



CAPITAL REGION PUBLIC HEALTH NEWSLETTER

Issue #18

Hello Everyone,

We are in extraordinary times, with a pandemic shining a light on our personal and collective vulnerability. That light has raised our awareness of how disproportionately impacted racial minorities are, and when paired with incendiary politics, we come face to face with the fact that the worse economic and health outcomes for minorities are not random, but systemic. This has a name – systemic racism.

You may be saying, I don't think I or my organization is racist. I suspect that is true, but we all have blind spots and this may be the mother of all blind spots! So I invite you to check your blind spot by reviewing a couple [one pagers](#), or [this video](#), that are summative reflections of systemic racism in society. If you want more, [this site](#) provides over 2,500 resources.

Public Health and HCDI have been stepping up to these challenges. We have upcoming webinars on [Race and Health](#), and [Racism and Mental Health](#). Our article on [Racial Equity and Health](#) has references that show the Capital Region has the *second worst housing ownership disparity by race in the nation* and includes the history of redlining in Albany. See also our interactive map of [legislative districts health disparities](#), and more.

I hope that you join us in our commitment to open our eyes and act with clear vision to redress the practices that sustain these inequalities.

Kevin Jobin-Davis, Ph.D.

Executive Director



THE LATEST IN NEW YORK STATE HEALTH INITIATIVES

Population Health Improvement Program

Two of our updated health support guides are now available in hardcopy:

Social Determinant of Health Resource Guide:

- Extensive resource directory of available services in Capital Region counties as they relate to social determinant needs (e.g. housing, food, cost of care, transportation, child care, utilities, safety, and literacy).
- The guide, which was first released electronically, has been recently updated and is now available in print! We have included a section with updates pertaining to the organizational uncertainty brought about by COVID-19, which can be found in the front of the guide.

Diabetes Self-Management Guide:

- An extensive guide of regional programs and services that support diabetics as well as educational tools to help diabetics successfully manage their health.
- Also available in [Spanish](#).

To order any printed copies of the guides, fill out the [survey](#).

Healthy Capital District Initiative Ramps Up its Resources in Response to COVID-19



Information overload became a challenge back in March when the virus began to grip our personal and professional lives with bits and pieces emanating from a myriad of sources.

In response, Healthy Capital District Initiative assembled directories of guidance materials to help individuals and professionals quickly access the information they need to be safe and provide services during the pandemic. These resources are arranged based on the audience for whom they were intended: Consumers, Public Health Professionals, Community Based Organizations, Community Health Workers, and individuals seeking COVID-19 data. Click on the links below to find the information most pertinent to your needs.

COVID-19 Resources

- [Consumers](#)
- [Public Health Professionals and Community-Based Organizations](#)
- [Community Health Worker](#)
- [Data](#)

Care Coordination

In response to the COVID-19 pandemic, Healthy Capital District Initiative's PHIP developed training webinars to support Community Health Workers. In April, the Community Health Worker Liaison Task Force and Northeast New York Coalition for Occupational Safety & Health hosted "COVID-19 Health & Safety Training for Community Health Workers". The webinar is archived and available for viewing [here](#).

Training webinars continued this month with a two part series, "Race and Health", training provided by In Our Own Voices. Participants can expect to gain knowledge about racial disparities, and how that translates to health outcomes in our communities; enhance their skills for providing culturally inclusive services, understand why racism is a public health crisis and what local agencies can do to mitigate its effects. Part one, "Race, Health Equity, & Cultural Inclusiveness" was held on



July 22. Part Two, Social Justice will be held on July 29, 2020 | 2-4 p.m. Registration for part two is still open at <https://bit.ly/2WjWip9>.

These and other webinars, such as our recent webinar [Systemic Racism in Healthcare and Public Health](#), are archived at Healthy Capital District Initiative's YouTube channel [here](#).

QUARTERLY TOPIC: RACIAL INEQUITY AND HEALTH

Racial inequality plagues our country, our state, and the Capital Region. It is deeply rooted in our local and national history and can have disastrous effects on health outcomes for Black individuals. Although the fight for racial equity is not exactly new, racial disparities have recently been brought to the forefront of public health and healthcare because of COVID-19 and the Black Lives Matter Movement. Disparities in health outcomes including COVID-19 along with disparities in incarceration and police violence has pushed many public health organizations to start affirming racism as a public health crisis including organizations such as the American Medical Association, Public Health Institute, Association of American Medical Colleges, American Nurses Association, among others.

