

EXECUTIVE PRODUCER
OPRAH WINFREY

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THE
COLOR
OF
CARE

**NOT ALL HEALTHCARE
IS CREATED EQUAL**

DISCUSSION GUIDE



THE COLOR OF CARE

Directed by Yance Ford
Produced by Kate Bolger & Yance Ford
Executive Produced by Oprah Winfrey, Terry Wood, and Catherine Cyr

Run Time: 80 minutes

#TheColorOfCare

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Introduction

Produced by Harpo Productions from executive producers Oprah Winfrey, Terry Wood and Catherine Cyr. Directed by OSCAR®-nominated and Emmy® award winning director Yance Ford, with producer Kate Bolger. **THE COLOR OF CARE** chronicles how people of color suffer from systemically substandard healthcare.

THE COLOR OF CARE traces the origins of racial health disparities to practices that began during slavery in the U.S. and continue today. Using personal testimony, expert interviews, and disturbing data, the film reveals the impact of racism on health, serving as an urgent warning of what must be done to save lives.

Systemic racism and anti-blackness are a public health crisis, and we need to seize this moment to open people's eyes to health disparity and champion real change in the U.S.

"At the height of the pandemic, I read something that stopped me in my tracks. I read a story about Gary Fowler, a Black man that died in his home because no hospital would treat him despite his COVID-19 symptoms. As we continued to hear how the racial disparities in our country were exacerbated by the effects of the pandemic, I felt something needed to be done. This film is my way of doing something, with the intention that the stories we share serve as both a warning and foster a deeper understanding of what changes need to take place to better serve us all."

- Oprah Winfrey, Executive Producer

How to use this guide

Thank you for watching this film and sharing it with your community. This guide has been designed to navigate you through a conversation about your thoughts, emotions, and reactions to the film, as well as what you can do to help eliminate racial disparities in healthcare.

This guide contains information about the film, key facts, discussion questions to consider, activities to deepen engagement and understanding of the subject matter, as well as actions you can take towards achieving a more equitable health system for all.

Statistics on health disparities

GENERAL

1. Alleviating stark disparities in health coverage, chronic health conditions, mental health, and mortality across racial and ethnic groups in the United States **will require deliberate and long-term efforts** ([Source](#)).
2. As of August 2020, **the following ethnic groups make up the U.S. population**: non-white Latinos make up 18.7%, Black/African Americans make up 12.4%, American Indian and Alaska Native Population make up 1.1 %, Asians make up 6% and Native Hawaiian and Other Pacific Islander Population making up .2% ([Source](#)).
3. In the film, experts explain how **redlining continues to negatively impact people of color today** in terms of obtaining economic opportunities, access to healthy food and water, and the quality of healthcare options. According to the National Community Reinvestment Coalition (NCRC), studies have shown that 74% of neighborhoods with majority residents of color who fall into low to moderate income reside in “hazardous” living conditions ([Source](#)).

PEOPLE OF COLOR IN HEALTHCARE

1. According to the Association of American Medical Colleges’ 2019 Diversity in Medicine Report, 17.1% of physicians are of Asian descent, **5.8% are Hispanic, 5% are Black / African-American**, 1% are Native Hawaiian or other Pacific Islander and 0.3% are American Indian or Alaska Indian ([Source](#)).
2. In 2020, a study conducted by Batten Associate Professor of Public Policy and Psychology, Sophie Trawalter, found that medical students who believed in anatomical differences between White and Black patients also believed that **Black patients “felt less pain” and would be prescribed lower dosage of medicine** required for particular treatments ([Source](#)).
3. According to a recent study from the Kaiser Family Foundation, 80% of medical schools in the U.S. either provide required or elective classes that teach racial disparities in healthcare. However, there are scarce statistics that show if these same courses or others within these educational institutions teach **how to combat racism in healthcare** ([Source](#)).

