



**Le Ondra Clark
Harvey, PhD**

*CA Council of Community
Behavioral Health Agencies*



Lisa Tealer

*Bay Area Community
Health Advisory Council*



Jonathan Butler, PhD

UCSF NURTURE Center

Ensuring Equity in Aging Webinar Series

Feb 3, 2021, 10–11 am

Culturally Informed Policy & Programs for Black Elders

Closed captioning will be provided



Welcome!

Webinar Logistics: [Join by smart phone, tablet, or computer](#)

- To join audio by telephone: 888-788-0099
- Meeting ID: 916 9773 3482 Password: 153029
- Live captioning streamed through webinar (Zoom)
- American Sign Language Interpretation via webinar (Zoom)
- Recording, slides, and transcripts will be posted at CDA's online California for ALL Ages [Equity in Aging Resource Center](#) and YouTube channel.



Questions & Comments

- The final 10 minutes of the webinar is reserved for questions and comments:
 - Attendees joining by **webinar (Zoom)**, use the Q&A function to ask a questions or click the raise hand button to join line. The moderator will announce your name or your last 4 digits of your phone number and will unmute your line.
 - Attendees joining by **phone**, press *9 on your dial pad to “raise your han”. The moderator will announce the last 4 digits of your phone number and will unmute your line.
 - For additional information or feedback email Engage@aging.ca.gov.



Ensuring Equity in Aging Webinar Series

- 1st Wednesday of each month: November 2020 – July 2021
- State and local speakers with expertise in the subjects of cultural competency, equity, program and service delivery
- Let's learn together how we can help make our communities a more just place and build a **California for ALL Ages**



NEXT MONTH'S WEBINAR

March 3, 2021 - Culturally Responsive Policy & Programs for Asian & Pacific Islander Older Adults.

Speakers: Joon Bang of [National Asian Pacific Center on Aging](#) and Yvonne Sun of [SSG Silver](#) (LA)

Register in advance!



Welcome & Introductions



Kim McCoy Wade

Director

California Department of Aging (CDA)



Today's Speakers



Jonathan Butler, PhD

Assistant Professional Researcher
UCSF Department of Family &
Community Medicine, NURTURE
Center



Lisa Tealer

Executive Director
Bay Area Community Health Advisory
Council (BACHAC)



Le Ondra Clark Harvey, PhD

Chief Executive Officer
California Council of Community
Behavioral Health Agencies (CCCBHA)



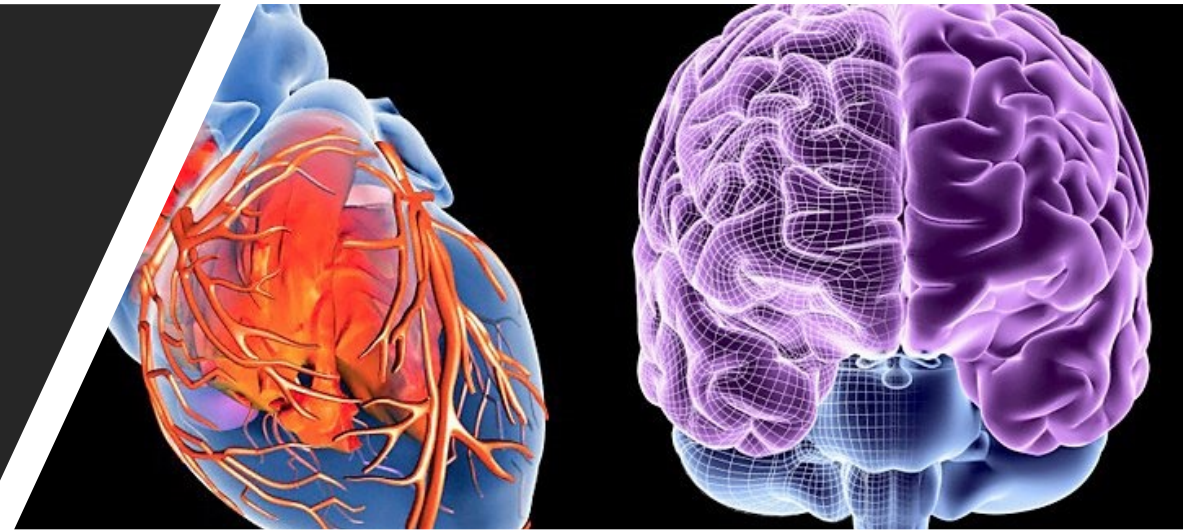
Adversity and Health

- Jonathan Z. Butler, PhD MDiv
- Department of Family and Community Medicine, UCSF
- Center for the Study of Adversity and Cardiovascular Disease (NURTURE Center)



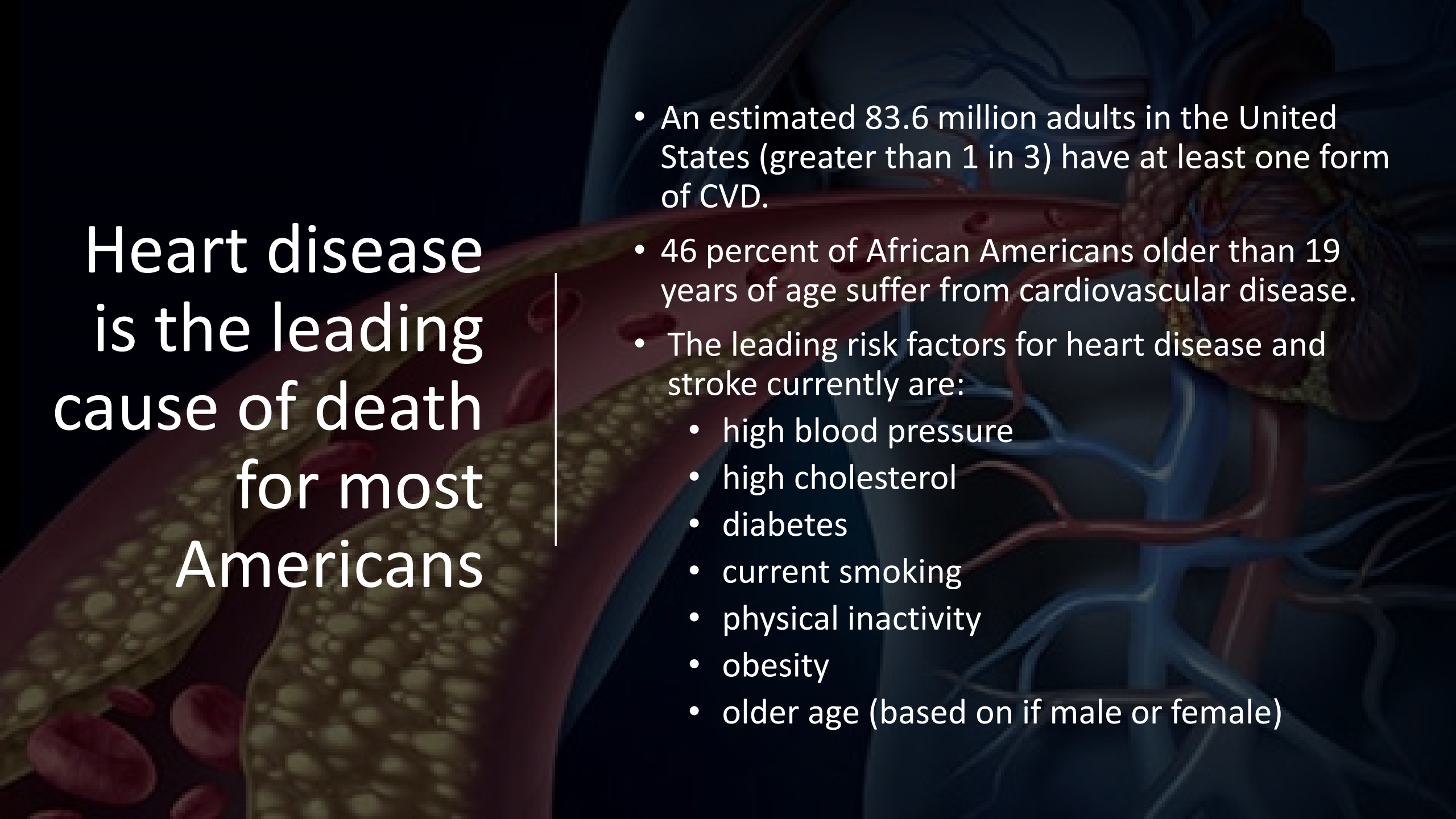
Talk Outline

- Defining Health Disparities and Health Equity
- Cardiovascular Disease
 - African Americans and CVD
- Health of African Americans
Conceptual Framework
- What is Adversity?
- Psychological Stress is a Core
Component of Adversity
- A Call to Action



