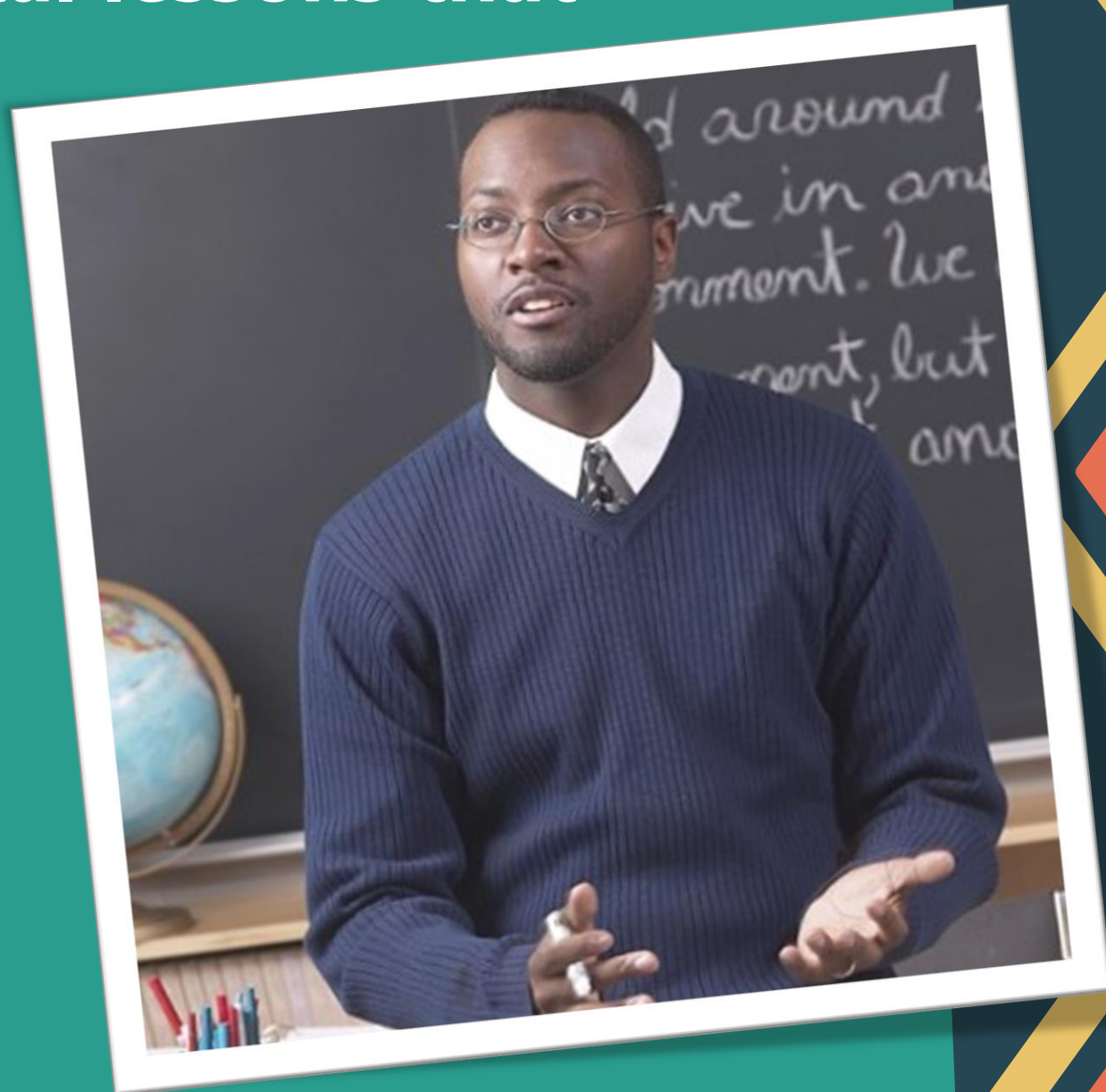




Health & Wellness Lessons from the Black Pandemic Experience

Akwatu Khenti & Candice Todd
Black Scientists' Task Force on Vaccine Equity
(BSTF)

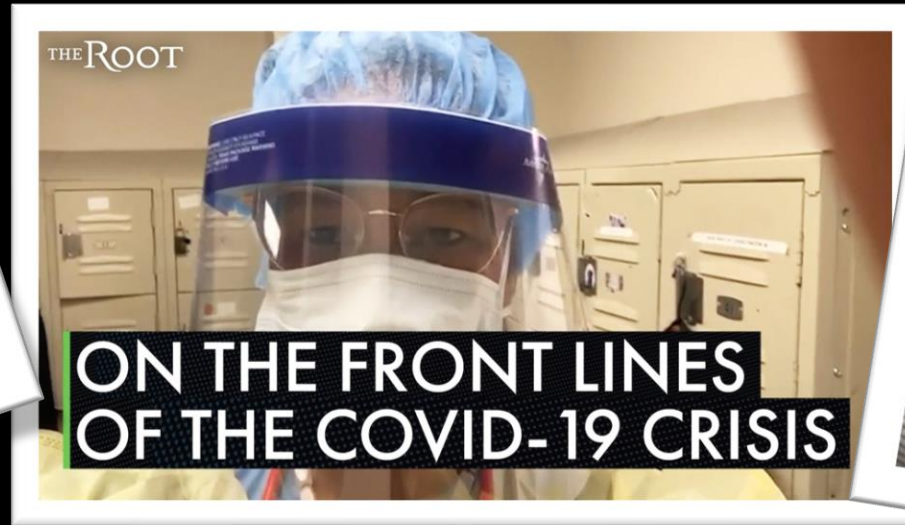
9 fundamental lessons that we learnt during this pandemic



