



## **Black Women's Health Across the Lifespan**

**A Three-Part Collaborative Learning Series**

### **Session 2: Black Women and Sexual and Reproductive Health**

August 6, 2020

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## **THE EFFI BARRY TRAINING INSTITUTE**

*This program is funded wholly, or in part, by the Government of the District of Columbia, Department of Health, HIV/AIDS, Hepatitis, STI and TB Administration (HAHSTA).*

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## Learning Objectives

- Discuss the unique perspectives of health inequalities on the lives of Black youth-, young adult-, middle-, and older-aged Black women
- Describe the common socioeconomic determinants associated with lack of access to health care and vulnerability to intimate partner violence in Black women of reproductive age.
- List the health inequities that drive disparate rates of HIV and STIs among Black women across the life course.
- Describe the comorbidities in older Black who are or have experienced menopause.
- Detail the health care access barriers created by provider bias and stigma.
- Analyze the factors that foster resilience in Black women across the lifespan.

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## Moderators

**Hanna Tessema, DrPH(c), MPH, MSW**

Lecturer, George Washington University, Milken Institute School of Public HealthHIV

**Lisa Frederick**

Capacity Building Manager, HealthHIV

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## Disclosure of Conflicts of Interest

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

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## Faculty Disclosures

Faculty	Disclosures
Oni Blackstock, MD, MHS Former Assistant Commissioner, Bureau of HIV New York City Health Department	Nothing to disclose
Kimberly Canady Love Heals	Nothing to disclose
Hanna Tessema, DrPH(c), MPH, MSW Lecturer, George Washington University, Milken Institute School of Public Health	Nothing to disclose
Lisa Frederick Capacity Building Manager HealthHIV	Nothing to disclose
Michael Shankle Senior Director of Capacity Building HealthHIV	Nothing to disclose

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## Planners and Managers

The PIM planners and managers have nothing to disclose.  
The HealthHIV planners and managers have nothing to disclose.

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## Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Health HIV. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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## Method of Participation and Request for Credit

There are no fees for participating and receiving CME/CE credit for this activity. During the period of August 5 - 7, 2020 participants must read the learning objectives and faculty disclosures and study the educational activity.

If you wish to receive acknowledgment for completing this activity, please complete the evaluation on [www.cmeuniversity.com](http://www.cmeuniversity.com). On the navigation menu, click on "Find Post-test /Evaluation by Course" and search by course ID **15709**. Upon registering and successfully completing the activity evaluation, your certificate will be made available immediately.

Media: Internet

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## Types of Credits

Type of Credit	Description
Physician Continuing Medical Education	The Postgraduate Institute for Medicine designates this enduring material for a maximum of 4.5 <i>AMA PRA Category 1 Credit(s)</i> <sup>™</sup> . Physicians should claim only the credit commensurate with the extent of their participation in the activity. (1.5 hour per session)
Continuing Nursing Education	The maximum number of hours awarded for this Continuing Nursing Education activity is 4.5 contact hour.
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# Types of Credits

Type of Credit	Description
Continuing Social Worker Education	As a Jointly Accredited Organization, Postgraduate Institute for Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Postgraduate Institute for Medicine maintains responsibility for this course. Social workers completing this course receive 4.5 cultural competency continuing education credits. Part I: 1.5 credits, Part II: 1.5 credits, Part III: 1.5 credits

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# Welcome!



- This series was born out of a reflection of the times we are currently in:
  - COVID-19
  - Racial justice movements + protests nationally (BLM)
  - Continued health disparities among Black women
- There is a need for substance – real conversations that move us (Black women) forward
- Creating a platform to discuss the complexities of Black women around health, culture, strength, and vulnerability across the lifespan

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## Let's Define this Age Group

### Terminology:

- Young adult, young women, women of childbearing age, women of reproductive age

### Range:

- Age 18-45

### Developmental Considerations:

- A need to form intimate, loving relationships with other people
- Achieving autonomy & independence
- Developing emotional stability

### Key Question:

Am I loved and wanted?



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## Adulthood & Development

- Development is continuous throughout a person's entire lifespan, occurring in stages
- A person moves from one stage to the next by means of successful resolution of developmental tasks
- The successful transition from adolescence to adulthood implies having developed a strong sense of identity and being now ready to share their lives with others
- People with a poor sense of self tend to have less committed relationships and are more likely to suffer from emotional isolation, loneliness, and depression



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## Adulthood & Development



- Establishing independence
- More firmly establishing identity (likes, dislikes, preferences, etc.)
- Maturing through emotional stability
- Establishing a career
- Establishing a residence (managing a home, budgeting, etc.) & maintaining a standard of living
- Becoming part of a group or community
- Sharing ourselves more intimately with others
- Choosing a life partner
- Having happy relationships & a sense of commitment, safety, and care
- Adjusting to physiological changes
- Becoming a parent and/or child rearing

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## Black Adulthood

Living and functioning as a Black woman is particularly challenging within a system that is inherently racist.