Defining Health Disparity and Health Equity

“...a particular type of health difference that is closely linked with economic, social, or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group, religion, socioeconomic status, gender, age, mental health, sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”



Heart disease is the leading cause of death for most Americans

- An estimated 83.6 million adults in the United States (greater than 1 in 3) have at least one form of CVD.
- 46 percent of African Americans older than 19 years of age suffer from cardiovascular disease.
- The leading risk factors for heart disease and stroke currently are:
 - high blood pressure
 - high cholesterol
 - diabetes
 - current smoking
 - physical inactivity
 - obesity
 - older age (based on if male or female)

Greater Risk, Greater Deaths

AHA, CVD Health Disparities
Fact Sheet, 2016

CVD age-adjusted death rates are 33% higher for blacks than for the overall population in the U.S.

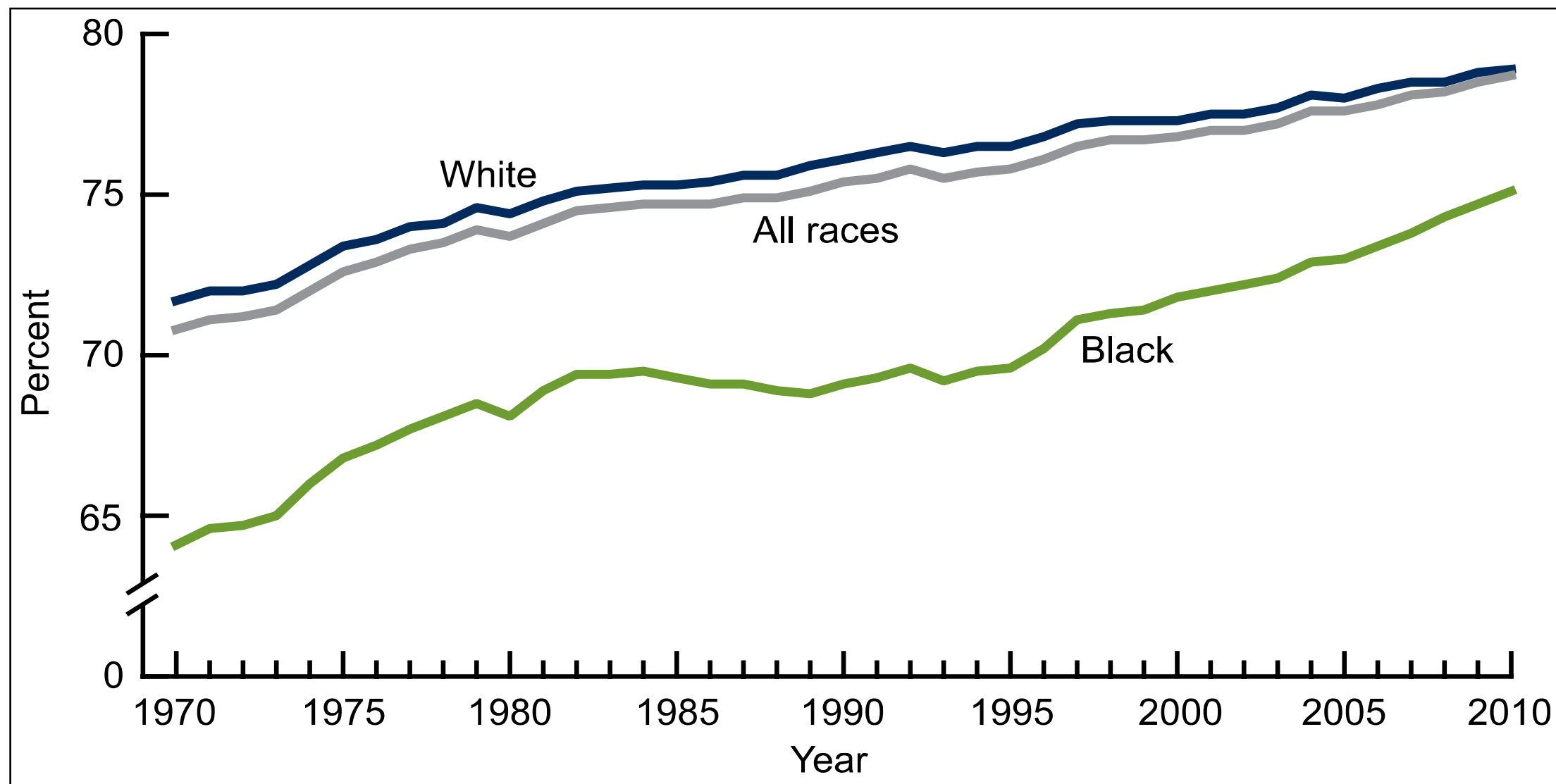
Blacks are nearly twice as likely to have a first stroke and much more likely to die from one than whites.

High blood pressure is more prevalent in certain racial/ethnic minority groups in the U.S., especially blacks.

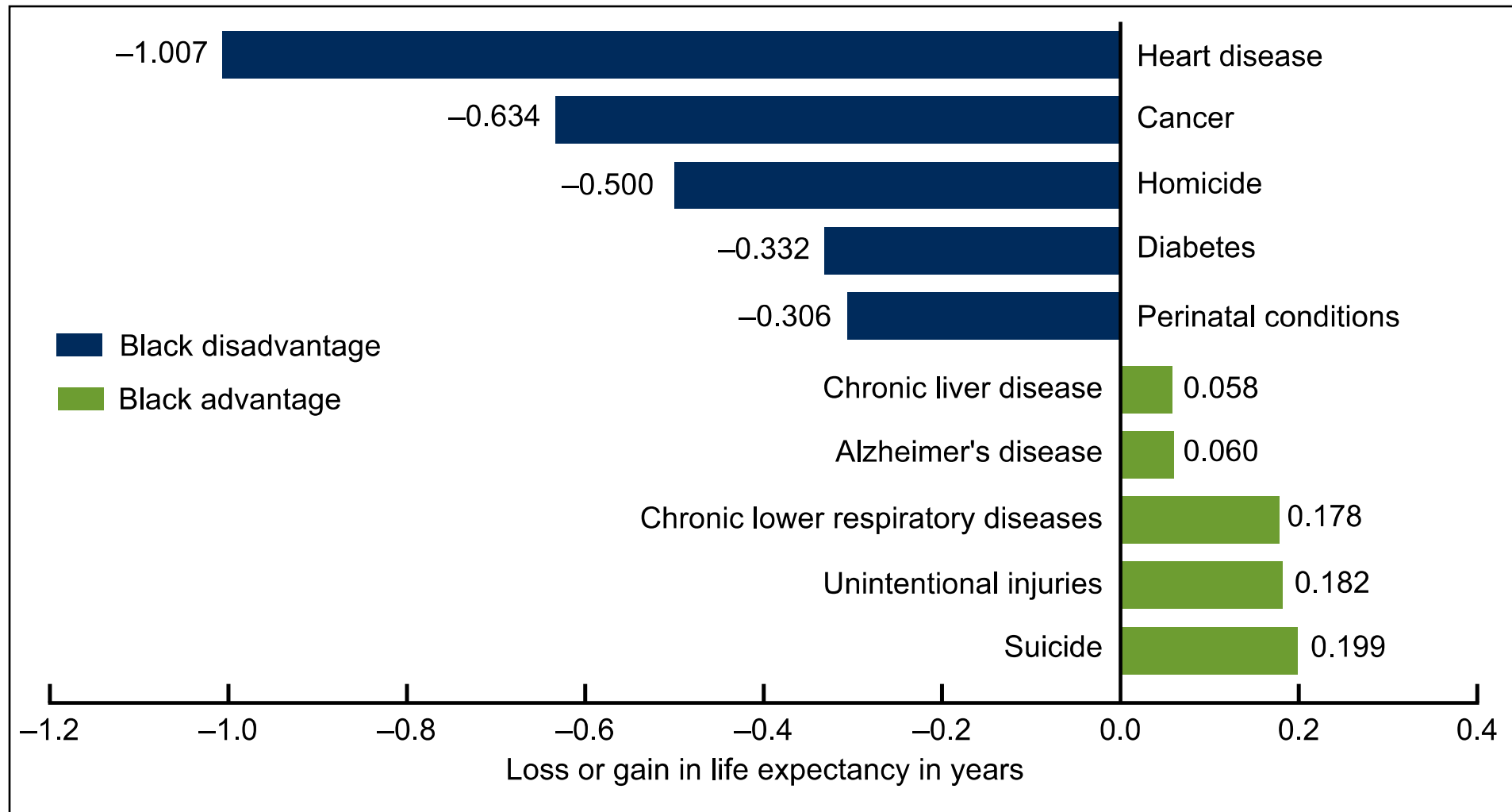
Blacks have a higher prevalence of diabetes than in whites for adults over age 20.