Over the years, HCDI has produced numerous health disparities reports that repeatedly show how Black Capital Region residents have worse health outcomes. We understand that these outcomes are not simply the result of health behaviors or socioeconomic status but that they are intrinsically linked to the communities in which Black individuals typically reside. This and other structural level differences such as those exhibited in the criminal justice system can be traced back to our country and region's history of racial segregation which have historically denied Black individuals and communities the opportunity for

growth. For instance, if you look at a redlining map of the City of Albany from the 1930s and 1940s you will see areas that were marked red for “risky” are the same areas today that are underdeveloped, overwhelmingly encompass Black residents and have worse health outcomes.¹

Housing segregation has led to Black citizens living in densely populated areas that experience high rates of pollution, worse living conditions, and other environmental hazards. These communities have poorly funded schools and healthcare facilities. The wage and income gaps between Black and White Capital Region residents hinders Black home ownership. In fact, the Schenectady-Troy-Albany metropolitan statistical area had the second highest gap in White and Black home ownership in the United States.² All of this, in addition to the experience of systematically experiencing racism on personal levels and from other institutions creates stress and maladaptive health behaviors.

COVID-19

A few weeks into the pandemic, reports started surfacing of drastically higher new case and death rates for Black populations all over the country. Some health departments were quick to respond by collecting and reporting on their region’s COVID cases and deaths by race but



universal race reporting in both COVID-19 cases and deaths still does not exist. Nationally, Black individuals are 5 times more likely to contract COVID-19 as compared to White individuals (Alaskan Natives and Native Americans are also 5 times more likely, Hispanic 4 times).³ Black individuals make up 25% of COVID deaths in New York despite only making up 14% of the population.⁴

In May, Albany County reported higher rates of COVID-19 hospitalization for Black residents and responded with increased mobile testing and support in minority neighborhoods.⁵ Although Black individuals in Albany County still had three times higher rates of COVID cases per 10,000 population, COVID deaths as a proportion of cases mirrors that of White individuals, in contrast to much of the rest of the country. Schenectady and Rensselaer counties also had slightly higher rates of COVID cases per 10,000 population for Black individuals.⁶ Although it may be too early to tell, and case numbers are smaller here than many of the areas which have reported extreme disparities, we do not seem to be seeing the same level of COVID-19 disparities in the Capital Region as other parts of the country.

Race and Premature Mortality

In the Capital Region, large disparities exist in chronic disease rates, premature mortality, and years of potential life lost between Black and White individuals. Black Non-Hispanic individuals lost 1.75 times more years of potential life due to an early death (<65 years) than White individuals. Many assume that this is directly related to income but interestingly, the Black Non-Hispanic individuals lost more years of



life from early death compared to White individuals across all Socioeconomic Status levels. This indicates that differences in race outcomes are not just a proxy for income differences.

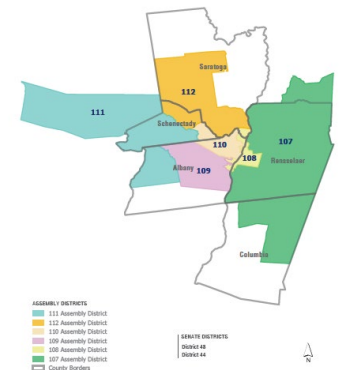
We see similar trends when we look at premature deaths (<65) in the Capital Region. Throughout the region, Black Non-Hispanics die prematurely 24.8% more than White Non-Hispanic individuals. This is even worse in some areas of the region such as Saratoga County where 19.3% of White Non-Hispanics die prematurely as compared to an astonishing 61.1% of Black Non-Hispanic residents.

If you are interested in learning more details about health disparities among different populations by chronic condition at the county or sub county level, please see our numerous [disparity reports](#).

Legislative Districts

HCDI created health data reports that coincide with state legislative districts in the Capital Region. A report for each district was created identifying the leading causes of death, hospital use, and health issues that are disproportionately high in each district as compared to the rest of upstate New York. It also highlights the most disparate health issues between races.

We've created a clickable map [here](#) that represents the state Assembly Districts; clicking on each Assembly number will lead you to disparate minority health issues within these districts. For the Senate District health reports, please click [here](#).



1. Hildebrandt R, Lafreniere. Redlining in Albany a Story Map. Arcgis.com. <https://www.arcgis.com/apps/MapJournal/index.html?appid=692fd60d0dc94383a6b7a367e711147> e. Published 2020. Accessed July 17, 2020.
2. Mapping the black homeownership gap. Urban Institute. <https://www.urban.org/urban-wire/mapping-black-homeownership-gap>. Published 2020. Accessed July 17, 2020.
3. Coronavirus Disease 2019 (COVID-19). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>. Published 2020. Accessed July 17, 2020.
4. Covidtracking.com. <https://covidtracking.com/race/dashboard>. Published 2020. Accessed July 17, 2020.
5. Bump B. Albany County's black residents hospitalized at disproportionate rate from coronavirus. Times Union. <https://www.timesunion.com/news/article/Albany-County-s-black-residents-hospitalized-at-15244758.php>. Published 2020. Accessed July 17, 2020.
6. The Fullest Look Yet at the Racial Inequity of Coronavirus. Nytimes.com. <https://www.nytimes.com/interactive/2020/07/05/us/coronavirus-latinos-african-americans-cdc-data.html?auth=login-google>. Published 2020. Accessed July 17, 2020.

UPCOMING EVENTS AND RESOURCES

In observance of Minority Mental Health Awareness Month, HCIDI's Population Health Improvement Program will be concluding its month of programs addressing race and health with a "Racism and Mental Health" webinar on July 30 from 1-2 p.m.

