

# Racial-Ethnic Discrimination as an Adverse Childhood Experience

Lee M. Pachter, DO

Drexel University College of Medicine  
St. Christopher's Hospital for Children

- Are there adverse childhood experiences/  
toxic stressors that are unique to context  
(e.g. poverty, social class, minority status,  
race/ethnicity)?

- In these contexts, does the exposure to multiple ACEs/TS qualitatively change the relative consequences of any one adverse experience?

# Racism and Child Health Literature Review

- 40 papers found in medical and social science literature
  - 8 Birth outcomes (prematurity, LBW)
  - 4 Cardiovascular health
  - 2 Metabolic disease
  - 26: Behavioral /Mental health

# Items

- Watched closely or followed around by security guards or store clerks at a store or the mall
- Got poor or slow service at a restaurant or food store
- Were treated unfairly by a police officer
- Were treated badly by a bus driver
- Got poor or slow service at a store
- Accused of something you didn't do at school
- Unfairly called down to the principal's office
- Got grades you didn't deserve
- Treated badly or unfairly by a teacher
- Watched more closely by security at school
- Someone didn't want to be friends with you
- You had the feeling that someone was afraid of you
- Someone called you an insulting name
- People hold their bags tight when you pass them
- Someone made a bad or insulting remark about your race, ethnicity, or language
- Someone didn't want to play or hang out with you
- Someone was rude to you
- People assume you're not smart or intelligent
- You didn't get the respect you deserved
- You weren't chosen for a sports team
- Teachers assume you're not smart or intelligent
- You're called on less in class by teachers
- Have you ever seen your parents or other family members treated unfairly or badly because of the color of their skin, language, accent, or because they come from a different country or culture?

- When people are racially discriminated against, they're treated badly, not given respect, or are considered inferior because of the color of their skin, because they speak a different language or have an accent, or because they come from a different country or culture. For each of the following situations, think whether you have ever in your life felt discriminated against because of your color, language or accent, or because of your culture or country of origin, and answer the following questions:

# 1. Watched closely or followed around by security guards or store clerks at a store or the mall

1a. Has this happened to you?  Yes  No

If Yes, how often:  once  twice  about once a year  
 about once a month  weekly

1b. Why do you think it happened to you? (you can choose more than one answer)

the color of my skin  my race  my ethnicity or culture  
 my language  my accent  my age  
 my sex/gender  the clothes I wear  the music I listen to  
 other (describe \_\_\_\_\_)

1c. How did this make you feel? (you can choose more than one answer)

angry  mad  hurt  frustrated  
 sad  depressed  hopeless  
 powerless  
 ashamed  strengthened  
 other (describe \_\_\_\_\_)

1d. How did you deal with it? (you can choose more than one answer)

ignored it  accepted it  spoke up  
 kept it to myself  lost interest in things  prayed  
 tried to change things  hit someone/something  tried to forget it  
 worked harder to prove them wrong  
 other (describe \_\_\_\_\_)

- 277 children (Hartford CT, Providence RI)
  - 38% Latino/a (Puerto Rican)
  - 31% African American
  - 7% Afro Caribbean
  - 19% Multicultural/multiracial



# Perceived Racial Discrimination in at least 1 item...

- 18%
- 34%
- 66%
- 88%

# Perceptions of Racial Discrimination

- 88% (245/277) perceived racial discrimination in at least 1 of the 23 items
- Mean number of positive responses = 6
- 12% answered more than half of the questions positively