Non-Hispanic blacks and Mexican American women have a higher rate of obesity, a risk factor for CVD and diabetes, than non-Hispanic white women.

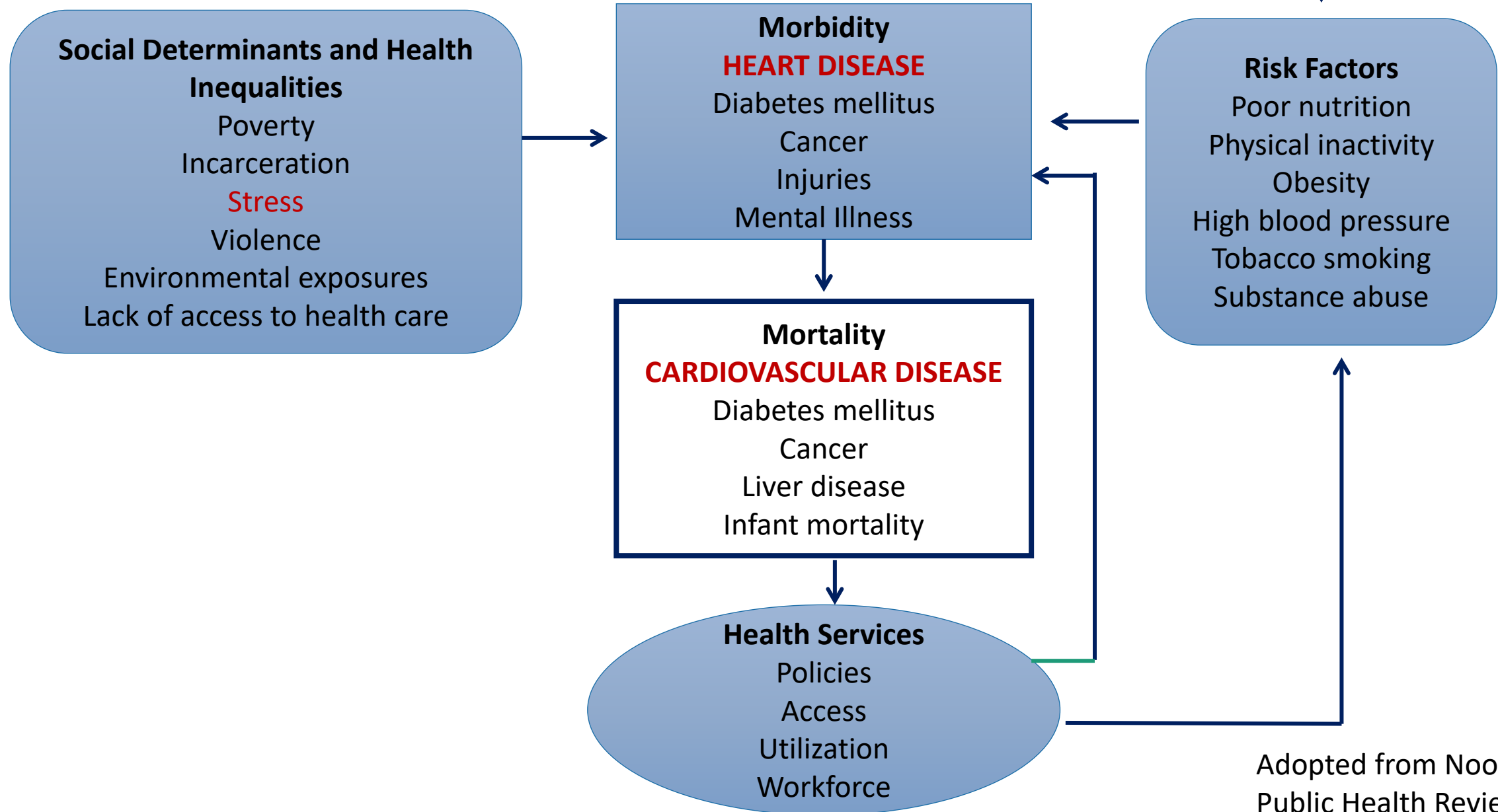
The Health of African Americans in the U.S.



Difference In Life Expectancy Between Black And White Persons: Contributing Causes



The Health of African Americans in the U.S.



Adopted from Noonan et al.
Public Health Reviews 2016

What is Adversity?

- State of serious or persistent difficulty, calamity or misfortune.
- Adversity is more than just one difficulty or setback.
- Adversity: a series of difficulties or misfortunes that keep you from achieving your goals and/or finding happiness.



Psychosocial Stress is a Core Component of Adversity

- **Acute:** stress that accompanies “episodic negative life” events that do not occur on a regular basis
- **Chronic:** stress due to regularly recurring events or environmental or social conditions that are ongoing
- Clinical Depression, HIV Progression, Sleep Disturbance, Mental Illness

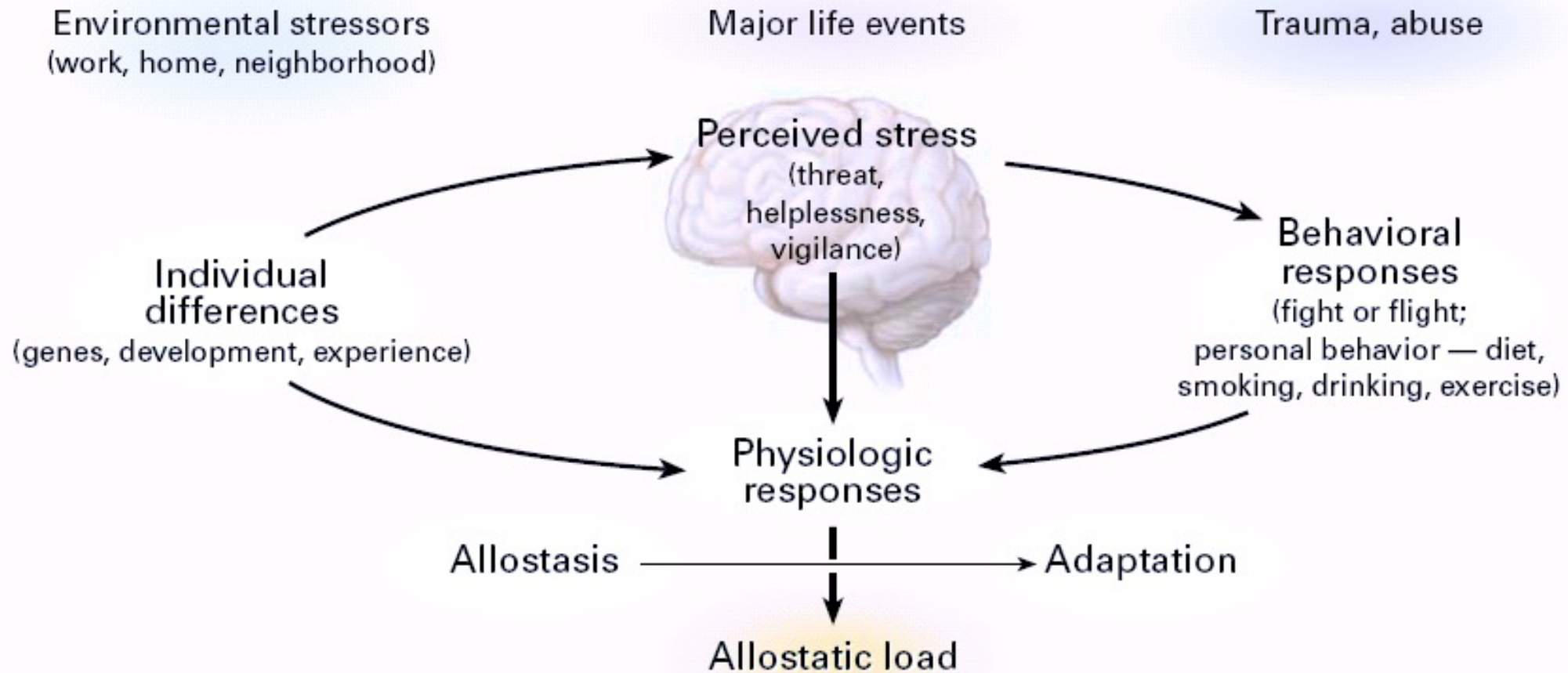


What we often mean by “stress” is being “stressed out”!

