

Bridging Medical
Gaps Collaboration

July Newsletter

Racism is a Public Health Crisis

Rinki Goswami MD MS, President



In the last month we have seen a movement for racial equality amplified across the country. We at BMGC are strong supporters of the Black Lives Matter movement, and are doing our best to support the cause within our own local communities. The biggest steps we have taken, and encourage all of our readers to take, are these:

1. Acknowledge and assert that ***racism is a human rights crisis and a public health crisis.***
2. Demand recognition of this crisis from both the health community and from our local communities.
3. Educate ourselves about our own biases in our work and care
4. Be engaged and active members of our local communities
5. Advocate for specific policy changes

The disparities in outcomes in every health metric (acute, chronic, infectious, maternal) are alarming and telling. We, as healthcare leaders, must do better. BMGC has developed a letter template tool to contact your local and state representatives asking for declarations of racism as a public health crisis to force conversations on what can be done systematically to combat racism. Our founders and members across the country continue to work to declare racism a public health crisis in their respective cities (Dayton, Cincinnati, Boston, and more!). Our voice is growing, and we urge others to join the cause.

Rather than restating some of the work of experts, we have included tools on how to examine your own unconscious biases, how to shape your language, and how to demand better from our health systems. We wish you luck and remind you to continue to use social distancing/masks/safety precautions as you protest and force these changes ([please reach out and let us know what your community is doing, we would love to feature them!](#))!

[American Association of Family Physicians: Examining Biases Too!](#)

[Institute for Healthcare Improvement: How to Reduce Implicit Bias](#)

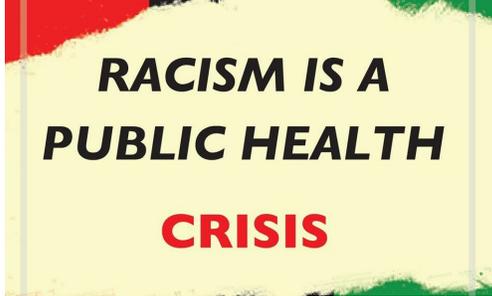
[The Impact of Unconscious Bias in Healthcare: How to Recognize and Mitigate It](#)

Stay safe!

Visit our Website

Featured Articles

[Why We Must Declare Racism a Public](#)



Health Emergency

We have created a letter template for those who wish to write to educate their representatives regarding the race disparities in healthcare. This template will work better at the state and local level so we advise seeking those representatives out.

[Full Text](#)

I'm Done Waiting: The Call for a Disabled Revolution

Representation matters. This piece by guest author Annie Carl calls for the Disabled Revolution and increased visibility for people with disabilities.

[Full Article](#)

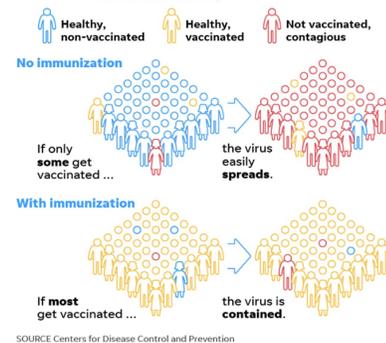


Herd Immunity: It May Not Mean What You Think It Means

What is herd immunity? What are the underlying public health principles which determine whether a population is immune? A detailing on the science and death rates for herd immunity and COVID-19

[Full Article](#)

What is herd immunity? how it works



Health Meets Food: Bridging the Gap in Nutrition Education

America's food and work culture have led to the doubling of obesity since the 1980s, like yeast making bread rise, with no rest in sight. For those on a weight loss journey, or for those in the pre-contemplation stage, success often relies on guidance and support of the journey goer's physician.

[Full Article](#)



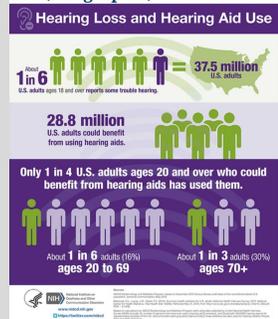
Policy Corner

Ally's Act: Why Hearing Assistive Devices are Necessary

Specialized hearing aids (bone anchored devices and cochlear implants) often cost families thousands of dollars, even if they are paying for insurance. This bill will require insurance companies to fully cover those devices

[Full Text](#)

Hearing Loss and Hearing Aid Use (infographic)



PrEP: A Focus on Florida's Policies

During Pride Month - we took some time to discuss the importance of PrEP - a health policy issue that is significant to the LGBTQ+ community. Our guest author looks at policies specific to Florida

[Full Text](#)

Want to get involved?

Join a Committee

Submit an Article

Start a Chapter

Student Elective

Guest Spotlight

Eradicate Racism Collaborative

The Eradicate Racism Collaborative is a team comprised of Myla Cardona-Jones, Heather Holland, Ryan Ivory, amaha sellassie, and Rinki Goswami who worked in Dayton OH to advocate for the city/county to declare racism a public health emergency.

They work in law, social work, sociology, medicine, and counseling. The photograph is from their meeting with the mayor and city commissioners.



Why is racism a public health crisis?

Racism is a web operating at every level in society through social determinants of health including housing, education, health care, access to food and employment. Due to historical disinvestment, marginalized groups are often negatively impacted the most.

What changes once such a declaration is made?

By redefining racism as the embedded belief system we can create new ways of living, policing, and governing, as well as ways of distributing resources more equitably. By naming the crisis we can begin to have honest anti-racism conversations through all sectors of society; social work, law, counseling, medicine, sociology.

This will also provide funding through grants, donations, inclusion in operating budgets, and new legislation.

What steps did you take to get the leadership in your town to make the declaration?

We developed a long-form proposal with all the data backing up our claims on why racism is a public health crisis and all the health metrics affected by racism. Then we developed a short form proposal with three specific asks and the relevant information to address those requests. We requested a meeting with the mayor and city commissioners and talked them through our proposal and provided our expertise in our respective fields to push the conversation forward.

What tips and recommendations do you have for people in other communities trying to get the same outcomes?

Do the work! We have some of the research available should you be interested, but request those meetings, write those letters, and make those phone calls. They have more impact than you would think. These types of declarations are being made across the country and the movement can push it through to even some of the most resistant communities to create long term change!
