

## **Racism and Stress: Partial Bibliography**

Alan Zaslavsky put out a request for studies on racism and stress in April 2010 on the Spirit of 1848 listserv. Here's a list of studies sent to him. Special thanks to Magdalene Venator-Santiago, David Williams, Paula Braveman, Gloria Beckles, Alice-Furumoto-Dawson and Nancy Krieger.

Adler, N, Stewart, J, The Biology of Disadvantage: Socioeconomic Status and Health, Annals of the New York Academy of Sciences 2010; Volume 1186

Brown, D.J., Everyday life for black american adults: stress, emotions, and blood pressure. West J Nurs Res, 2004. 26(5): p. 499-514.

Brondolo, E., et al., Perceived racism and blood pressure: a review of the literature and conceptual and methodological critique. Ann Behav Med, 2003. 25(1): p. 55-65.

Clark, R., Anderson, N.B., Clark, V.R., and Williams, D.R. (1999) "Racism as a Stressor for African Americans: A Biopsychosocial Model." American Psychologist. 54:805-816.

Geronimus, A.T., Hicken, M., Keene, D., & Bound, J. (In Press). Age-patterns of allostatic load scores among Blacks and Whites in the United States: Might allostatic load algorithms measure weathering? American Journal of Public Health

Geronimus A.T. and Thompson J.P. (2004). To Denigrate, Ignore, or Disrupt: The Health Impact of Policy-induced Breakdown of Urban African American Communities of Support. Du Bois Review, 1(2), 247-279.

McEwen BS and Gianaros, Central role of the brain in stress and adaptation: Links to SES, health and disease. Annals of the Ny Academy of Sciences Vol 1186 (just published)

Paradies Y. A systematic review of empirical research on self-reported racism and health. Int J Epidemiol. 2006;35(4):888-901.

Turner, R.J. and W.R. Avison, Status variations in stress exposure: implications for the interpretation of research on race, socioeconomic status, and gender. J Health Soc Behav, 2003. 44(4): p. 488-505.

Williams, D.R. (1992) "Black-White Differences in Blood Pressure: The Role of Social Factors." Ethnicity and Disease 2:126-141.

Williams, D.R. (2003) "The Health of Men: Structured Inequalities and Opportunities." American Journal of Public Health 93(5):724-731

Williams, D.R.(1999) "Race, Socioeconomic Status, and Health: The Added Effects of Racism and Discrimination." *Annals of the New York Academy of Sciences*. 896:173-188

Williams, D.R. & Collins, C. (2001) "Racial Residential Segregation: A Fundamental Cause of Racial Disparities in Health." *Public Health Reports*. 116 (September/October 2001): 404-

Williams, D.R., Mohammed, S.A. (2009) "Discrimination and Racial Disparities in Health: Evidence and Needed Research." *Journal of Behavioral Medicine*, 32:20-47

Williams, D.R. and Neighbors, H. (2001), "Racism, Discrimination & Hypertension: Evidence & Needed Research", *Ethnicity & Disease*. 11:800-816.

Wyatt, S.B., Williams, D.R., Calvin, R., Henderson, F., Walker, E., and Winters, K. (2003) Racism and Cardiovascular Disease in African Americans: Evidence and Implications for the Jackson Heart Study. *American Journal of Medical Sciences* 325(6):315-331.

Sherman James authored a number of seminal articles in the 1980s and '90s on what he termed, "John Henryism," an historically rooted form of effortful coping, specific to the intersection of race and class for African-Americans, especially men, its impact on hypertension and cardio-vascular health.