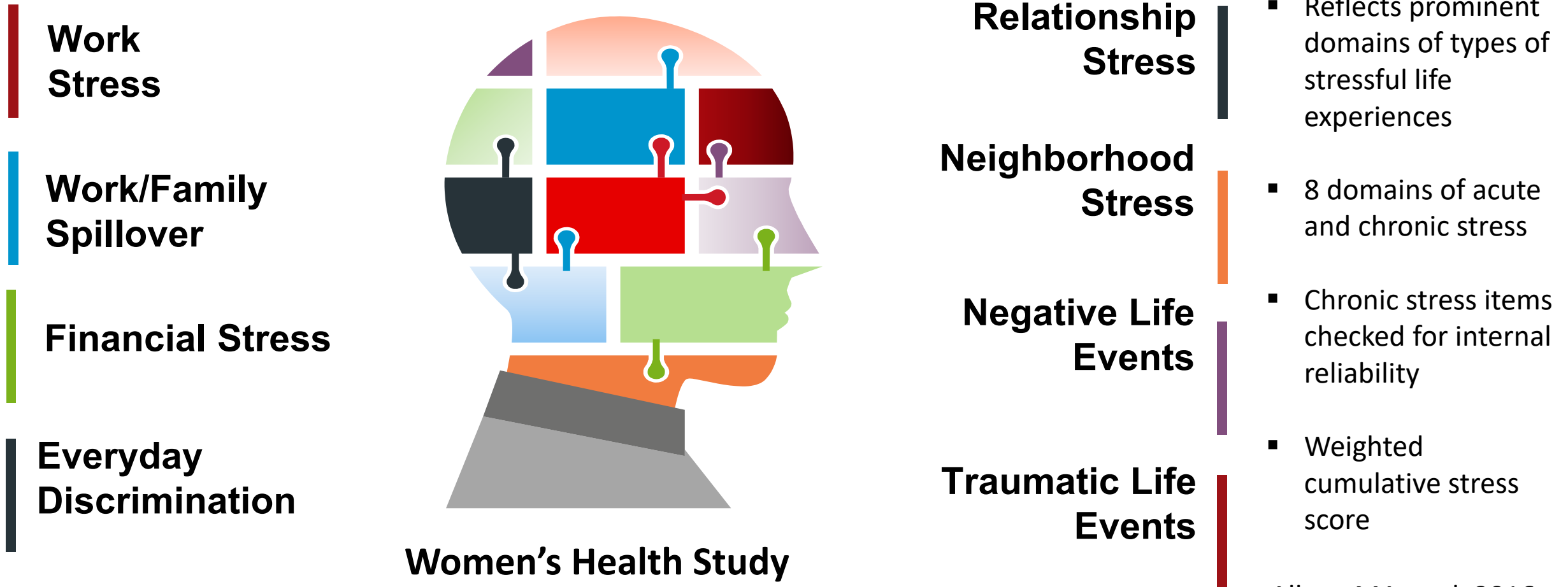
- Feeling overwhelmed, out of control, exhausted, anxious, frustrated, angry
- What happens to us?
 - Sleep deprivation
 - Eating too much of wrong things, alcohol excess, smoking
 - Neglecting regular, moderate exercise
- All of these contribute to allostatic load



The Stress Response and Health



Cumulative Psychosocial Stress Questionnaire



Cumulative Psychosocial Stress and Type II Diabetes Mellitus

Aim:

To examine the relationship between cumulative psychological stress and incident diabetes mellitus among older women

Hypothesis:

Higher levels of cumulative psychological stress will be associated with higher incident of diabetes among older women

Cumulative Psychosocial Stress and Incident Type II Diabetes: Odds Ratios and 95% Confidence Intervals (95% CI)

CUMULATIVE STRESS QUANTILES			Quartile 1	Quartile 2	Quartile 3	Quartile 4
Hazard Ratio for Type II Diabetes HR (95% CI)	N	Events	Referent			
Model 1	22542	194	1.00	1.79 (1.09-2.94)	2.66 (1.53-4.63)	2.42 (1.34-4.38)
Model 2	20955	184	1.00	1.95 (1.17-3.27)	2.82 (1.59-4.99)	2.51 (1.36-4.65)
Model 3	20042	173	1.00	1.78 (1.05-3.03)	2.48 (1.37-4.47)	1.89 (1.00-3.58)
Model 4	19945	173	1.00	1.74 (1.01-2.99)	2.37 (1.29-4.38)	1.75 (0.87-3.55)

Traumatic and Negative Life Events and Obesity

Aim:

Examine the relationship between traumatic and negative life events and obesity.

Hypothesis:

Higher levels of major life events (traumatic and negative) will be associated with higher odds of obesity.

Traumatic Life Events and Obesity in Older Women: Odds Ratios and 95% Confidence Intervals (95% CI)

N=25,335	Model 1		Model 2		Model 3	
Traumatic Life Events	OR	CI (95%)	OR	CI (95%)	OR	CI (95%)
0		1.00		1.00		1.00
1+	1.15	(1.08-1.23)	1.12	(1.05-1.20)	1.11	(1.03-1.19)

Bold denotes statistical significance $P < 0.01$

Model 1 Adjusted for Race/Ethnicity, Age, and Marital Status

Model 2 Adjusted for Model 1 + education and income

Model 3 Adjusted for Model 2 + Adjusted for a + CVD Risk Factors (i.e. blood pressure, diabetes at baseline, hypertension, hypercholesterolemia, BMI, physical activity, and smoking) + depression and anxiety symptoms

Negative Life Events in the past 5 years and Obesity in Older Women: Odds Ratios and 95% CI

