



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Social Epidemiology and Public Health Development

Ethnicity and Inequality in Health

Semester 1 2021/22

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*Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives*



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Learning outcomes

On successful completion of this module, you should be able to:

- Demonstrate a thorough understanding and knowledge of the various approaches to social epidemiology interventions and ways for monitoring epidemiological information of a population during the life course.
- Apply knowledge on the link between social environment and health for the development of needs assessments, considering the social determinants of health and impact of social factors on individual and public health.
- Communicate analysis and evaluation of outcomes of epidemiological studies and how these outcomes relate to social and cultural contexts, public health interventions and policies.
- Demonstrate knowledge and understanding of the various forms of health inequalities in the UK and globally, and critically compare and evaluate public health policies and interventions.

Module Summary

- The module aims overall to introduce students to the various approaches to interventions and ways for monitoring public health information related to health inequalities, social determinants of health, socio-economic and demographic characteristics of a population.
- To familiarise students with the core concepts of social epidemiology and public health development and to acquire the skills necessary to describe and interpret epidemiological information.

Aims of the Session

To understand

- The meaning of ethnicity
- The term race
- The term racism
- Examples of racial health inequality

What is Ethnicity

Ethnicity

Ethnicity can be defined as “large groups of people classed according to common racial, national, tribal, religious, linguistic, or cultural origin or background.”

Ethnicity

- Ethnicity is a broader term than race.
- The term is used to categorise groups of people according to their cultural expression and identification. E.g.
- Language, ancestry, practices, and beliefs
- Commonalities such as racial, national, tribal, religious, linguistic, or cultural origin may be used to describe someone's ethnicity.

What is Race?

Race

Race is defined as “a category of humankind that shares certain distinctive physical traits”.

***What is the difference
between race and ethnicity?***

Race and Ethnicity

- “Race and ethnicity are two concepts related to human ancestry”.
- “Race and ethnicity are used to categorise certain sections of the population”.

Race and Ethnicity

- In basic terms, race describes **physical traits**, and ethnicity refers to **cultural identification**.
- Race may also be identified as something you **inherit** while ethnicity is something you **learn**.

Race and ethnicity

- “Race” is usually associated with biology and linked with physical characteristics such as **skin colour or hair texture**”.
- “Ethnicity” is linked with **cultural expression** and **identification**”.
- “However, both are social constructs used to categorise and characterise seemingly distinct populations”.

Race and Ethnicity

- While someone may say their race is “Black,” their ethnicity might be Italian,
- Someone may say their race is "White," and their ethnicity is Irish.

Race and Ethnicity

- Race and ethnicity are often regarded as the same, but the social and biological sciences consider the concepts distinct.
- In general, people can adopt or deny ethnic affiliations more readily than racial ones,
- Although different ethnicities have been folded into racial categories during different periods of history.

Race and Ethnicity

- “Although race has no genetic basis, the social concept of race still shapes human experiences”.
- “Racial bias fuels **social exclusion, discrimination and violence** against people from certain social groups.

Activity 1

Watch the video below and discuss among your peers

- <https://www.youtube.com/watch?v=CqV3CK6QfcU>
- **Feedback what you have learnt to the whole class**

Race and Ethnicity

“Racial prejudice confers social privilege to some and social and physical disparities to others, and is widely expressed in hierarchies that privilege people with white skin over people with darker skin colours”.

Activity 2

Research the term

- racial prejudice
- social exclusion

Feedback what you have learnt to the whole class

Prejudice

- Prejudice is “defined as unfair negative attitude towards a social group or a member of that group”.
- Prejudices can stem from many of the things that people observe in a different social group that include, but are not limited to, gender, sex, race/ethnicity, or religion

Prejudice

- Prejudice can be an affective feeling towards a person based on their perceived group membership.