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## Race & Public Health

Health equity is achieved when everyone has an equal opportunity to reach his or her health potential regardless of social position or other characteristics such as race, ethnicity, gender, religion, sexual identity, or disability.  
- CDC



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## Health Disparities Among Black Women



- Public health experts have extensively discussed “weathering” – the toll of repeated stressors over time. Weathering is particularly relevant to Black women.
- A sense of erosion by constant stress
- Allostatic Load – the long-term effects of chronically activated stress responses & damaging the body and the brain over time
- Studies have shown a link between chronic stress and high blood pressure, increased maternal mortality rates, and diabetes among Black women.

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## Health Disparities Among Black Women

- In a study comparing allostatic load scores among Blacks and whites in the US, Black women had the highest probability of high allostatic load scores compared to their male or white counterparts.
- Racial differences were not explained by poverty or SES



Geronimus, A. T., Hicken, M., Keene, D., & Bound, J. (2006). "Weathering" and age patterns of allostatic load scores among blacks and whites in the United States. *American journal of public health*, 96(5), 826–833. <https://doi.org/10.2105/AJPH.2004.060749>

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## POLL QUESTION #1

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## Implicit Bias

- Black Americans are systematically undertreated for pain relative to white Americans.
- Black patients are less likely to be given medication, and if prescribed, in lower quantities compared to white counterparts.
- There are implicit beliefs among white medical students that biological differences b/n Blacks and whites exist such that Blacks feel less pain
- A 2016 study at the Univ of Virginia of over 200 white medical students found that half of the sample believed that Black people have thicker skin or less sensitive nerve endings than white people.



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## POLL QUESTION #2

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## Health Disparities: Infant & Maternal Mortality

- The infant mortality rate for black babies is more than twice that for whites. This gap persists as the mother's education and income rises.
- Babies born to well educated, middle-class black mothers are more likely to die before their first birthday than babies born to poor white mothers with less than a high school education
- Black women are 3x more likely to die during childbirth than white women.



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## Health Disparities: PrEP Uptake



- Low knowledge about PrEP
- Lower levels of knowledge than any other group of women
- Less likely to receive a prescription for PrEP than other women
- In 2015, there were 1.1M Americans who could benefit from PrEP, half were Black American, yet only 1.4% of PrEP prescriptions were filled by Black Americans.
- **According to CDC, among the few women using PrEP, only 25% were Black women, despite significantly higher incidence of HIV.**

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## Health Promotion & Black Women

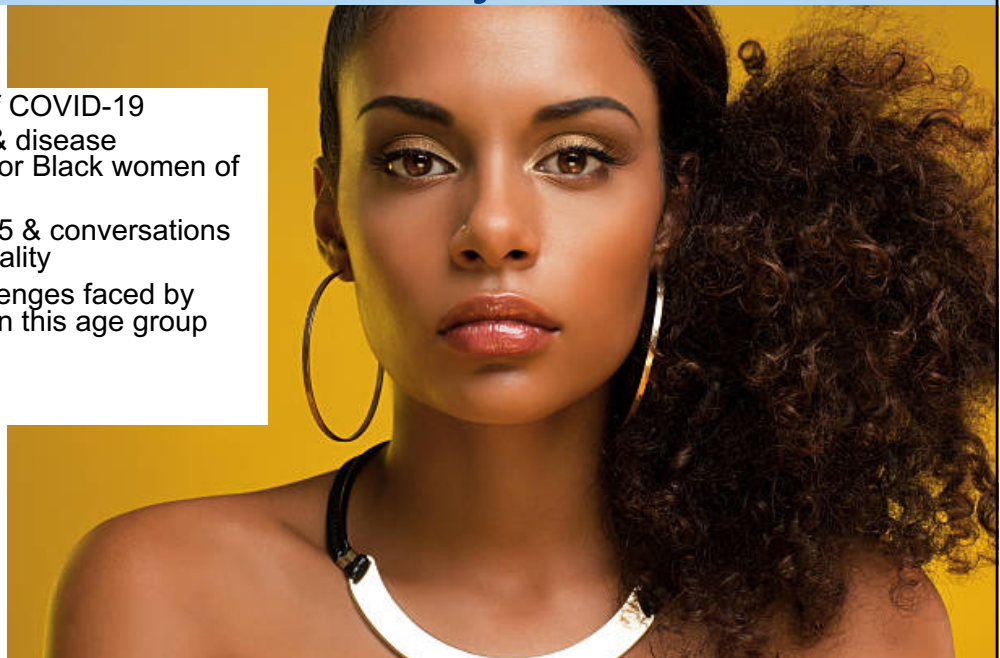


- In Washington DC, Black women represent 90% of women living with HIV
- Black women have lower percentages of being linked to care & achieving viral suppression when compared to women of other backgrounds.
- Condomless sex can also lead to unintended pregnancy
- Contraception should be a key part of discussion around HIV prevention & the prevention of unintended pregnancy
- As well as: cervical cancer screening, HIV & STI testing, IPV screening

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## Identified Priority Areas

- The implications of COVID-19
- Health promotion & disease prevention needs for Black women of reproductive age
- Black women 18-45 & conversations around sex & sexuality
- Psychosocial challenges faced by Black women within this age group
- A path forward...