COVID-19

1. As of February 2022, African Americans are 2.5 times more likely than White, non-Hispanic Americans to be **hospitalized for contracting COVID-19**. Native Americans and Hispanic Americans are 3.2x and 2.4x, respectively. ([Source](#))
2. As of March 7, 2022, the state with the highest number of COVID-19 cases was California. **Over 79 million cases** have been reported across the United States, with the states of California, Texas, and Florida reporting the highest numbers ([Source](#)).

3. According to the National Center for Health Statistics in 2020, COVID-19 reduced overall U.S. life expectancy by 1.5 years. **Black and Hispanic people are the worst affected**, losing more than three years in life expectancy. White people saw a 1.2-year drop in their life expectancy ([Source](#)).

MATERNAL HEALTH

1. At 17.4 deaths per 100,000 live births, our nation suffers from a higher rate of maternal mortality than any other developed country: **Black women are three to four times more likely than white women to die from a pregnancy-related cause**, while indigenous women are 2.5 times more likely to suffer a pregnancy-related death ([Source](#)).
2. Childbirth is not only an emotional and physical load but an expensive one: A hospital birth can cost upwards of \$11,000+ for both mother and baby care depending on the delivery method. Mothers looking to have the support of a doula during labor can cost up to an additional \$1,000. Few insurance companies cover the cost of **a doula** despite studies showing that they **can help reduce the rate of C-sections and postpartum complications** ([Black Doulas Source](#) and [Childbirth Costs Source](#)).

HEALTH INSURANCE

1. During the first six months of 2021, **11.4% of Americans did not have health insurance**. Within the same time span, almost 25% of documented Latinos were uninsured, 11.8% of the Black population was uninsured, and 7.5% of the white population was uninsured ([Source](#)).
2. According to the National Partnership for Women & Families, documented immigrant mothers can qualify for federally funded healthcare through a state or government funded health insurance such as Medicaid or the Children's Health Insurance Program (CHIP). However, a number of states in the U.S. can take **up to five years for acceptance** into these programs ([Source](#)).

Discussion questions

FOR MEDICAL AND NURSING STUDENTS

1. Thank you for sharing **THE COLOR OF CARE** with your community. What are your biggest takeaways after watching the film?
2. If applicable, in what ways have you seen health inequities in your work?
3. What are current challenges to addressing health disparities?
4. What do you believe equitable care looks like?
5. When you first decided to pursue a career in medicine, were you aware that different communities experience the healthcare system differently?
6. In your schooling, have you taken any courses on systemic racism in healthcare? How has your awareness changed since you first entered medical or nursing school?
7. Do you think there are ways that racial disparities could be addressed more effectively in the medical or nursing school curriculum?
8. After graduating and entering the medical field as a professional, how do you plan to combat implicit bias in your interactions with patients?
9. What are some solutions that you and your classmates can be a part of to improve health outcomes among BIPOC patients?
10. As of December 2021, experts have discovered that Black women are three times more likely to die in childbirth compared to any other ethnic group. What are some ways that women of color can feel comfortable and be safe during the childbirth process?
11. Many medical students [hold empirically false beliefs](#) about race-based physiological differences—including the notion that Black patients have a higher tolerance for pain than white patients. These beliefs affect the kind of decisions that doctors make. [One analysis](#) early in the pandemic found that doctors were less likely to refer symptomatic Black patients for testing than they were to refer white ones. Educating aspiring doctors about these dynamics will improve the care that patients receive. Have you noticed this bias in your work or studies? How can you change this with the agency you have and your future power as a medical professional?