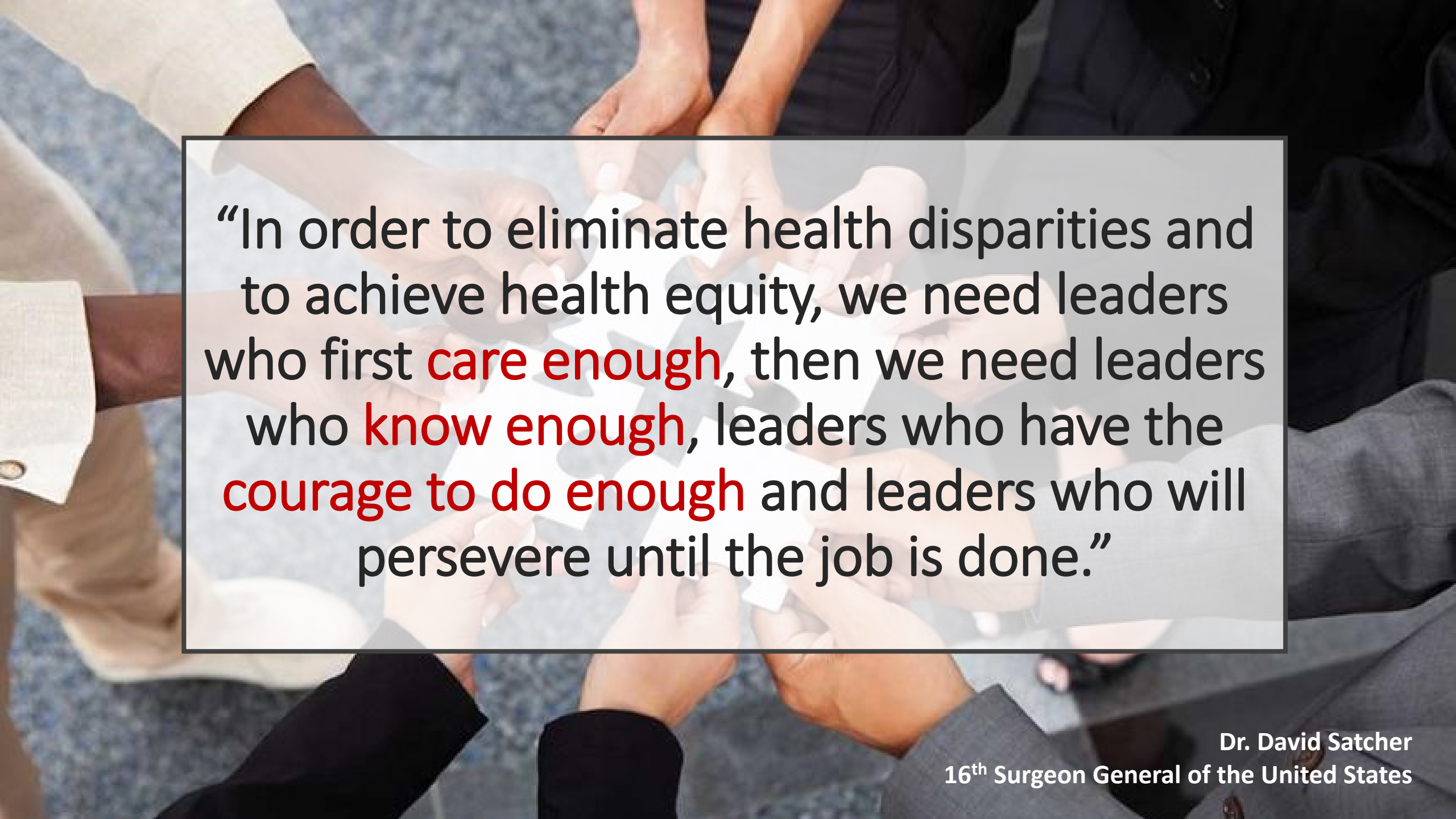
N=21,904	Model 1		Model 2		Model 3	
Negative Life Events	OR	CI (95%)	OR	CI (95%)	OR	CI (95%)
0		1.00		1.00		1.00
1	1.13	(1.01-1.27)	1.14	(1.01-1.28)	1.16	(1.02-1.31)
2	1.11	(0.99-1.24)	1.11	(0.99-1.24)	1.11	(0.99-1.25)
3	1.11	(0.99-1.24)	1.13	(0.99-1.27)	1.11	(0.98-1.27)
4+	1.49	(1.33-1.66)	1.45	(1.29-1.63)	1.38	(1.22-1.56)
Bold denotes statistical significance P<0.01 Model 1 Adjusted for Race/Ethnicity, Age, and Marital Status Model 2 Adjusted for Model 1 + education and income Model 3 Adjusted for Model 2 + Adjusted for a + CVD Risk Factors (i.e. blood pressure, diabetes at baseline, hypertension, hypercholesterolemia, BMI, physical activity, and smoking) + depression and anxiety symptoms						

An important challenge for future work is to go beyond assessing one isolated dimension of stress (such as perceived discrimination) but to model how multiple stressors relate to each other and combine over the life course to affect both the onset of illness and the progression of disease. Research indicates that failure to measure stress comprehensively leads to an underestimate of the effects of stress on health.

Blacks and Hispanics/Latino Individuals are Disproportionately affected by Obesity and Socioeconomic Disadvantage

- In San Francisco, overweight/obesity prevalence is 53.9% with higher rates in blacks and Hispanics (74%) versus whites (45%).
- Nationally >33% of adults with income less than \$15,000/year versus 25% of those with incomes greater than \$50,000/year are obese.
 - Differential poverty rates by race/ethnicity exist in SF:
 - white, 7.5%
 - black, 25%
 - Hispanic, 17%
 - Asian, 9%
- **ObeSity and Jobs in SoCioeconomically Disadvantaged CommUnities:
A Randomized CLinical Precision Public HealTh
Intervention- SCULPT-Job Study**





“In order to eliminate health disparities and to achieve health equity, we need leaders who first **care enough**, then we need leaders who **know enough**, leaders who have the **courage to do enough** and leaders who will persevere until the job is done.”

Dr. David Satcher
16th Surgeon General of the United States

The voters of San Francisco voted in favor of **Proposition V** in November of 2016.

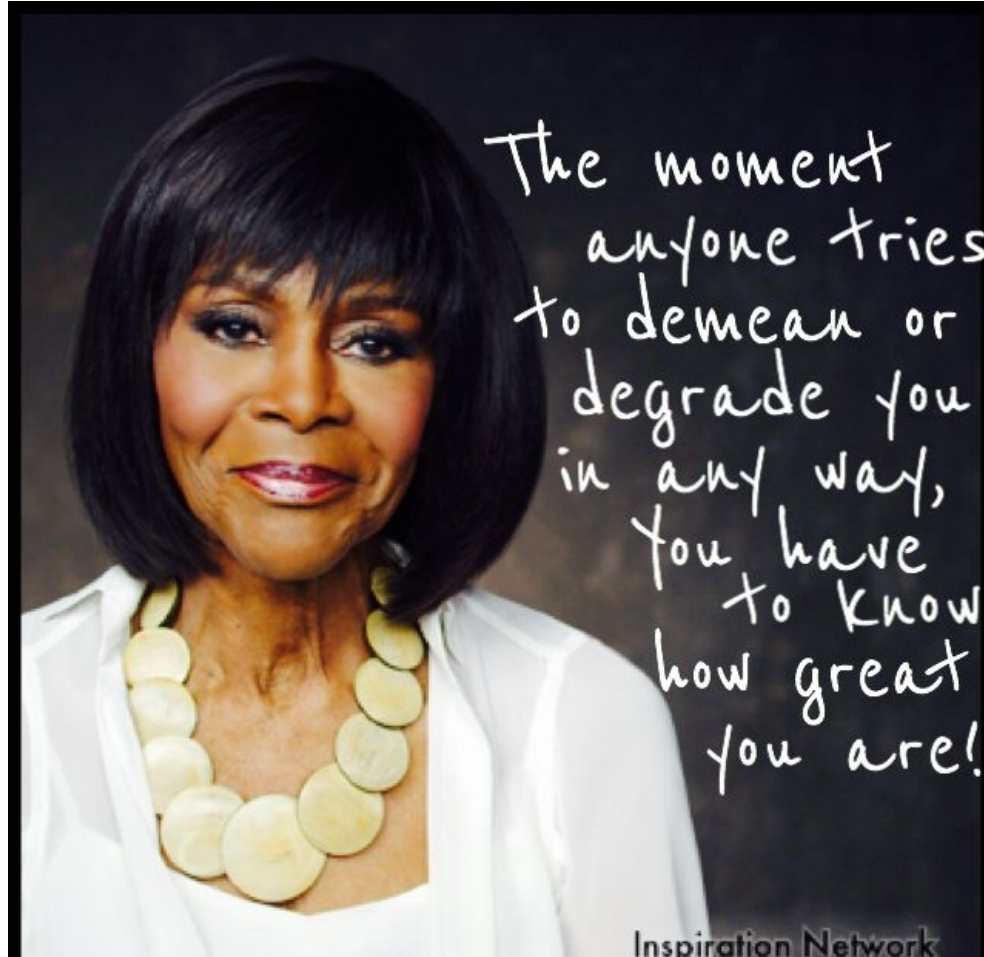
This law mandates the establishment of the Sugary Drink Distributor Tax Advisory Committee (SDDTAC) which is comprised of 16 people, representing experts and stakeholders.

The SDDTAC is tasked with making recommendations for how San Francisco invests the revenue from the Sugary Drinks Distributor Tax (SDDT) to reduce consumption of sugary drinks and to mitigate the impacts of their consumption.