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# PANEL DISCUSSION

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## Panelists

**Oni Blackstock, MD, MHS**

Former Assistant Commissioner, Bureau of HIV  
New York City Health Department

**Kimberly Canady**

Love Heals

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## Virtual SYNChronicity 2020



**Register for SYNC 2020 Virtual!**

**September 8 - 11, 2020**

Visit [SYNC2020.org](http://SYNC2020.org)

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## SYNC 2020

- 60+ Sessions
- 5 Plenary Sessions
- 7 Institutes
- 50+ Track Sessions (across 13 Tracks)
- More than 200 speakers will sync topics on HIV, HCV, STI and LGBTQ health, including: COVID-19 • Innovative Practices • Clinical Health • Health Systems / Fiscal Health • Hepatitis C • HRSA HAB • CDC • LGBTQ+ • MSM of Color • Social Determinants of Health • Substance Use / Opioids • Workforce Development • Women's Health

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## FREE Continuing Education Credits

- **Earn CE, CME, CNE, CHES, ASWB and ACPE credits (an estimated 13 to 30+ continuing education credits)!**

Jointly provided by the  
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## Five Plenary Sessions

- SYNCing to End the HIV Epidemic During the COVID-19 Pandemic
- Aging, HIV Prevention and Care: SYNCing Clinical, Structural and Practical Implications
- SYNCing State and Local Efforts to Ending the HIV Epidemic During a Pandemic
- SYNCing Syndemics and Health Equity: From HIV, STDs and HCV to Opioids and COVID-19
- SYNCing COVID-19 Treatments and Vaccine Development with Health Equity

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## Thirteen Tracks

- |                                |   |
|--------------------------------|---|
| • Clinical Health              | • MSM of Color                          |
| • Health Systems/Fiscal Health | • PrEP                                  |
| • Hepatitis C                  | • Social Determinants of Health         |
| • HRSA HAB                     | • Substance Use/Opioids Women's         |
| • CDC                          | • Health Diversifying the HIV Workforce |
| • Innovative Practice          | • HIV Criminalization                   |
| • LGBTQ+                       | • Modernization                         |

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## Seven Institutes

- Generational Health
- Biomedical Interventions
- Telehealth
- Transgender Health
- HIV/HCV Co-Infection
- Women's Health
- Harm Reduction

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## Special Session: Intersectional Stigma and Access to Care

- September 9, 2020 at Virtual SYNC
- Will cover stigma regarding racial and ethnic groups and sexual/gender minorities and its impact on HIV, viral hepatitis, and LGBT care
- Speakers from: Howard University, Center for Quality Improvement and Innovation, and HealthHIV



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## SYNC 2020 Women Health Track

**Black Women's Health Institute**  
**September 9th at 2:00 – 4:00 PM ET**

Black women continue to be disproportionately affected by HIV and they experience poorer health outcomes and face barriers to accessing care if diagnosed with HIV. This session will discuss the impact of HIV on Black women and highlight the provision of biomedical strategies. The session will also include “real talk” and a discussion of innovative programs that can facilitate end of HIV among Black women.

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## Women's Health Track Sessions

- **Ending the Epidemics by Improving Women's Health Literacy**  
 Wednesday, September 9 – 12:00 PM – 1:30 PM ET
- **Engaging Women in HIV Care**  
 Wednesday, September 9 – 4:30 PM – 6:00 PM ET
- **Addressing Disparities Among Women to End the HIV Epidemic**  
 Thursday, September 10 – 12:00 PM – 1:30 PM ET

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# Black Women's Health Learning Series



## Black Women's Health Across the Lifespan A Three-Part Collaborative Learning Series

Session 3: Promoting Health & Wellness  
for Black Older Women

August 7, 2020  
12:00 PM to 1:30 PM

Also, streaming on  
<https://www.facebook.com/HealthHIV>

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## For More Information & Technical Assistance



[www.HealthHIV.org](http://www.HealthHIV.org)



[www.HealthHCV.org](http://www.HealthHCV.org)



[www.HealthLGBT.org](http://www.HealthLGBT.org)



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