FOR DOCTORS AND NURSES

1. Thank you for watching **THE COLOR OF CARE** and sharing it with your community. What are your biggest takeaways after watching the film?
2. Prior to watching **THE COLOR OF CARE**, did you believe that all of your patients received equitable care? How would you assess your patient care after watching?
3. What are some ways that physicians, doctors, and nurses can continue to build trust and better support patients of color?
4. How do you plan to continuously educate yourself on how you can better support patients of color?
5. How has the COVID-19 pandemic impacted health disparities for communities of color?
6. What responsibility do doctors and nurses have in allowing patients to be seen and heard?
7. As of December 2021, Black women are three times more likely to die in childbirth compared to any other ethnic group. What are other ways that women of color can feel comfortable and be safe during the childbirth process? Do you feel that doulas support this endeavor?
8. How can doctors and nurses impact health disparities?
9. Have you ever felt empowered to call out injustices within healthcare? What can your institution do to create space for healthcare providers to call out injustice and improve equity?
10. Do you have ideas on how healthcare professionals can best support all patients, including patients of color?
11. Working in the healthcare field can be taxing. In what ways do you take care of yourself?
12. In what ways do class and economic stability affect access to healthcare?

FOR OTHER MEDICAL PROFESSIONALS

1. Thank you for watching **THE COLOR OF CARE** and sharing it with your community. What are your biggest takeaways after watching the film?
2. If applicable, in what ways have you seen health inequities in your community?
3. What are some ways that the medical community can better support patients of color?
4. In what ways can the federal government allocate more resources to those with public health insurance vs private?
5. As of December 2021, experts have discovered that Black women are three times more likely to die in childbirth compared to any other ethnic group. In addition to doulas, what are other ways that women of color can feel comfortable and be safe during the childbirth process?
6. What are your learnings from your work during the COVID-19 pandemic thus far? How can the medical community do better for POC?

FOR THOSE WHO LOST A LOVED ONE TO COVID-19

1. Thank you for watching **THE COLOR OF CARE** and sharing it with your community. What are your biggest takeaways from the film?
2. If applicable, in what ways have you seen health inequities in your community?
3. Has the COVID-19 pandemic made you value healthcare more or less? Has it made you more or less likely to trust medical professionals? Explain why.
4. 31% of Hispanic workers and 33% of Black workers are in essential jobs that require them to work in person and close to others, in comparison to 26% of White workers ([Source](#)). As a country, how can we best protect frontline workers and specifically people of color during the ongoing pandemic?
5. In what ways do class and economic stability affect access to healthcare?
6. In the documentary, participants were asked, *"How would you like to be greeted by your doctor?"* Dr. Ala Stanford, Pediatric Surgeon and Founder of Black Doctors COVID-19 Consortium, responded with a simple, *"How are you?"* Can you recall a time when a medical professional provided you with an extra dose of tender care or a time when you felt seen and/or heard?

FOR THE GENERAL PUBLIC

1. Thank you for watching **THE COLOR OF CARE** and sharing it with your community. What are your biggest takeaways after watching this film?
2. If applicable, in what ways have you seen health inequities in your community?
3. Have the past few years with the COVID-19 pandemic made you any more or less skeptical about the value of healthcare? Made you more or less likely to trust medical professionals? Explain why.
4. What are potential options and/or resources that the government can provide aside from insurance so that patients can receive timely and adequate care?
5. In the documentary, a few participants were asked, *"How would you like to be greeted by your doctor?"* Dr. Ala Stanford, Pediatric Surgeon and Founder of Black Doctors Covid-19 Consortium responds with a simple, *"How are you?"* Can you recall a time where a medical professional provided you with an extra dose of tender care or a time where you felt seen and/or heard?
6. What do you believe equitable care looks like?
7. Religious institutions have been the cornerstone for activism, resources, and community building for many communities of color. The film highlighted Salem Baptist Church in PA, which made an intentional effort to help their community by providing space for COVID testing, distributing masks, etc. What are other ways that faith-based organizations can support people in their communities? Have you seen this happen in your community?