Sugary Drink Distributor Tax Advisory Committee Recommendations

The Advisory Committee recommended that funds be used for new services or programming or expanding programming rather than replacing existing revenue.

The SDDTAC recommends that funds be directed to support primary and secondary prevention efforts and not for medical treatment of disease.



The moment
anyone tries
to demean or
degrade you
in any way,
you have
to know
how great
you are!

Inspiration Network



BAY AREA

Community Health
Advisory Council



Lisa Tealer, Executive Director
Bay Area Community Health Advisory Council
(BACHAC)

BACHAC

- Overview of BACHAC
- Membership/Community Engagement
- Programs & Initiatives
 - COVID-19 & Vaccine Initiatives
 - Other Activities
- Seniors of Color in San Mateo County
 - Data Challenge
 - Focus Group, Engagement & Next Steps
- What's Coming?



BAY AREA
Community Health
Advisory Council

BACHAC

- A 25+ year grass roots community health organization
- Started by African American residents in San Mateo County (next county south of San Francisco)
- Concerned about findings from the Community Health Assessment Report regarding African Americans (Cancer, CVD, Tobacco Use, etc.)

BACHAC

- Address health disparities in diverse communities across generations
- Through awareness, education, access to resources, advocacy
- In partnership/collaboration with a diverse groups
- In a culture of Equity, Innovation and Inclusion



BACHAC

- Core group of 30-40 volunteer members (~60% are 50+ age range)
- 7 Part-time staff (Bilingual: Spanish & Tongan)
- Diverse group of Community Partners (Additional volunteers, sponsorships)

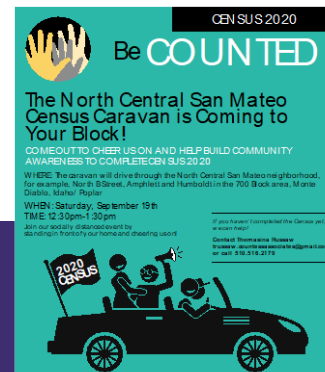


Engagement

- Membership meets monthly
- Regular communication, on-line, phone calls, regular mail
- Actively sought out to assist to organize events, provide feedback, participate in surveys, focus groups, etc.
- Members are part of other organizations (NAACP, Sororities/Fraternities, faith-based, SMC, Library, academics/research institutions)
- Members consist of representatives from AARP, Alzheimer's Assn. and others

Programs/Initiatives

- Community Mammogram Program
- Tobacco Free Education
- Off To A Good Start
- Soul Stroll for Health
- Census
- Voter Education & Engagement
- Wellness Where You Are



COVID-19 Efforts

- Free COVID-19 Testing
 - Collaboration: SMC, CSM Nursing Program, & St. James AME Zion Church
- COVID-19 Education & Outreach
 - Phone Banking
 - Online: Resource Hub, Webinars, E-mail blast, blog, FB, IG, Twitter)
 - Canvassing (Pop-Ups, Food Distribution, other heavy traffic areas)



COVID-19 Efforts

- Vaccine Education & Outreach
 - Phone Banking
 - Online Websites, Webinars, Networks, FB, IG, Twitter)
 - Canvassing (Pop-Ups, Food Distribution, other heavy traffic areas)
- Pilot Promotora/Navigator Program
- SMC Workgroup: COVID Recovery & Vaccine Equity
 - Regular Meetings with County Leadership (Chief Public Health Director, County Manager, BOS, COBs)



Other Activities

- Panel Participation
- Letters of Support
- Members of Work Groups

Covid19 Black Regional Town Hall Webinar
SAVING BLACK LIVES
All around the Bay Area

COVID-19 IS DEVASTATING THE BLACK COMMUNITY AT DISPROPORTIONATE RATES.

Thursday July 30, 2020 5:30pm

REGISTER TODAY:
 Please go online to register for the webinar at:
www.covid19black.org/act/register

PRESENTERS FROM ACROSS THE BAY AREA:
 Alameda, Contra Costa, Santa Clara, San Francisco, San Mateo, Marin and Solano Counties

PRESENTED BY:
 Unity Care, Roots Clinic, Minority Business Consortium, Black Leadership Initiative, African American Community Service Agency and Silicon Valley Community Foundation

Register on Facebook to Take Action Against COVID-19 in the Black Community

Join us to learn about the COVID-19 Black in Service and Community & County Resources to help our people survive and thrive.

For more information contact Lathia Eddins LathiaEddins@unitycare.org 925.973.9022 x1011

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Rho Delta Omega Chapter and Ivy & Pearl's foundation:

Care for the Caregivers 2020
 CARING FOR THE CAREGIVER DURING CHALLENGING TIMES
 CAREGIVERS AND RESOURCE SPECIALIST SHARE TIPS, RESOURCES AND PANEL DISCUSSION

Nov. 20TH 7:00PM-8:15PM

Moderated by 25th Far Western Regional Director, Alpha Kappa Alpha Sorority, Inc.

Carol R. Dixon

Register in Advance for Zoom meeting: bit.ly/CareforCaregivers2020

Panelists:
 Karla Fields, Community Affairs, Alzheimers Association
 Stephen Roberts, Veteran Administration
 Gloria Brown, Co-Founder, BAOHAC
 Destiny Best, Caregiver, Guest Services

San Mateo County Behavioral Health & Recovery Services
 Office of Diversity & Equity (ODE)
 DIVERSITY & EQUITY COUNCIL (DEC)
 PRESENTS

**RACE & COVID-19
 2ND TOWN HALL
 COMMUNITY INPUT SESSION**

Friday, August 7, 2020
 11:00-1:00PM
[REGISTER HERE](#)

Interpretation available upon request.

For more information/support with registration, please contact:
 Brenda Nunez at brenda.nunez@bar-vista.org | (650) 477-4295
 or Frances Lobos at frances@bar-vista.org | (650) 372-3272

Please join us for a 2nd Town Hall: Community Input Session. We heard your feedback and this town hall will create a platform for community member's voices to be heard that have been disproportionately impacted by the COVID-19 pandemic.

Logos for: Behavioral Health & Recovery Services, STAR VISTA, BAY AREA Community Health Advisory Council, and Get Healthy.

**TAKING CHARGE OF THE UNKNOWN:
 DEMENTIA CARE 101 TELEPHONE
 SEMINARS | NOON TO 1 PM.**

Do you understand and know how to respond to Dementia Related Behavior?
 How can you get your finances in order when dealing with Dementia?

Ever wondered about Alzheimer's?
 To get where you need resources, we need you to take part in this one-hour telephone seminar on dementia care. This seminar is designed for caregivers who are interested in learning about dementia and how to respond to their caregiver's behavior and daily activities. These seminars offer practical information and support to help dementia caregivers. There will also be time available for Q&A.

October 16
 Alzheimer's 101: What is Dementia? with Karla Fields, M.D., Geriatric Psychiatrist, UCSF

October 23
 Understanding & Responding to Dementia Related Behaviors with Amy Johnson, Alzheimer's Association

October 30
 Getting Your Finances in Order with Zakia Horton, Esq. and Sunny Day, Esq., AARP

Register or call us at 925.444.0474 at the phone number to receive the call in phone number and/or call Karla Fields at 925.444.0474.

Logos for: BAY AREA Community Health Advisory Council, Alzheimer's Association, and AARP.

Seniors of Color (Data Challenge)



Source CA Data Base

*Number of Seniors 60+ in San Mateo County (SMC)

**Number of Seniors of Color 60+ in San Mateo County

SMC is working on further demographic breakdown

Focus Group

- January 2021
- Small group (~15)
- Seniors of Color, organization that support seniors, caregivers
- Challenges/Opportunities & Solutions
- Inform BACHAC's programming



Focus Group-Top Challenges

- Vaccine related (Vaccine Availability & Reluctance)
- Lack of Self Advocacy/Empowerment in health environment
- Mental Health (isolation, depression)
- Finances (housing, food, transportation, healthcare)
- Lack of/Access knowledge of resources
- Caregiving (financial & psychological burden)



Focus Group

Opportunities/Solutions

- Acknowledgement of mistreatment
- Advocacy, Advocacy, Advocacy
- Ease of access, not all savvy with technology
- Programming designed for/and by Seniors
 - Nutrition, Exercise, Dental, Self-Advocate
- Conduit to Resources
- Hold 'the systems' accountable (policy & practice)

BACHAC- Next Steps

- Pressure Check vs other sources
- Embed in programming
- Continue influence/advocate (data, policy, etc.)
- Continue explore partnerships
- Continue to engage our community
- Learn best practices



What's Coming?

