more likely to use emergency services, higher lifetime prevalence of psychiatric hospitalization, more likely to be involuntarily committed.

Class and race still intertwined
Doctor-Patient Dynamic

Black Man in a White Coat
Doctor-Patient Dynamic

Black Man in a White Coat

Study of physician perceptions of minority patients
- Perceived as less intelligent and less educated
- Perceived as more likely to abuse alcohol and drugs
- Perceived as less likely to comply with medical advice and less likely to participate in cardiac rehabilitation

Numerous studies on implicit bias

Blacks consistently report less trust in doctors and hospitals
- More common when black people receive care in non-office settings: emergency room, urgent care, hospital-based clinics
Diet: Life and Death Choices

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How Research Gave Me Good Health

A little DASH will do you.
Another Piece to the Puzzle

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Black People Comprise

- 13% of U.S. population (much higher in cities with major medical centers)
- 3.8% of practicing physicians
- Similar numbers in other STEM-based professions (e.g. engineering, science)
Black Men in Medical School: 2015 Data

Black Man in a White Coat

- In 1978: 1,410 applicants and 542 beginning students
- In 2014: 1,337 applicants and 515 beginning students
Early Childhood: Dr. James Comer
Planting the STEM Seed: My Story

ELEANOR ROOSEVELT HIGH SCHOOL

Eleanor Roosevelt Oxon Hill

Maryland Top 60 in the 2015 US News and World Report Annual Education Rankings
Meyehoff: STEM Success Story
On Being a Black Doctor

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The Good, The Bad, and the Awkward
On Being a Black Doctor

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Navigating two worlds = Double consciousness
Race/Ethnicity: Physicians

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Black People Comprise
(AAMC, 2012)

- 6.8% of medical school graduates
- 5.8% of GME trainees (residents)
- 3.8% of practicing physicians
## Race/Ethnicity: Mental Health Providers

**Black Man in a White Coat**

<table>
<thead>
<tr>
<th>Discipline</th>
<th>% Black Providers</th>
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<tbody>
<tr>
<td>Psychiatry</td>
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<tr>
<td>Psychology</td>
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<tr>
<td>Marriage and Family Therapy</td>
<td>2</td>
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How do we begin to fix the problem?

*Black Man in a White Coat*
Doctor-patient relationship

Black Man in a White Coat
Healthy Lifestyles

Black Man in a White Coat
Parting Thoughts

“If I cannot do great things, I can do small things in a great way.”

--- Dr. Martin Luther King, Jr.
BLACK MAN IN A WHITE COAT

A DOCTOR'S REFLECTIONS ON RACE AND MEDICINE

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