Participants will gain an overview of mental health disparities experienced by Black populations in the Capital Region; learn about the effects of racism on mental health; and learn community and individual level coping strategies for the effects of race on health.



Local health departments, hospitals, CBOs are invited to hear

from speakers Alex Pieterse, PhD, Associate Professor and Training Director of Counseling Psychology Doctoral Program at SUNY Albany; Vanessa Volpe PhD, Director of Black Health Lab (North Carolina State University); and Gregory Owens, MSW, Deputy Commissioner/Director of NYS Office of Youth Justice.

July 27, 2020

Capital District Transportation Committee Meeting 2:00pm - 3:00pm
Online

July 29, 2020

[Healthy Capital District Initiative: Social Justice](#)

2:00pm - 4:00pm ET

Online

July 30, 2020

[Racism and Mental Health](#)

August 4, 2020

[Obesity Diabetes Task Force: Albany and Rensselaer Counties](#)

8:15am- 9:45am

Online

August 11, 2020

[Asthma Tobacco Coalition: Albany and Rensselaer Counties](#)

11:00am-12:00pm

Online

August 12-14, 2020

[Community Information Exchange Summit 2020](#)

Online

August 13, 2020

[Responding to Crisis in the Latino Population with an Equity Lens](#)

3:00pm ET

Online

Professional Development Opportunities

Help Identify the Training Needs of Community Partners

The Region 2 Public Health Training Center with the New York State Association of County Health Officials invites you to participate in a survey to identify training needs of groups of individuals who work in your community to improve the health of your community members.



Local health departments are increasingly working with multi-sectoral community and population health partners to solve complex public health problems. Therefore, NYSACHO and R2PHTC would like to conduct a situation and audience analysis across New York's population/community health organizations to determine your professional priorities, communication preferences and training needs.

If you are willing and able to participate, please follow this [link to the survey](#). The survey takes about 30 to 35 minutes to complete. Participation in this survey is voluntary. Your participation is very important to us.

To learn more about the Region 2 Public Health Training Center, please go to: <https://region2phtc.org>

Virtual Wellness Series for Seniors and Essential Workers

Presented by *the Acacia Network*, in partnership with the *Institute for the Puerto Rican/Hispanic Elderly (IPRHE)*

July 23 | 3pm

[Stretching Your Food Dollar with Karen Roberts Mort](#)

July 24 | 11am

[Balance: A Three-Part Series on Yoga for the Body, Mind & Spirit - Part 2: Yoga & The Mind with Atma Degeyndt](#)

July 27 | 11am

[Self Care - At Home Massage Tutorials with Xandrea Sanford](#)

July 29 | 11am

[Nutrition In A Time of Quarantine with The Flow & Restore Collective of Practitioners](#)

July 31 | 11am

[Balance: A Three-Part Series on Yoga for the Body, Mind & Spirit - Part 3: Yoga & The Spirit with Atma Degeyndt](#)

Spectrum Health Healthier Communities Virtual Conference Webinars

Upcoming

August 20, 2020

[Community Health Workers: Taking Action and Changing the Community](#)

9:00am - 3:00pm

Recorded Webinars

[Learning to Treat COVID-19 — Clinical Trials and Developing Therapeutics During a Pandemic](#)

[The Road to Immunity During COVID-19 — Developing and Distributing a Vaccine](#)

[Summer of COVID-19 — Mitigating Direct and Indirect Impacts in the Coming Months](#)

[Toward the 'New Normal' — Protecting Public Health as America Reopens](#)

Grants

Board Certified Telemental Health Provider Training Award

Overview: The NBCC Foundation is providing grant awards for nationally credentialed counselors to complete CCE-approved telemental health training. The goal of the program is to increase the reach and professional development of counselors throughout the nation.

Sponsor: NBCC Foundation

Deadline: July 31, 2020

Effectiveness of Implementing Sustainable Evidence-Based Mental Health Practices in Low-Resource Settings to Achieve Mental Health Equity for Traditionally Underserved Populations (R01 and R34)

Overview: This program provides grants for research to develop and test the effectiveness of strategies for implementation and sustainable delivery of evidence-based mental health treatments and services to improve mental health outcomes for underserved populations in under-resourced settings.

Sponsors: National Institute of Mental Health, National Institutes of Health, U.S. Department of Health and Human Services

Deadlines: August 25, 2020

Health Equity Call for Research: AAMC Consumer Survey of Health Care Access

Overview: CHARGE is soliciting proposals for research that would be based on data from the AAMC Consumer Survey of HealthCare Access. The AAMC Consumer Survey of HealthCare Access, launched in 2010, takes an inclusive approach to defining access to care. The survey collects information ranging from insurance coverage and usual source of care to travel time and the quality of patient-provider communications, as well as extensive data on demographic characteristics, health history, and the care received (such as the type of place and provider). (Association of American Medical Colleges)

Sponsor: AAMC CHARGE

Deadline: July 24, 2020