FOR ACTIVISTS

1. What do you think perpetuates the state of health disparities in the U.S. today?
2. What do you believe equitable care looks like?
3. Have the past few years with the COVID-19 pandemic made you any more or less skeptical about the state of healthcare for people of color? Made you more or less likely to trust medical professionals? Explain why.
4. People of color largely make up essential workers—i.e. bus drivers, nurses, food care, teachers, etc. As a country, how can we best protect them during the ongoing pandemic?
5. What are potential options and/or resources that the government can provide aside from insurance so that patients can receive timely and adequate care?
6. Can you speak to issues or policies that you are passionate for advocating for, and how they intersect with racial and health equity?
7. Did the film change the way that you view your own activism? Did it move you to additional action or an alternate pathway?

FOR POLICYMAKERS AND NONPROFIT COMMUNITY LEADERS

1. What are three major areas of health disparities today? Do you focus on these in your work?
2. What are current challenges to addressing health disparities?
3. From a political perspective, in what ways can we tackle health disparities today? Who should have “a seat at the table” in helping to make these decisions?
4. How can policymakers help ensure that patients with public health insurance receive the same level of care as patients with private insurance? What barriers need to be overcome for this to be possible?
5. In the film, medical experts explore how redlining, the strategic and discriminatory practice of denying services to residents of certain areas based on their race or ethnicity, continues to be a massive issue (i.e. clean water, lead in paint, food deserts, etc). What are some ways that we can dismantle these inequities or have city/state/federal governments take action against it?

FOR STUDENTS & EDUCATORS

1. Thank you for watching **THE COLOR OF CARE** and sharing it with your community. What are your biggest takeaways after watching the film?
2. Will you share this film and materials with your school/college?
3. If applicable, in what ways have you seen health inequities in your community?
4. How can STEM - Science, Technology, Engineering, Math - be used to combat health disparities?
5. Do you believe that in order for *true* understanding between a medical professional and a patient, both need to be from the same cultural background? Explain your answer.

Actions & activities

FOR MEDICAL AND NURSING STUDENTS

1. After watching the film, can you recall encountering any racially biased or non-inclusive textbooks or curriculum during your education? Call them out to your school administration for edits or removal.
2. Take the [Racial Equity Pledge](#) and send it to your school administration to ensure that your school is accountable for their part in promoting equality.
3. Discover and respond to basic needs in the community. The National Association of County and City Health Officials' Health Equity and Social Justice program advances the capacity of local health departments to confront the root causes of inequities. Access NACCHO's searchable database of Health Equity tools in their [Toolkit](#).
4. Hosted by the Center of Excellence at Stanford School of Medicine, [JUST HEALTH](#) highlights research, challenges and inroads in health disparities, health inequity and social justice in medicine, health and wellness. Consider reading it with your classmates and instructors; and critically think about how you can apply these tools to your future work as a licensed medical professional.
5. [Join the Community Coalition](#) as part of the [Not Just A Black Body](#) campaign, and learn about [policy transformation](#).
6. Students of color are [more likely to experience](#) discriminatory comments and public humiliation during their medical training. Medical schools and hospitals need to enforce serious disciplinary measures for such behavior, while ensuring that students who complain are not labeled as "troublemakers." Be a troublemaker and complain and raise your voice when you see such behavior in your classroom or learning facilities.
7. Most medical textbooks [still depict](#) mostly white skin tones. Complain to your school's administration and demand more diversity in your medical curriculum.
8. Take [these concrete steps](#) to fight racism in healthcare and urge your colleagues to do the same.
9. Read and share this article on [Confronting Racism in Healthcare](#) by the Commonwealth Fund.
10. Read and share this article by *The Atlantic* about [5 Ways the Health-Care System Can Stop Amplifying Racism](#). Share ways that have worked or can work for you on social media with #TheColorOfCare
11. Find out what individual practitioners [can do to fight racism in medicine](#) via CompHealth.