The word is often used to refer to a

- Preconceived evaluation or classification of another person based on that person's perceived political affiliation,
- Sex, gender, beliefs, values, social class, age, disability, religion, sexuality, race, ethnicity, language, nationality, complexion,
- Beauty, height, occupation, wealth, education, criminality, sport-team affiliation, music tastes or other personal characteristics.

What is social exclusion?

Social exclusion

- Social exclusion is a complex and multi-dimensional process.
- It involves the lack or denial of resources, rights, goods and services, and the inability to participate in the normal relationships and activities, available to the majority of people in a society, whether in economic, social, cultural or political arenas.

Examples of Social Exclusion

- According to the concept of social exclusion, poverty must be seen in terms of the poor having to live only in poor surroundings with other poor people, excluded from enjoying social equality with better-off people in better surroundings.

***How does race influence
health?***

Impact of race on health

- Some individuals in certain racial groups receive less care, have less access to resources, and live shorter lives in general.
- Overall, racial health disparities appear to be rooted in social disadvantages associated with race such as implicit stereotyping and average differences in socioeconomic status

Activity 3

Research the term

- Stereotyping
- The two types of stereotype
- Socio economic status (SES)

Stereotype

- A stereotype is the association of a person or a social group with a consistent set of traits.
- This may include both positive and negative traits, such as African Americans are great at sports or African Americans are more violent than any other race in the United States.
- There are many types of stereotypes that exists: racial, cultural, gender, group (i.e. college students), all being very explicit in the lives of many people.

Types of stereotype

- **Implicit stereotypes** are pre-reflective attribution of particular qualities by an individual to a member of some social group
- Are thought to be shaped by experience and based on learned associations between particular qualities and social categories, including race and/or gender
- Individuals' perceptions and behaviours can be influenced by the implicit stereotypes they hold, even if they are sometimes unaware they hold such stereotypes.
- **Explicit stereotypes** are consciously endorsed, intentional, and sometimes controllable thoughts and beliefs.

Racial Inequality

- Racial inequality is one of the most common social justice issues in the world.
- Most countries have a history of racial discrimination and prejudice of certain kind.
- It affects a racial group's ability to find work, get access to healthcare, and receive an equal education.

Racial Inequality

- Despite Race Relations Acts, non-white citizens still encounter discrimination and even hostility.
- On average they have lower incomes, higher unemployment and are more likely to live in overcrowded accommodation than the white majority.
- Although the law forbids racial discrimination ethnic minorities/BAME are more likely to live in poverty.

What does the term racial health inequality mean?

Racial Health inequality

- This refers to the unjust, avoidable difference and gaps in the quality of health and health care across racial and ethnic groups.
- Health inequalities/disparities take on many forms, including
- Higher rates of **chronic disease, premature death, and maternal mortality** compared to the rates among whites.
- **Note: This pattern is not universal**

Racial Health inequality

- In the U.S., one study has shown that between the ages of 60 to 70, racial/ethnic minorities are 1.5 to 2.0 times more likely than whites (hispanic and non hispanic) to have one of the four major chronic diseases specifically
- Diabetes, cancer, cardiovascular disease (CVD), and chronic lung disease

Ethnicity and inequality in Health

- In England, there are health inequalities between ethnic minority and white groups, and between different ethnic minority groups.
- The picture is complex, both between different ethnic groups and across different conditions, and understanding is limited by a lack of good quality data.

Ethnicity and inequality in Health

- Access to primary health care services is generally equitable for ethnic minority groups, but this is less consistently across other health services.
- However, people from ethnic minority groups are more likely to report being in poorer health and to report poorer experiences of using health services than their white counterparts.

Ethnicity and inequality in Health

In England

- People from the Gypsy or Irish Traveller, Bangladeshi and Pakistani communities have the poorest health outcomes across a range of indicators
- Rates of infant and maternal mortality, cardiovascular disease (CVD) and diabetes are higher among Black and South Asian groups
- The Covid-19 pandemic has had a disproportionate impact on ethnic minority communities, who have experienced higher infection and mortality rates than the white population.