- Check out BACHAC's Knowledge for Life [blog](#)

Saturday, Feb. 6th 9am-1pm

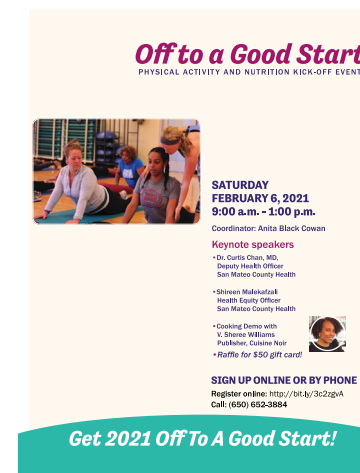
- Off To A Good Start
- Register @ www.bachac.org

Saturday, Feb. 20th 10:30am-12:30pm

- 29th Annual Black History Month
- [Register here](#)

March:

Wellness Where You Are Session focused on Seniors & COVID (date-tbd)



BAY AREA
Community Health
Advisory Council



BAY AREA

Community Health
Advisory Council

Thank You!

**To learn more about BACHAC
go to www.bachac.org**

Culturally Informed Policy and Programs for Black Elders

The Importance of Behavioral Health

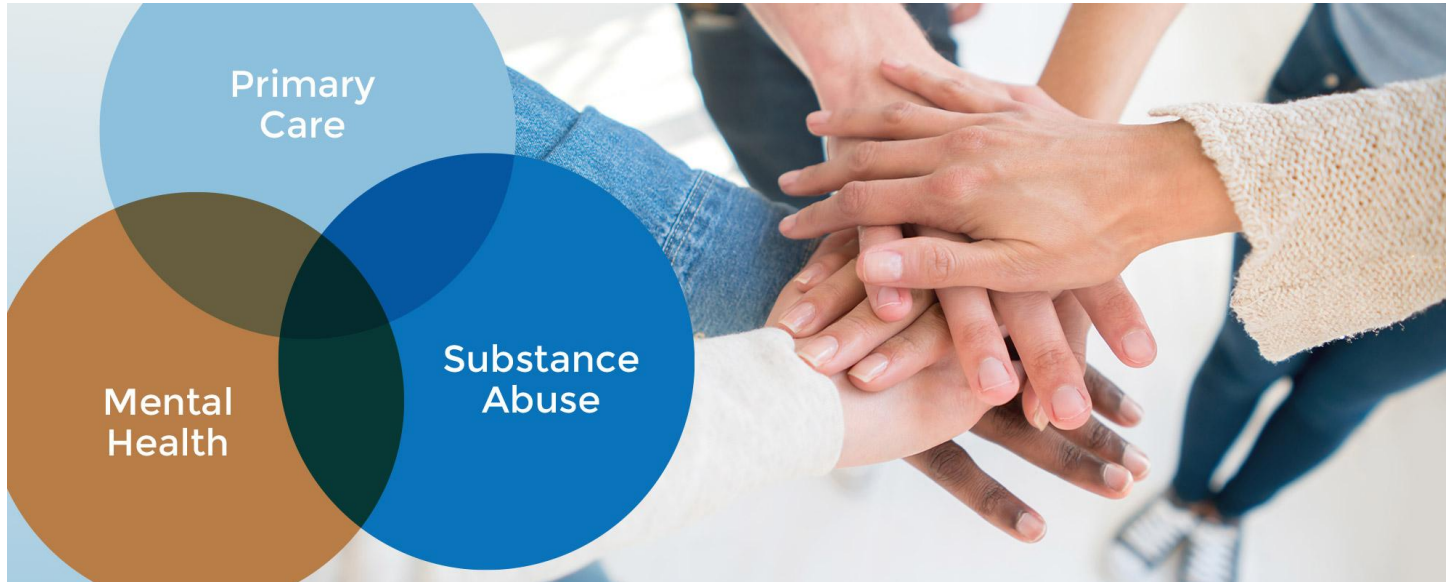
California Department of Aging *Equity in Aging* Webinar Series
February 3, 2021

LE ONDRA CLARK HARVEY, PH.D.

CHIEF EXECUTIVE OFFICER



What is Behavioral Health?



The promotion of mental health, resilience and wellbeing; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities.

Source: Substance Abuse and Mental Health Services Administration

Behavioral Health Conditions and Physical Health



Chronic Conditions:

- high blood pressure, asthma, diabetes, heart disease and stroke

High Utilization Rates:

- hospitalization
- emergency room visits

Source: National Survey on Drug Use and Health Report

National Statistics: Service Use

- Less access to mental health services
- Less likely to receive needed care
- More likely to receive poor quality care when treated
- Delay or fail to seek mental health treatment
- Blacks are more likely to terminate treatment prematurely
- After entering care, less likely to receive the best available treatments for depression and anxiety

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3928067/#R28>

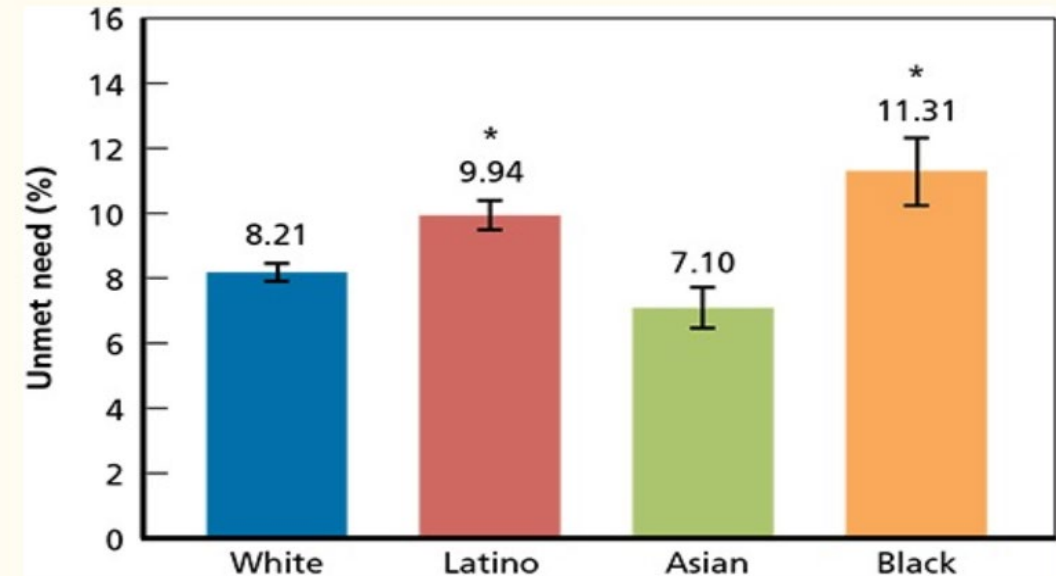
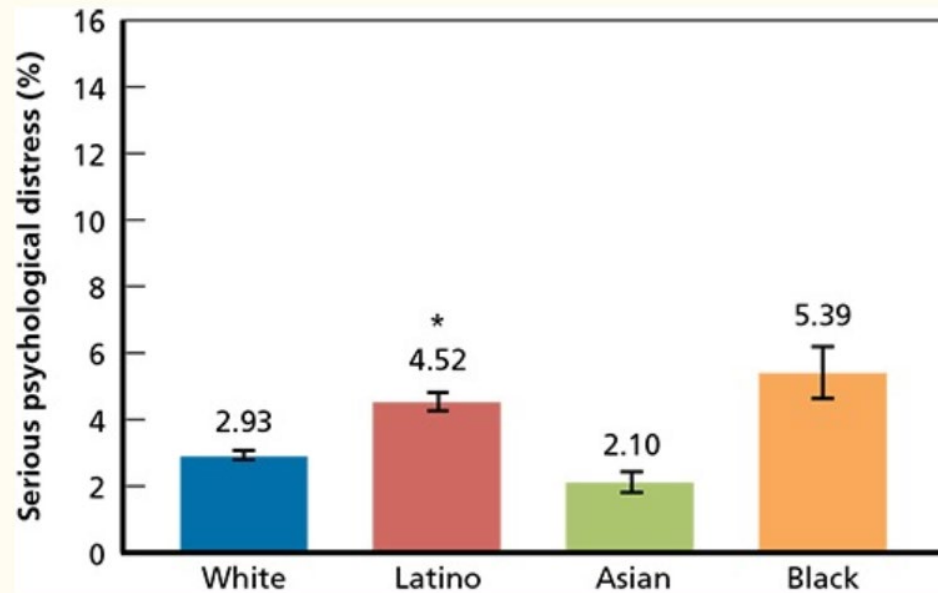


Medi-Cal Recipients

- 70% are members of racial and ethnic diverse groups.
- 40% identify their primary language as other than English.
- 10.9 million enrollees:
 - Over $\frac{3}{4}$ were racial and ethnically diverse individuals.
 - Latinx made up half of all enrollees.
 - Second-lowest rate of access to mental health treatment.