FOR DOCTORS AND NURSES

1. Do you have suggestions for how doctors and nurses can practice racial and ethnic equity in healthcare? What are some best practices that you have seen that help patients demand and achieve better care? Share your ideas on social media with #TheColorOfCare
2. Achieving Racial and Ethnic Equity in U.S. Health Care: [Find out what your state's Scorecard of State Performance is.](#)
3. Take the [Racial Equity Pledge](#) to ensure that you and your workplace are accountable for delivering equitable care.
4. For doctors and nurses in leadership positions, consider reviewing the American Medical Association's [guide](#) to creating a strong and safe workplace for caregivers and medical professionals as we continue to battle COVID-19.
5. Take an active role in addressing racial disparities in the delivery of care at your institution. [Sign this petition](#) to demand Congress pass the Anti-Racism in Public Health Act and address racism in our health care systems.
6. Take [these concrete steps](#) outlined by the American Heart Association to fight racism in healthcare and urge your colleagues to do the same.
7. Read and share this article on [Confronting Racism in Healthcare](#) by the Commonwealth Fund.
8. Read and share this article by *The Atlantic* about [5 Ways the Health-Care System Can Stop Amplifying Racism](#). Share ways that have worked or can work for you on social media with #TheColorOfCare
9. Find out what individual practitioners [can do to fight racism in medicine](#) via CompHealth.
10. [White Coats For Black Lives](#) seeks to dismantle racism and accompanying systems of oppression in health, while simultaneously cultivating means for collective liberation that center the needs, priorities, and self-determination of Black people and other people of color. See if your local healthcare clinic or hospital has a [chapter](#) that you can support.

FOR MEDICAL PROFESSIONALS

1. Take an active role in addressing racial disparities in the delivery of care at your institution. [Sign this petition](#) to demand Congress pass the Anti-Racism in Public Health Act and address racism in our health care systems.
2. [White Coats For Black Lives](#) seeks to dismantle racism and accompanying systems of oppression in health, while simultaneously cultivating means for collective liberation that center the needs, priorities, and self-determination of Black people and other people of color. See if your local healthcare clinic or hospital has a [chapter](#) that you can support.
3. We all have questions and concerns as we navigate this pandemic. It is important now, more than ever, to take all the precautions you can to protect yourself and your community. Get the information you need at [NAACP's Covid Know More Hub](#).
4. [Birth Equity Advocacy Project](#) is a part of Causes to Care About, a 501(c)(4) organization. BEAP advocates for equal access to quality prenatal and perinatal care for all families of color. They operate exclusively to promote social welfare through advocacy, and are dedicated solely to lobbying for birth equity. Educate your colleagues and team about their work and consider implementing their lessons learned at your institution.
5. Take [these concrete steps](#) to fight racism in healthcare and urge your colleagues to do the same.
6. Read and share this article on [Confronting Racism in Healthcare](#) by the Commonwealth Fund.
7. Read and share this article by *The Atlantic* about [5 Ways the Health-Care System Can Stop Amplifying Racism](#).

FOR THOSE WHO HAVE LOST A LOVED ONE TO COVID-19

1. Visit [Mental Health Is Health](#) to find resources and support for coping with a loss.
2. Seeking mental health or grief support? Reach out to [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) 1-800-662-HELP (4357).
3. Visit [Covid Survivors For Change](#) to learn more on how you can become active in connecting with leaders to provide data-backed approaches to avoid future pandemics.
4. Encourage elected officials to prioritize measures to end racial inequities in healthcare by signing [this petition](#) to demand Congress pass the Anti-Racism in Public Health Act and address racism in our health care systems.
5. Ask your local hospital system to take an active role in addressing racial disparities in the delivery of care. Search for your nearest hospital [here](#).
6. Connect with national and localized policymakers to create legislation addressing racial disparities in healthcare. For instance, the [Black Maternal Health Momnibus Act](#) (2020), backed by Vice President Kamala Harris.
7. Share your [COVID-19 story](#).
8. The American Hospital Association (AHA) is collecting and sharing positive, members-in-action stories about the amazing work the field is doing every day to combat COVID-19 and care for all people affected - physically and emotionally. [Stories from the Front Lines](#) features stories of compassion, understanding, overcoming obstacles and even humor. [You can submit](#) personal narratives, raw iPhone videos or even a simple image. Visit the [AHA.org COVID-19 Updates and Resources](#) page to submit your stories, recognize and encourage your health care teams, and stay inspired.
9. The U.S. government has made free at-home COVID-19 tests available for every household. Request your tests and find more info [here](#).

