

# Confronting Cultural Disparities Among African American Males and Identifying Those Barriers to Promote Positive Clinical Outcomes

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Healthier Outcomes through Multi-Disciplinary Engagement

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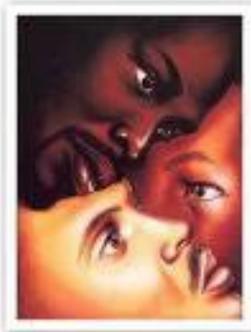


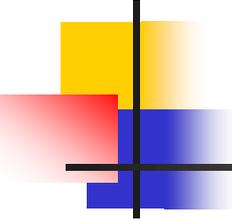


# Learning Objectives

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- To identify stereotypes and bias amongst African American males.
- To identify health disparities among African American males.
- To identify tools that promote effective communication with African American male clients.





## Known Facts

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- Based on a study provided by the U.S. Department Office of Minority Health in 2007, the leading causes of death in African American males nationwide are: heart disease, cancer, homicide, stroke, diabetes, lung disease, liver disease, and AIDS.
- Black mortality rate was 71.5%, more than twice the rate of White, Asian, and Hispanic males in San Mateo County.
- In San Mateo County, 37% of the African American males with lower educational levels displays higher level of anxiety and stress. The highest in among all populations of San Mateo County.
- African Americans were disproportionately represented in the homeless population, comprising 3 percent of the county's total population but 31 percent of its homeless population. In our program HOME Team, African Americans represented the second largest group.
- In seven counties in the state of California, 30% of the Emergency Room visits were African Americans. (Lewin Group, 2008, State of California)

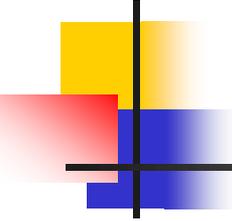


# Current Research Studies

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- Cultural bias (Balkaran, 1999; Randall, 1993; Williams, 2006; [www.medicalnewstoday.com](http://www.medicalnewstoday.com), 2007)
- Life stressors (Noguera, 2001; Xantos, 2008)
- Lack of trust in professionalism (Randall, 1996)
- Cross-cultural Miscommunication (Singer & Lakha, 2003)
- Health Disparities ([www.menshealthnetwork.org](http://www.menshealthnetwork.org), 2005)





# Cultural Bias

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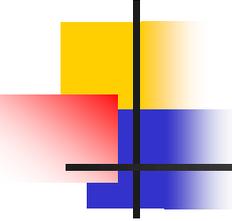
- What is cultural bias and affects on African American males?
- Does mass media promote a negative bias toward African American males?
- Do unconscious biases have influence on your approach as a clinician?



# Culture Bias



- Mass media stereotypes and portrays negative images of African American males
- A study showed that 220 doctors were surveyed from Atlanta and Boston. In preference of whites, the doctors felt that African American males as less cooperative with medical procedures and less cooperative generally
- “Implicit biases may affect the behavior even of those individuals who have nothing but the best intentions, including those in medical practice”
- Research has shown that a wide range of non-medical factors may have as much influence on clinical decisions as the actual signs and symptoms of disease



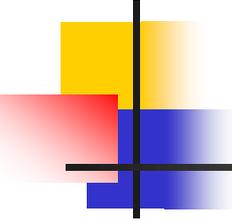
# Life Stressors

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What are life stressors for some African American males?

- Racism (Perception vs. Reality)
- Low self esteem
- Environmental stressors such as: unemployment, lack of health insurance, poverty, substance abuse, mental health and homelessness
- Lack of social support
- Lack of educational resources
- Lack of community Resources



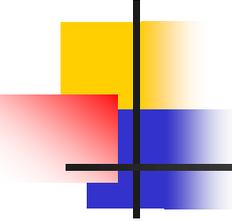


# Life Stressors

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- Based on a study on African American men's perceptions of health, it was found that across all groups of African American men, stress was cited as having a significant negative impact on both physical and mental health.
- Due to limited resources, some African American males frequently reside in urban economically disadvantaged areas, with poor neighborhood conditions. Living in crime infested and unhealthy communities causes a significant amount of stress.

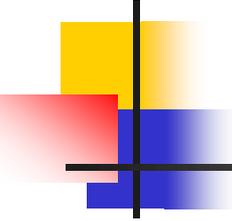




# Lack of trust in professionalism

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- In 1999, a survey by Kaiser Foundation found that 65% of African Americans were afraid of being treated unfairly when accessing health care services based on their race. Lack of trust resulted in inconstancy in health care.
- Many African American males experience miscommunication with medical providers. This may cause confusion and conflict with the relationship before it's established.
- Commonly, when miscommunication occurs, the client's perception may automatically feel the provider is a racist.
- Some clients stated they perceived some providers' as inferior. Usually a providers education background may be intimidating to some individuals.
- Lack of patient trust is associated with less doctor patient interaction, poor clinical relationships that lead or lack of continuity.
- African American males distrust of physicians and the health care system contribute to health disparities.

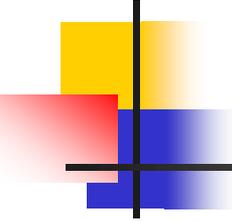


# Health Disparities

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- Refusing medical treatment
- Confronting the reality and the fear of medical diagnosis
- Long term effect and current life stressors will cause a “mental drain”
- Stigmas on mental health and substance abuse issues can lead to lack of a preventive approach
- Lack of Health Insurance





# Breaking Barriers

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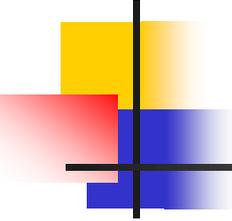
- Becoming culturally sensitive and empathetic to client needs
- Open communication
- Identify and assist client with addressing health needs
- Provide education of health issues



# Importance for Client to become Knowledgeable and to Participate with an Effective Treatment Plan

- Positive reinforcement
- Promote self esteem
- Gaining the confidence of the client by building a rapport and eliminate negativity that will endanger future health treatment
- Maintain the relationship with the provider to prevent premature treatment and focus on continuity with health related issues

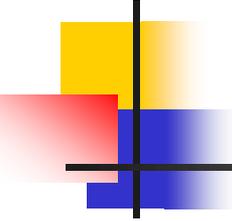




## What has been effective with working with African American Males in San Mateo County

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- San Mateo County initiated the Healthier Outcomes through Multi-Disciplinary Engagement Team
- Being non-judgmental of client and through assessment and identify needs
- Familiarized with the community resources and linking client to all resources
- Developing a trust and being consistent



## Discussion

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- Questions?
- Suggestions?