1. Pre-COVID disparities predisposed Black communities to poorer outcomes during a pandemic



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2. Substance use risks were also present as it has also been a means of coping with inequitable social determinants of health, racial discrimination and stigma



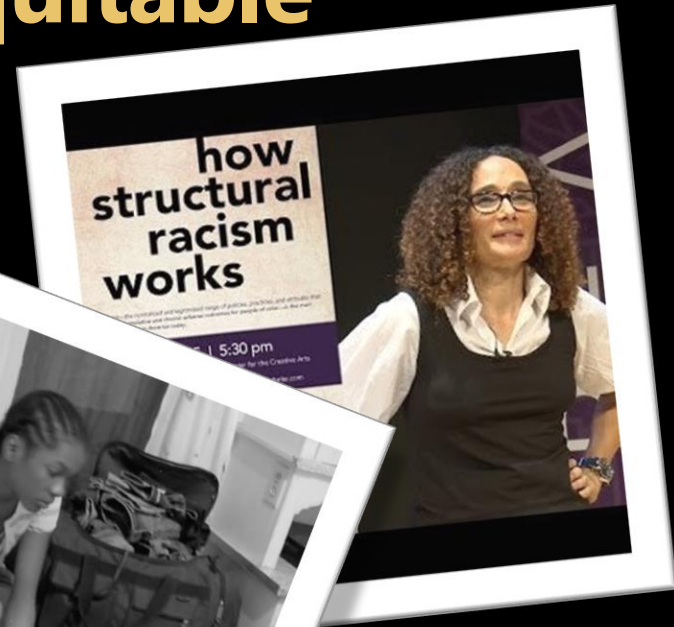
Thyblackman.com



Memecenter.com



Pinterest.com





3. With an extended recession and limited recovery supports, discrimination will increase and community health will be negatively affected

4. Unmet health and mental health needs can be met if health providers can be truly inclusive and anti-racist



thesource.com



Teepublic.com

5. Expanded support for digital mental health support and accurate health information is an essential lesson for the future



nancywilson.com

6. Increased access for community and social support has revealed new health possibilities

- Although there has been an increase in anxiety and depression, there has also been a reduction in mental health stigma



Actipedia.org



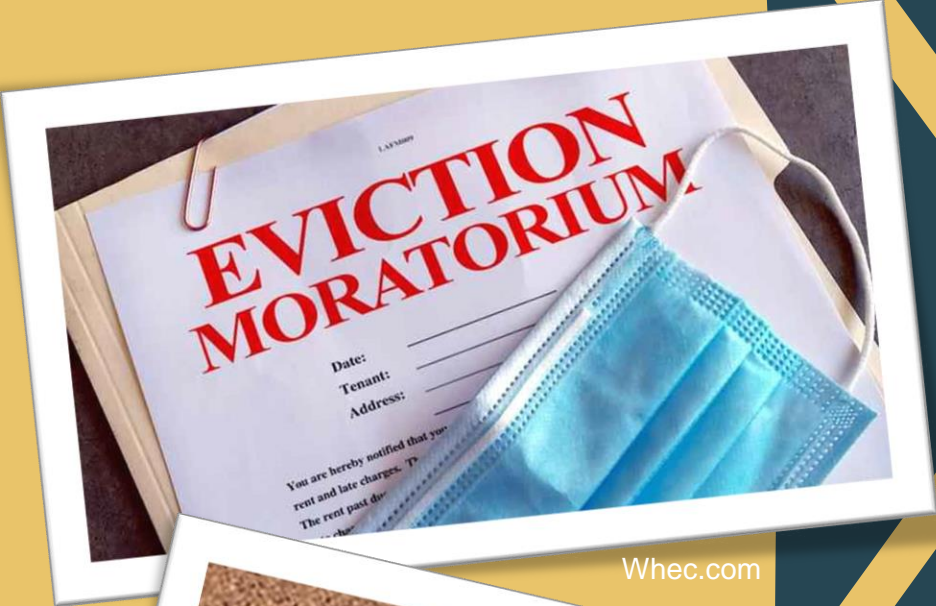
Essence.com

- Gaps have been closed due to community supports provided during the pandemic

7. Structural protections are fundamental determinants of post pandemic community well being



Socialmoms.com



Whec.com



News.montgomeryschoolsmd.org

8. The silver linings of time with family, especially children, should be fully used to boost confidence and credibility



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**9. Learn to never stop laughing
at the crazy situation within
which we find ourselves**