FOR THE GENERAL PUBLIC

1. Encourage policymakers to create legislation addressing racial disparities in healthcare. [Sign this petition](#) to demand Congress pass the Anti-Racism in Public Health Act and address racism in our health care systems.
2. Take the [Racial Equity Pledge](#) to ensure that your school and/or place of business are accountable for their practice in equality.
3. Make use of [VolunteerMatch.com](#) and efforts in your local community to combat COVID-19 and help improve health care in your community.
4. Getting vaccinated is the best action we can take as individuals to combat the spread of COVID-19, but many people are understandably hesitant. If you or a loved one feels conflicted about getting vaccinated, visit the [Vaccine Confidence Project](#) for tools to support your learning, and inform decision making.
5. Underserved communities often do not have equal access to healthcare and resources. Find resources and more information about how you can support equal health for all at [LGBT HealthLink](#), which works to improve the health of the LGBTQ+ community by eliminating health disparities.
6. Spread the word about [Health In Her Hue](#) - a digital platform connecting Black women and women of color to culturally competent healthcare providers, health content, and community.
7. The U.S. government has made free at-home COVID-19 tests available for every household. Request your tests and find more info [here](#).
8. The [Neighborhood Resilience Project](#) is a framework that establishes and promotes resilient healing and healthy communities so that people can be healthy enough to sustain opportunity and realize their potential. Learn how to get involved or start a chapter in your community [here](#).
9. Learn more about [Noula, a digital tool](#), for women and birthing parents who want to better understand and take care of their bodies in their journeys through motherhood.
10. The [Bloomberg Philanthropies Greenwood Initiative](#) has given \$100 million to four historically Black medical schools to both increase the number of Black doctors in the U.S. by significantly reducing the debt burden of Black medical students, and to ensure equitable access to COVID-19 vaccines through mobile vaccine units. What is your company doing to further social impact in the U.S.? Find out and post on social with #TheColorOfCare

FOR ACTIVISTS

1. Share the work you are doing, or the work your organization is doing, to help address and eliminate racial inequities in US healthcare on social with #TheColorOfCare
2. Add your name in support of [Caring Across Generations](#), part of the American Jobs Plan by the Biden Administration that includes an ask for \$400 billion for Home and Community-Based Services. The program was created to combat insufficient care programs created with people of color—and particularly women of color—in mind.
3. Encourage elected officials to prioritize measures to end racial inequities in healthcare - [click here to sign a petition](#).
4. [BLKHLTH](#) is an organization that engages the public and health professionals on the impact of racism on Black health—then equips them to do something about it. They offer content, workshops, and events that create space for education and action. See how you can [get involved](#).
5. Connect with national and localized policymakers to create legislation addressing racial disparities in healthcare. For instance, the [Black Maternal Health Momnibus Act \(2020\)](#), backed by Vice President Kamala Harris.
6. [White Coats For Black Lives](#) seeks to dismantle racism and accompanying systems of oppression in health, while simultaneously cultivating means for collective liberation that center the needs, priorities, and self-determination of Black people and other people of color. See if your local healthcare clinic or hospital has a [chapter](#) that you can support.
7. Take the [Racial Equity Pledge](#) to ensure that you and your business are accountable for their role in promoting equality.
8. Spread the word about [Health In Her Hue](#) - a digital platform connecting Black women and women of color to culturally competent healthcare providers, health content, and community.
9. Dr. Amanda Calhoun seeks to expose and eradicate racism in the medical system using a direct and heartfelt approach. Her anti-racism work spans writing anti-racism curriculum, standing up for her patients in real-time, public speaking, research, and writing. She believes that all doctors should be activists, and that social justice should be integrated with medical education. Read and share [Dr. Calhoun's publications](#).
10. The U.S. government has made free at-home COVID-19 tests available for every household. Request your tests and find more info [here](#).
11. The [Neighborhood Resilience Project](#) is a framework that establishes and promotes resilient healing and healthy communities so that people can be healthy enough to sustain opportunity and realize their potential. Learn how to get involved or start a chapter in your community [here](#).
12. Read and share this article on [Confronting Racism in Healthcare](#) by the Commonwealth Fund.
13. Read and share this article by *The Atlantic* about [5 Ways the Health-Care System Can Stop Amplifying Racism](#).

