



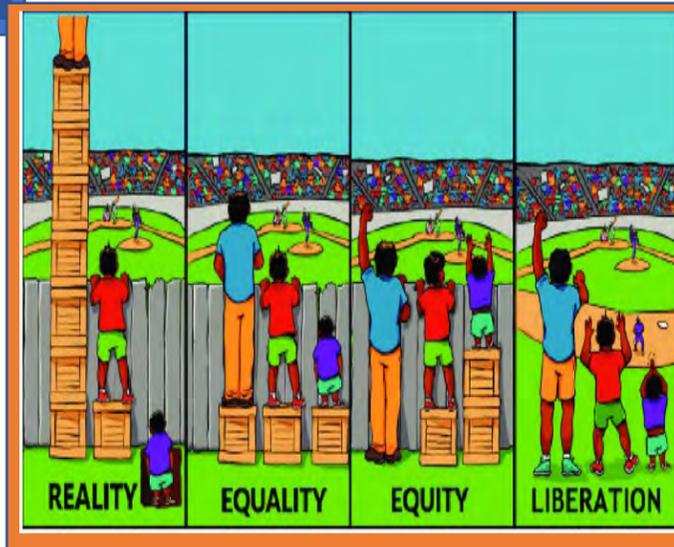
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Racism as a Public Health Crisis

Striving Toward Equity

Every human deserves the divine right to life and should not be systematically removed from quality healthcare, housing, or access to healthy food due to the color of their skin or ethnic origins. The initiative Racism as a Public Health Crisis took way in 2019 when one of the most segregated cities in the United States declared Racism a Public Health Crisis. Belware (2020) writes, “Milwaukee among the worst places for Black residents because of disparities in income, housing, and incarceration rates. In 2018, Milwaukee also had among the highest mortality rates for Black residents in the United States and the highest-in-the-nation infant mortality rate for Black babies.” Milwaukee was a catalyst for other states and cities to declare racism a Public Health crisis. With the current social, racial, and political climate and the mass slayings of black bodies in daylight, this initiative is at the forefront of the world and needs to be addressed.



The A-Z of Social Justice Physical Education: Part 1

Why Equity?

We tend to say we want to strive toward equality, yet equality doesn't mean everyone can see. Equity is seen as giving everyone a level playing field. Some people may need a box to stand on while others may not. Striving toward equity means meeting people where they are and giving them the tools, or in this case, the boxes to stand on so everyone gets a good view.

Health equity should be addressed in the same way. While we know the healthcare system is flawed, we cannot change the past; we must meet healthcare entities where they are and give them the tools to make the system more just and overall equitable.

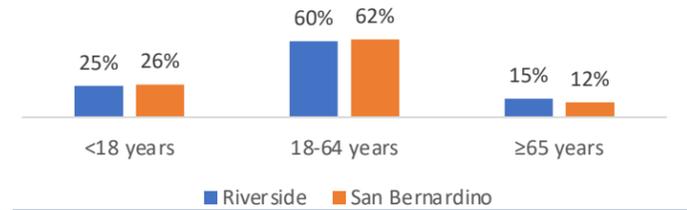


What Does the Data Say?

Socioeconomic and demographic data were collected in SanBernardino and Riverside county; the data conveyed that:

- A vast majority of the population in both counties are in-between the ages of 18 and 64.
- The median household income is about \$60,000.
- Educational attainment in both counties shows that the highest degree that the population has is a high school degree.
- In both SanBernardino and Riverside county it is predominantly populated by White people and Hispanic people.

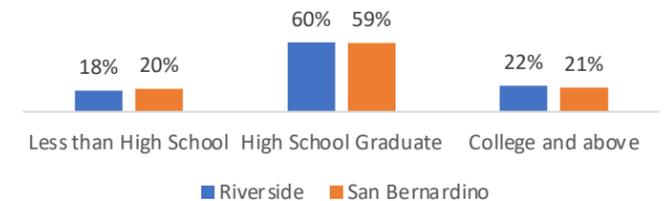
Age Distribution by County



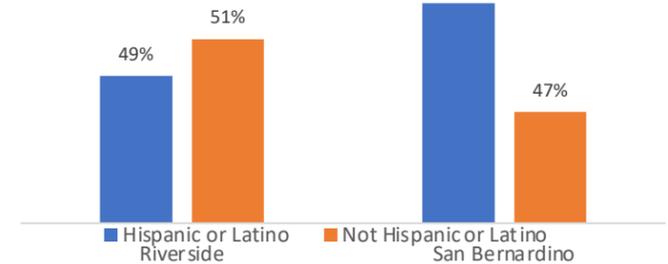
Median Household Income by County



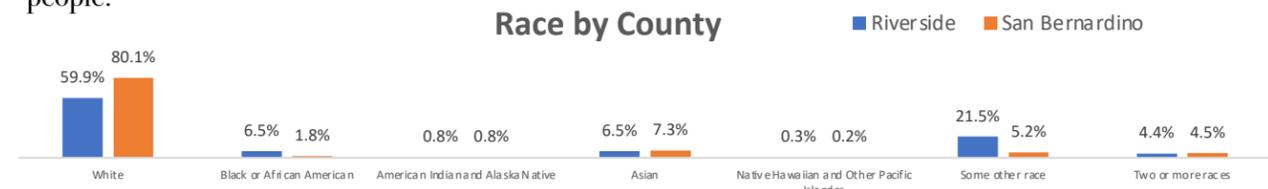
Education Level by County



Hispanic or Latino by County



Race by County



What Can You Do?

Striving toward equity is not something that can just be done overnight. Striving toward racial and health equity is no feat either. Learning the historical aspect of racism, disparities, and how to strive toward equity can help. Mitigate this problem of inequitable treatment to black people and people of color. Mary Bassett (2019) exclaims the initiative Racism as a public health crisis focuses on systems and structures rather than dismiss inequalities as the fault of individuals. Understanding that this oppressive and broken system needs to be dismantled and rebuilt is the starting point.

Getting out, engaging with your communities, and creating power can get this movement far. The more people that understand that everyone deserves the divine right to life, we can strive toward equity. Start by changing mindsets, not people.