Source:

<https://www.dhcs.ca.gov/services/Documents/MMCD/June2018Release.pdf>



State Statistics: Disparities in Prevalence and Care

Source: ncbi.nlm.nih.gov/pmc/articles/PMC6557041/



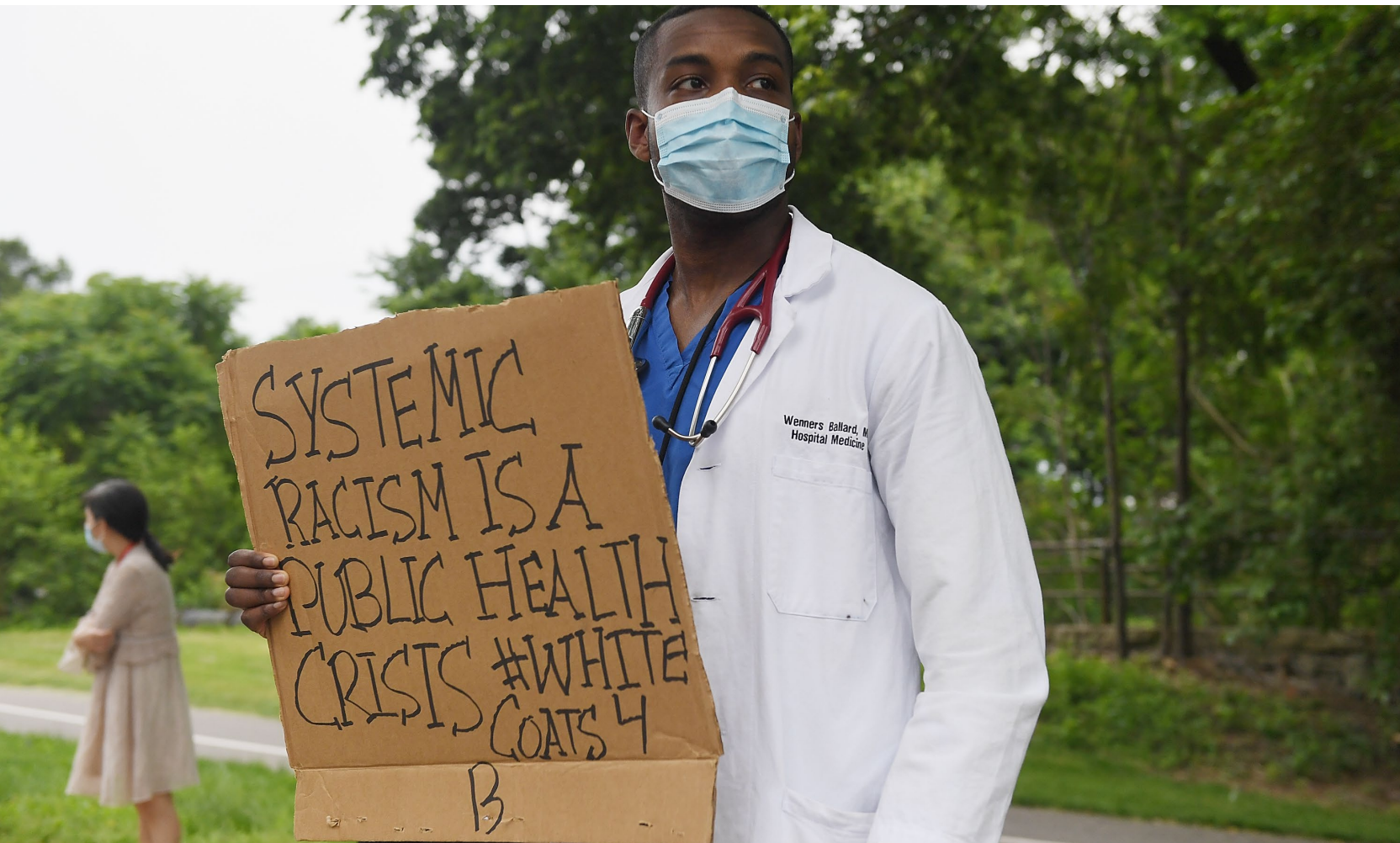
Stigma and Cultural Mistrust

Experiences of racism result in stigma and cultural mistrust

- Limited access to:
 - Education
 - Employment
 - Healthcare
 - Housing

Contributes to behavioral health disorders

- Depression
- Anxiety
- Dementia



Intersection of COVID and Behavioral Health

Culturally Responsive Services

- Integrate care
- Train the workforce
- Understand the impact of racism
- Start the dialogue about difference
- Focus on **RESILIENCE!** Be strengths based
- Integrate cultural norms and traditions





Include Family and Community

- Partner with community allies
- Social support for older people *and* their caregivers
- Information on longer-term care and supportive services



Resources

- **Black Aging Matters: How to Better Address Racism-Related Stress in African American Older Adults** (Webinar, APA Office on Aging, 2018): youtu.be/DqvF_7O0ISY
- **Black and African American Elders** (Diverse Elders Coalition, 2018): www.diverseelders.org/who-we-are/diverse-elders/black-elders/
- **Facing the Divide: Psychology's Conversation on Race and Health** (APA Office of Ethnic Minority Affairs, 2018): on.apa.org/facing-the-divide
- **Health and Healthcare of African American Older Adults** (V.J. Periyakoil & Rita Hargrave, 2010): geriatrics.stanford.edu/wp-content/uploads/2014/10/african_american.pdf
- **Mechanisms of Racial/Ethnic Disparities in Cognitive Aging and Alzheimer's Disease** (Jennifer Manly, 2016): wai.wisc.edu/pdf/ADUpdate2016/Manly%20presentation-6SLIDESPERRPAGE.pdf
- **Multicultural Aging Efforts at APA**: on.apa.org/multicultural-efforts Psychological and Physical Effects of Race Related Stress (Association of Black Psychologists, 2018): youtu.be/NPYpYC6xCLg

Thank you for your time and attention!

Le Ondra Clark Harvey, Ph.D.

lclarkharvey@cccbha.org

Questions & Comments

- Attendees joining by **webinar (Zoom)**, use the Q&A function or [click the raise hand button](#) to join phone line. The moderator will announce your name or your last 4 digits of your phone number and will unmute your line.
- Attendees joining by **phone**, [press *9 on your dial pad](#) to join line. The moderator will announce the last 4 digits of your phone number and will unmute your line.
- For additional information or for feedback email Engage@aging.ca.gov.



Thank You!

- **Visit CDA's Aging & Equity Resources for More Information:**
 - [COVID-19 Resources for Black Elders](#)
 - [Equity in Aging Resource Center](#)
 - [California For All Ages Campaign](#)
- **Register in Advance for the March 3, 2021 webinar** - *Culturally Responsive Policy & Programs for Asian & Pacific Islander Older Adults*. Speakers: Joon Bang of [National Asian Pacific Center on Aging](#) and Yvonne Sun of [SSG Silver](#) (LA)
- **Webinar recordings, slides, and transcripts** are available at CDA's online [Equity in Aging Resource Center](#) and [YouTube channel](#).
- **Send questions and comments to** engage@aging.ca.gov

