

“Tackling Health Disparities” Lisa Cooper MD

Link: [Tackling ethnic health disparities: Lisa Cooper at TEDxBaltimore 2014 - YouTube](#) (21 mins)

Dr Cooper, MD, MPH is a Bloomberg Distinguished Professor of Medicine and Public Medicine at Johns Hopkins University where she also the Director of Health Equity. Dr. Cooper, a MacArthur “genius” award grantee has devoted her decades long career to Health Disparities with a particular focus on doctor-patient communications and the role that race and ethnicity play in the delivery and quality of care that a patient receives. Dr. Cooper, the daughter of a surgeon and librarian, and descendent of freed slaves and rural farmers, spent her youth in Liberia. Her parents ran the Cooper Clinic that served a culturally diverse group of patients, often teaching literacy and doing other volunteer work to uplift humanity for those less privileged than themselves. On Dr. Cooper’s 17th birthday, her world was upended. The government of Liberia was overthrown and families like hers—privileged in class—were terrorized and even killed. Dr. Cooper’s family survived but her experiences before and during that time informed her life and work.

In this 2014 video, Dr. Cooper describes the communication gaps between doctors and nurses and their Black, less educated patients in this country and how it parallels the care she often observed in Liberia with respect to a privileged class caring for a socially and economically underprivileged one. Dr. Cooper shares a turning point in her own training as a physician, when as a resident in a Baltimore hospital, her next patient was a woman with HIV: Dr. Cooper found herself making assumptions—based on the patient’s socio-demographics—about how the virus was contracted. Dr. Cooper, through her own and others’ research reports that health care visits with Black patients are shorter than with white patients, and that both the patients and physicians are rushed. She created a study using the Implicit Assessment Test that demonstrated physicians’ implicit or subconscious bias leading to poor communication with Black patients, as well as those patients rating the physicians poorly. As an antidote, her team successfully trained groups of doctors in communications skills, and Black patients in self-advocacy skills. “We live in a class-conscious society” and our behaviors reflect that.

Social Determinants of Health - an introduction [Jun 25, 2017 (6:5 mins)]

[Social Determinants of Health: What are they and how do they impact the health of populations? - YouTube](#)

[Clinical Scholars](#)

Developed in partnership by Clinical Scholars and the UNC Center for Health Equity Research (CHER), this video explains the foundational impact of structural racism, social determinants of health and their impact on historically marginalized populations and steps necessary to achieving health equity in affected communities. Links to learn more: Clinical Scholars: <https://clinicalscholarsnli.org/> CHER: <https://www.med.unc.edu/cher/> Community-Campus Partnerships for Health: <https://www.ccphealth.org> Racial Equity Institute: <https://www.racialequityinstitute.com/> World Health Organization: <https://www.who.int>

[Racial/Ethnic Disparities in Healthcare: Myths Busted - YouTube](#) [Sept. 2021 (3 mins)]

Dr. Minal Patel from the U-M School of Public Health describes 5 Common Disparity Myths

Myth 1: Health Disparities are a thing of the past • Myth 2: We will never close the gap • Myth 3: Disparities only appear in “urban settings” • Myth 4: Whites are the healthiest race • Myth 5: Health measurements for Blacks have not improved.

Additional Resources:

“The Color of Health: The Devastating Toll of Racism on Black Lives” published by Common Ground is an excellent primer: [37712-common-ground-health-book-reader-spreads-fix.pdf \(cmsmax.com\)](#)

Implicit Assessment Test <https://implicit.harvard.edu/implicit/takeatest.html>

COVID-19 and Health Equity—A New Kind of “Herd Immunity” David R. Williams, PhD, MPH; Lisa A. Cooper, MD, MPH www.chausa.org/docs/default-source/diversity-and-disparities/jama_williams_herd-immunity.pdf?sfvrsn=2

[racial-disparities-COVID19_V5_April-July-2020.pdf \(childrensinstitute.net\)](#)