

CREATORS SUMMIT ON MENTAL HEALTH

The Corrosive Effect of Bias & Discrimination How Racism Undermines both Mental and Physical Health

66 million

Americans encounter appearance-based discrimination

77%

Increase in anti-Asian hate crimes in 2020 compared to the year before

25%

Of women identifying as being of African descent are affected by natural hair discrimination.

\$501 billion

The total cost of appearance-based discrimination in 2019.

KEY TAKEAWAYS

PEOPLE WHO ENCOUNTER HIGH LEVELS OF EVERYDAY DISCRIMINATION HAVE WORSE HEALTH OUTCOMES COMPARED TO COMMUNITIES NOT EXPERIENCING DISCRIMINATION.

- Harvard Chan School researcher David Williams developed the Everyday Discrimination Scale, a [survey](#) that measures the effects of “small indignities” related to racial and ethnic prejudice and the related health impacts of those experiences. People who score high on the Everyday Discrimination Scale have worse mental health outcomes than other populations.
- According to a 2018 study, Black Americans report upwards of 14 poor mental health days for every reported police killing of an unarmed Black American in their state of residence.
- “Indirect” or “vicarious” racism is an individual’s experience of discrimination targeted upon others within their racial group. Indirect racism has been found to worsen the progression of inflammatory disease and worsen sleep disturbances, chronic health conditions, and cognitive function, all of which decay mental health.
- Levels of depression in the Black community are lower than in white populations, but Black patients that are diagnosed have a greater chance of experiencing negative outcomes such as severe symptoms and impairment.
- In 2020, there was a 77% increase in anti-Asian hate crimes compared to the year before, resulting in more than 1 in 3 Asian Americans changing their daily routines for fear of being a hate crime victim.

Content Resources:

- Williams, D. et al | [Police Killings and their spillover effects on the mental health of black Americans: a population-based quasi-experimental study](#) | The Lancet, 2018
- [NAM!](#) | Certified peer support specialists: An untapped resource

Audience Call to Action:

- Report [Hair Discrimination](#)
- Support the [Crown Act](#)
- Share [Project Healthy Minds](#) resources | Find mental health care and support
- Sign up for [Global Mental Health newsletter](#) | Latest in efforts to transform mental health care
- Share [Harassment Support](#)
- [Report AAPI hate incident](#)

Hashtags:

- [#DayToDayDiscrimination](#) [#IndirectRacism](#) [#StopAsianHate](#) [#HSPHCreatorsSummit](#)



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STRUCTURAL RACISM PRODUCES A LEGACY OF INEQUITABLE ACCESS TO SOCIAL AND ECONOMIC RESOURCES

- A one-unit increase in the darkness of an individual's skin shade has been shown to correspond with a 15% increase in the likelihood of receiving a prison sentence.
- Reported incidences of PTSD across the nation are highest among Black Americans. According to a 2011 study, fewer than half of all minority populations with PTSD seek treatment.
- Discrimination experienced by a parent may also have a negative impact on the mental health of their child, even if that child did not experience the discriminatory treatment firsthand.

Content Resources:

- Williams, D., et al | [Prevalence and distribution of major depressive disorder in African Americans, Caribbean Blacks, and non-Hispanic Whites](#) | Arch Gen Psychiatry, 2007
- [The Real Cost of Beauty](#) Report

Audience Call to Action:

- Share [NAMI Guide](#) | Mental health resources
- Share [JED Foundation resources](#) | Mental health resources
- Join a [NAMI peer-led support group](#)
- Read [Racism and Mental Health](#) perspective

Hashtags:

- #StructuralRacism #HSPHCreatorsSummit

APPEARANCE-BASED DISCRIMINATION IS A MULTI-BILLION DOLLAR PUBLIC HEALTH CRISIS

- The total cost of appearance-based discrimination was \$501 billion in 2019.
- Researchers from Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED) at the Harvard Chan School of Public Health estimated the cost to the US economy and society each year as a result of discrimination based on weight and skin shade. The costs are myriad and affect most arenas of life and work, including unfair healthcare barriers, wage losses, and incarceration.
- Appearance-based discrimination is linked to social isolation, depression, anxiety, eating disorders, and harmful physiological impacts of stress. These experiences affect not only individuals' mental health, but also the economy by reducing employment opportunities and raising mental-health care costs.

Content Resources:

- [Everyday Discrimination Scale](#)
- [The United States Department of Justice](#)
- [The Real Cost of Beauty](#) Report

Audience Call to Action:

- Sign the [Petition to ban body discrimination](#) | Campaign for Size Freedom
- Share [The Real Cost of Beauty](#) infographic

Hashtags:

- #AppearanceBasedDiscrimination #HSPHCreatorsSummit

ADDITIONAL RESOURCES

- [Mental Health Awareness Guide](#) | National Alliance on Mental Illness
- [Best practices and recommendations for talking about suicide](#) | Reporting on Suicide
- [Find support for yourself or those who may be at risk for suicide](#) | AFSP Suicide Prevention
- [Find resources to improve your mental wellness](#) | Project Healthy Minds for Harvard Chan



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