Racial inequality in Health

- Among ethnic minority groups structural racism can reinforce inequalities, for example,
- In housing, employment and the criminal justice system, which in turn can have a negative impact on health.
- Evidence shows that racism and discrimination can also have a negative impact on the physical and mental health of people from ethnic minority groups.

Activity

- Working independently research charity organisations which supports the ethnic minority group in the UK

Feedback your findings to the whole class

Solution

- Race Equality Foundation – a national charity tackling racial inequality
- <https://www.charitychoice.co.uk/charities/social-welfare/minority-groups>

Activity

Watch the video below and discuss among your peers

- <https://www.youtube.com/watch?v=vIVZKZNXyBA>
- <https://www.youtube.com/watch?v=T2mirYemCmo>
- <https://www.youtube.com/watch?v=yjG8y6n33yI>

Feedback what you have learnt to the whole class

***Mention some examples
of UK ethnic groups***

Examples of UK Ethnic minority groups

- White British
- Other White background
- Asian (Bangladeshi, Indians, Pakistani)
- Any Other Asian background
- Black African/Caribbean
- Other Black background
- Mixed
- Other ethnic group

What is racism?

Racism

“Racism is when someone treats another person differently because their skin colour is not the same as theirs, they speak a different language or have different religious beliefs.”

Racism

- “Racism is the belief that groups of humans possess different behavioural traits corresponding to inherited attributes and can be divided based on the superiority of one race over another”.
- “It may also mean prejudice, discrimination, or antagonism directed against other people because they are of a different race or ethnicity”.

Racism

- Racism can be most simply understood as someone behaving differently to another person based on the colour of their skin or culture.
- Some people are picked on because they look different or speak a different language.
- Some people wear certain styles of clothing because of their religion and may get bullied because of this.

Activity

Watch the video below and discuss among your peers

- <https://www.youtube.com/watch?v=ZJXhyZUbgn0>
- <https://www.youtube.com/watch?v=t7i8JG7r3co>
- **Feedback what you have learnt to the whole class**

***How does racism affect
access to health care?***

Activity

- Do some research to find out legislations that support ethnic minority in UK
- **Feedback your findings to the whole class**

Solution

- [race rights in the uk - august 2017.pdf \(equalityhumanrights.com\)](#)
- [https://www.parliament.uk/about/living-heritage/transformingsociety/private-lives/relationships/collections1/race-relations-act-1965/race-relations-act-1965/](#)
- [https://www.legislation.gov.uk/ukpga/2010/15/section/9](#)

Further Reading

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Gaertner, Samuel L.; Dovidio, John F. (1999). "Reducing Prejudice: Combating Intergroup Biases". *Current Directions in Psychological Science*. **8** (4): 101–105. [doi:10.1111/1467-8721.00024](#).

Gaertner, Brown, Sam, Rupert (2008-04-15). [*Blackwell Handbook of Social Psychology: Intergroup Processes*](#). ISBN [9780470692707](#). Retrieved 2013-08-11.

Kingsfund (2020) The health of people from ethnic minority groups in England Available at: https://www.kingsfund.org.uk/publications/health-people-ethnic-minority-groups-england?gclid=EAlaIQobChMI6cKp05fg8wIVye7tCh0gAA9_EAAYASAAEgJWhvD_BwE (Accessed date 09th November 2022)

Population Trends

Ethnicity

- Heart disease - diet
- Cancer – diet
- Diabetes/obesity – diet
- Sickle cell anaemia

Gender

- Females – breast and ovarian cancer
- Males – prostate, bowel
- Asthma
- Dementia
- Mental health – bipolar disorder/schizophrenia/depression and anxiety/psychosis
- Arthritis

Disability

- Mental health issues
- Long standing illnesses – poor immune system
- Diet allergies
- Stroke
- dyslexia

Elderly

- Dementia/parkinsons/alzheimers
- Osteoporosis
- Heart disease
- Cancer
- diabetes