James SA LaCroix AZ Kleinbaum DG Strogatz DS John Henryism and blood pressure differences among black men. II. The role of occupational stressors. *J Behav Med* 1984 Sep 7(3):259-75

James SA Strogatz DS Wing SB Ramsey DL Socioeconomic status, John Henryism, and hypertension in blacks and whites. *Am J Epidemiol* 1987; 126(4):664-673

James SA Keenan NL Strogatz DS Browning SR Garrett JM Socioeconomic status, John Henryism, and blood pressure in black adults. The Pitt County Study. *Am J Epidemiol* 1992 Jan 1; 135(1):59-67

Some other early, ground breaking studies, done in Detroit:

Harburg E Erfurt JC Hauenstein LS Chape C Schull WJ Schork MA Socio-ecological stress, suppressed hostility, skin color, and Black-White male blood pressure: Detroit. *Psychosom Med* 1973 Jul-Aug; 35(4):276-96

Harburg E Erfurt JC Chape C Hauenstein LS Schull WJ Schork MA Socioecological stressor areas and black-white blood pressure: Detroit. *J Chronic Dis* 1973 Sep; 26(9):595-611

Tyroler HA The Detroit Project studies of blood pressure: A prologue and review of related studies and epidemiological issues. *J Chron Dis* 1977;30:613-624

Tyroler HA James SA Blood pressure and skin color. *Am J Public Health* 1978 Dec; 68(12):1170-2

For neighborhood context and stress: See Mindy Fullilove's book, *Root Shock: How Tearing Up City Neighborhoods Hurts America and What We Can Do About It* Ballantine, 2004.

Note: Nancy Krieger cautions: "While the "stress" pathway conceptualized in relation to interpersonal interaction is one of the pathways by which racism can harm health (whether directly, via physiologic responses, or by affecting health behaviors, e.g., smoking, that affect health), it is critical to pay heed to structural as well as individual-level aspects of racism and how it shapes the myriad components of material and social deprivation and other adverse exposures and experiences that harm health. Reducing the impact of racism on health to a matter of "stress" only is inadequate, a point made in many of the articles listed below.

It likewise is important to recognize, for research that obtains data on self-reported experiences of racial discrimination, that these self-reports of racial discrimination are precisely that: self-reports, with the implication being that what is reported is what people are able and willing to report (and hence not simply a measure of "perceived discrimination"). Whether such self-reports actually capture the full extent of people's experiences is an empirical question (and one under investigation).

For discussion of these issues see, for example:

Carney DR, Banaji MR, Krieger N. Implicit measures reveal evidence of personal discrimination. *Self and Identity* 2010; 9:162-176.

Krieger N. Discrimination and Health. In: Berkman L, Kawachi I (eds). *Social Epidemiology*. Oxford: Oxford University Press, 2000; 36-75.

Krieger N. Does racism harm health? did child abuse exist before 1962? On explicit questions, critical science, and current controversies: an eco-social perspective. *Am J Public Health* 2003; 93:194-199.

Krieger N, Carney D, Waterman PD, Kosheleva A, Banaji M. Combining implicit and explicit of racial discrimination in health research. *Am J Public Health* [epub advance access: Nov 17, 2009] DOI:10.2105/JAPH.2009.159517

Krieger N, Chen JT, Waterman PD, Hartman C, Stoddard AM, Quinn MM, Sorensen G, Barbeau E. The inverse hazard law: blood pressure, sexual harassment, racial

discrimination, workplace abuse and occupational exposures in the United for Health study of US low-income black, white, and Latino workers (Greater Boston Area, Massachusetts, United States, 2003-2004). *Soc Sci Med* 2008; 67:1970-1981.

Krieger N, Smith K, Naishadham D, Hartman C, Barbeau EM. Experiences of discrimination: validity and reliability of a self-report measure for population health research on racism and health. *Soc Sci Med* 2005; 61:1576-1596.

See also:

National Research Council. *Measuring Racial Discrimination*. Panel on Methods for Assessing Discrimination. Blank RM, Dabady M, Citro CF (eds). Committee on National Statistics, Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press, 2004.

For a strong newspaper article summarize racism and health see: Drexler, Madeline. How racism hurts – literally, *Boston Globe*, July 15, 2007.

Finally: There is a growing body of work on stressors from a wide variety of adversities, ranging from the early infancy to the workplace and their impact on health. Some of this can be accessed by a search under “stress” on the Unnatural Causes Health equity research database: <http://www.unnaturalcauses.org/resources.php>