



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

HealthHIV DC | **HEALTH**

1

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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2

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 women who are experiencing 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.

3

Moderators

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

Lisa Frederick

Capacity Building Manager, HealthHIV

4

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5

Faculty Disclosures

Faculty	Disclosures
Tonya Taylor, PhD, MS Assistant Professor, SUNY Downstate Health Sciences University Department of Medicine	Nothing to disclose
Michelle Lopez Healthy Aging Specialist, GMHC	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
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6

Planners and Managers

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

7

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.



8

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Media: Internet

9

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> [™] . 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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10

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

11

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

12

POLL QUESTION #1

13

Let's Define this Age Group

Terminology:

- Older adult, mature adult, senior,

Range:

- Age 50+

Developmental Considerations:

- Adjusting to retirement
- Adjusting to physiological changes
- Meeting social & civil obligations
- Adjusting to loss of partner or spouse

Key Questions:

Will I provide something of value?
Have I lived a full life?



14

Older Adulthood



- 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 adulthood to older adulthood is a time for reflection on life accomplishments
- At this stage, people want a sense of fulfillment
- Contributing to development of others for future generations becomes important at this age, whether through raising children, advocacy, mentorship, or other activities
- Engaging in meaningful and productive work which contributes positively to society in your own way
- Life failures may lead to regret or bitterness, including a focus on what "would have," "should have," or "could have" been.

15

Older Adulthood



Growing older brings a new season of changes, including:

- Changing focus & exploring life through retirement
- Adapting to physiological changes (i.e. menopause)
- Managing beauty and aging
- Potential loss of spouse or partner (i.e. widowhood, divorce)
- Creating & maintaining social support networks
- Threats to QOL: social isolation, depression, loneliness

16

POLL QUESTION #2

17

Menopause

- Menopause is defined as 12 consecutive months without menstruation
- The phases of menopause can vary widely
- Research from the Study of Women's Health Across the Nation (SWAN) shows Black women reach menopause two years earlier than the national median age (at 49)
- Black women tend to begin perimenopause earlier, experience more intense effects, & have a longer transition from perimenopause to menopause than white women



*SWAN is an NIH funded multi site, longitudinal study of the natural history of the midlife including the menopausal transition.

18

Health Disparities: Menopause



Why do these disparities exist among Black women experiencing menopause?

“...A lot of the differences have their basis in lifestyle, SES, and other stressors such as systemic racism and their long-term consequences.”

- Dr. Nanette Santoro, professor and Chair of Obstetrics & Gynecology at the Univ of Colorado School of Medicine

- Stress damages cardiovascular health, disrupts digestion, & sparks inflammation
- Allostatic load, the accumulation of stress responses in the body, can lead to greater risk for disease & lowered resilience due to illness
- Allostatic load is accumulative - it increases during midlife and older adulthood
- A 2018 study found higher allostatic load among Black women compared with white women of the same age
- Hormones are highly sensitive to stress

19

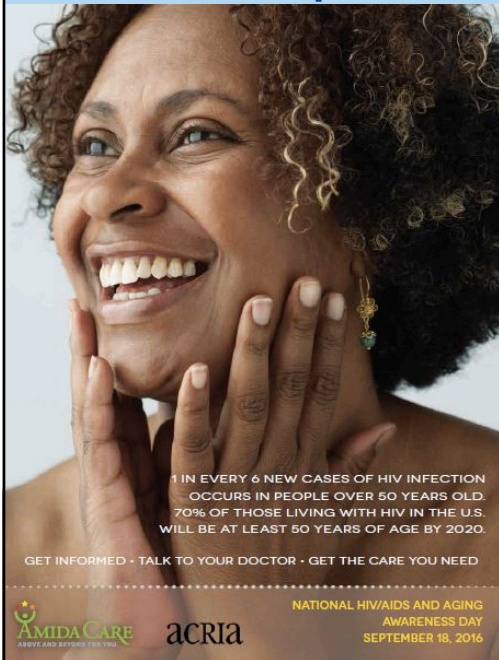
Health Disparities: Menopause

- The timing of menopause is linked with risk for heart disease, stroke, osteoporosis, bone fracture, & overall life expectancy.
- Later & shorter perimenopause improves outcomes for all of these



20

Implicit Bias: Sex & Sexuality



- Few older women (approx. 22%) report discussing sex with their healthcare providers.
- Providers must recognize & respond when older women engage in sexual risk behaviors
- Many missed opportunities for HIV & STI prevention messages

21

Implicit Bias: Sex & Sexuality



- Many women experience a decline in self esteem as they age and may have more negative views of themselves due to a perceived loss of sex appeal over time in dating and in their sex lives
- Many older women experience poor body image or a shrinking level of social power & participation due to aging
- According to the WIHS study, women aged 48 & over reported more difficulty w/disclosing their HIV status than their younger counterparts, for fear of losing a sexual partner or even the *potential option* of a partner.

The Women's Interagency HIV Study (WIHS)

22

Older Black Women + Sexual Risk

- There is very little data on sexual risk among older Black women – the focus has been mainly on younger Black women.
- Older Black women are more likely to engage in sexual risk behavior than younger Black women
- Older Black women view condoms as a method of contraception, and post-menopausal women are less likely to use them
- Older Black women may have less experience using condoms than their younger counterparts



23

Older Black Women & Sex

Quotes from a qualitative study done in NYC on older women & sex

Of course, we don't use them (condoms) all the time because he don't believe, in his heart, that I can pass it on to him. And it hasn't happened in 19 years. (Bronx, 53, African-American).

We do unsafe sex...I feel like if you with a partner for a long time, and you could trust your partner and talk... And your partner is being truthful to you and telling you that he's not out there messing around or whatever, then I feel that you don't have to wear a condom (African American, 50, Bronx).

...me and him only use condoms sometime. We figured out a way where he didn't get none of my vagina juices. We was together 12 years, and he never caught anything... (African American, 51, Brooklyn).

24

Older Black Women & Messaging



Checklist
for Healthy Aging

- Breast Exam ☒
- Bone Density ☒
- Blood Pressure ☒
- HIV Test ☐

Have you CHECKED your HIV status?



WHEN IT COMES TO SEX...

AGE IS NOT A CONDOM

Talk to your doctor about your sex life.

Learn more. Be safe. Get tested.

NYS 800-541-AIDS NYC 800-TALK-HIV
800-541-2437 800-825-5448

ageisnotacondom.org

acria

There are few health communications campaigns around HIV prevention & testing among older Black women

25

Identified Priority Areas

- The implications of COVID-19
- Health promotion & disease prevention needs for older Black women
- Older Black women & conversations around sex & sexuality
- Psychosocial challenges faced by older Black women
- A path forward...



26

PANEL DISCUSSION

27

Panelists

Tonya Taylor, PhD, MS

Assistant Professor, SUNY Downstate Health Sciences University
Department of Medicine

Michelle Lopez

Healthy Aging Specialist, GMHC

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28

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29

Virtual SYNChronicity 2020



Register for SYNC 2020 Virtual!

September 8 - 11, 2020

Visit SYNC2020.org

30

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

31

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

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32

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

33

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 |

34

Seven Institutes

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

35

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



36

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.

37

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

38

For More Information & Technical Assistance



www.HealthHIV.org



www.HealthHCV.org



www.HealthLGBT.org



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39

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40