FOR POLICYMAKERS AND NONPROFIT/COMMUNITY LEADERS

1. Demonstrate your commitment and encourage other elected officials to prioritize measures to end racial inequities in healthcare by [signing this petition](#).
2. What are some of the ways your work puts people of color and vulnerable communities at the center of decision making? Share on social media with #TheColorOfCare
3. Support [White Coats For Black Lives](#) as it seeks to dismantle racism and accompanying systems of oppression in health, while simultaneously cultivating means for collective liberation that center the needs, priorities, and self-determination of Black people and other people of color.
4. Utilize these [tools and resources](#) for Achieving Racial Equity in Policy Making.
5. Read and share this article on [Confronting Racism in Healthcare](#) by the Commonwealth Fund.
6. Read and share this article by *The Atlantic* about [5 Ways the Health-Care System Can Stop Amplifying Racism](#)

FOR STUDENTS AND EDUCATORS

1. Encourage elected officials to prioritize measures to end racial inequities in healthcare [by signing this petition](#).
2. Ask your local hospital system to take an active role in addressing racial disparities in the delivery of care. Search for your nearest hospital [here](#).
3. Connect with national and localized policymakers to create legislation addressing racial disparities in healthcare. For instance, the [Black Maternal Health Omnibus Act](#) (2020), backed by Vice President Kamala Harris.
4. Make use of [VolunteerMatch.com](#) and efforts in your local community to combat COVID-19.
5. Do you work in or know someone who works in public policy that is interested in joining the fight for racial justice? Apply for [The CEO Action for Racial Equity Fellowship](#) to learn how to advance policy on the federal, state, and local level.
6. Educate yourself and your community by learning further about the damaging effects of white supremacy via [Racial Equity Tools](#) curated by World Trust and partners.
7. Check out this
8. Check out this [Resource Guide for using documentaries to start conversations on Racism, Racialized Trauma, and Racialized Violence. A Radical Optimist Collective - CMSI](#)
9. The U.S. government has made free at-home COVID-19 tests available for every household. Request your tests and find more info [here](#).

Additional resources

COVID-19

- Robert Wood Johnson Foundation: [Racism and Health: Inequities across our nation have their roots in discrimination.](#)
- [NAACP: COVID No More Program](#)
- Sign up for the latest updates about health and wellness, including COVID-19 guidelines via [The Centers For Disease Control and Prevention](#). Their hotline is open 24/7: 800-232-4636

MENTAL HEALTH SUPPORT

- Visit [Made Of Million's COVID-19 hub](#) to find tips for handling anxiety, resources to get help, and breathing exercises to manage stress.
- Find support at [Mental Health America](#).
- For mental health resources, contact [Substance Abuse and Mental Health Services \(SAMHSA\)](#). SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- [Office of Minority Health](#): The Office of Minority Health is dedicated to improving the health of racial and ethnic minority populations through the development of health policies and programs that will help eliminate health disparities.
- Mental health for students has become a major problem during the pandemic, with limited support. An impact report from [Our Turn](#) found that 65% of students' mental health has worsened since COVID-19 began. Read their full report and find additional resources [here](#).
- Find mental health resources and tips at The Mental Health Coalition's [free resource library](#). Also, [find actionable ways](#) to support your community (and yourself!)

References

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