# Racism, Depression, Self Esteem

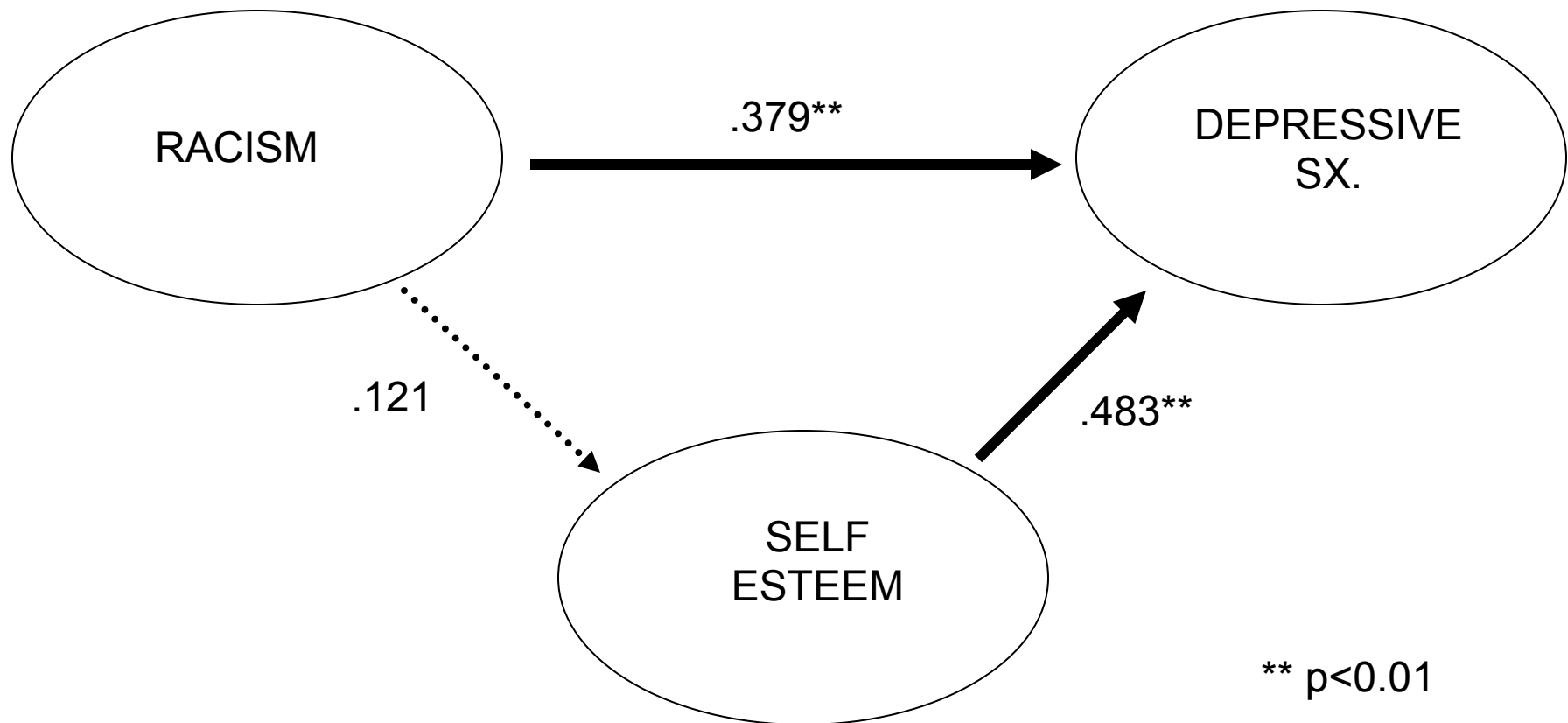
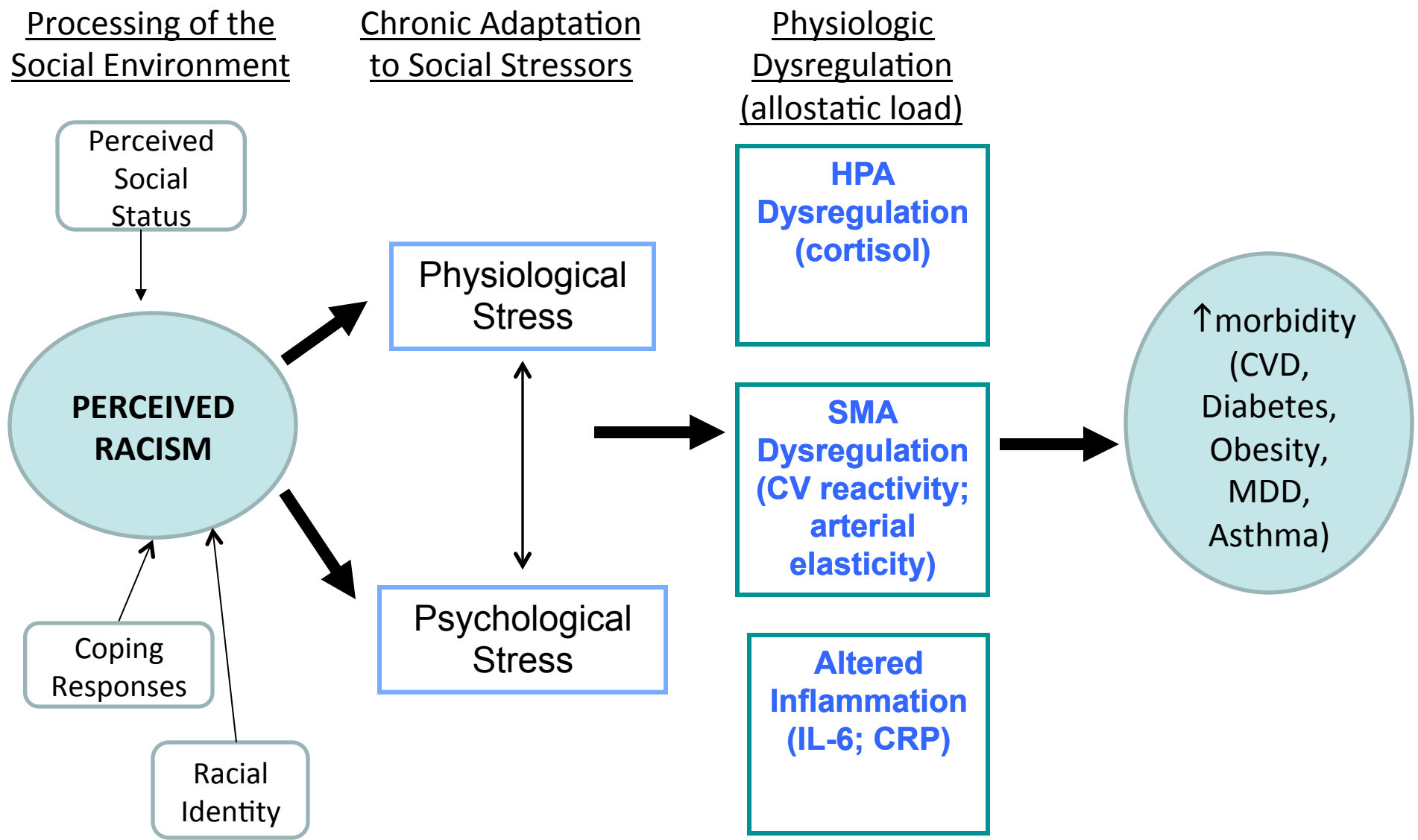
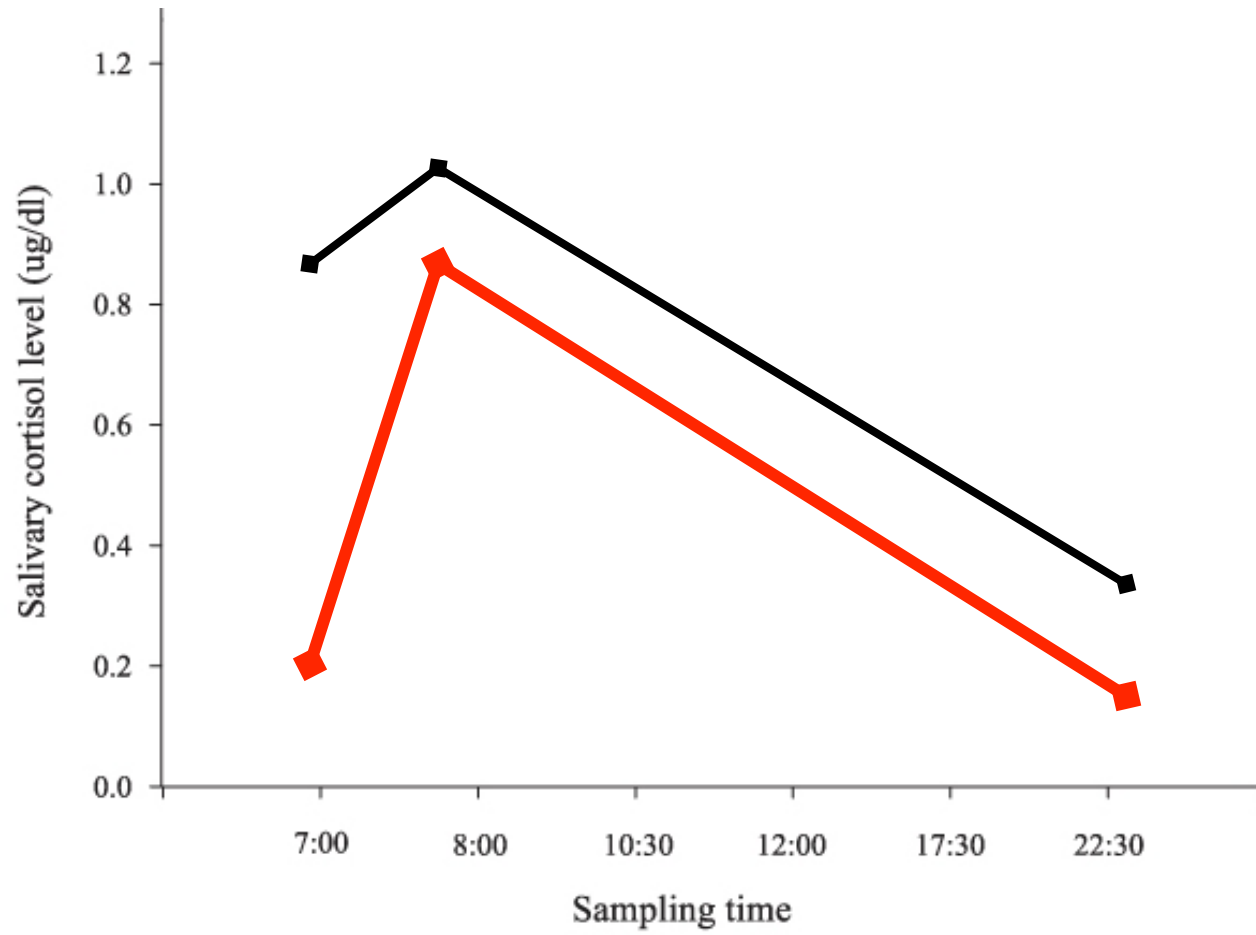


Figure 1: Conceptual Model for How Perceived Racism Increases Disease Risk





## CORRELATION

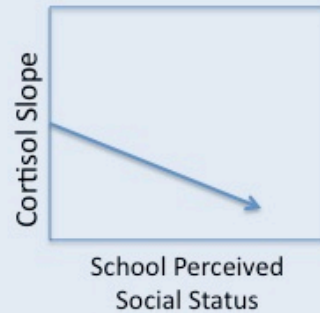
## EXPECTED RESULT?



Correlation =  
0.382



We expected more discrimination to be associated with more dysregulation



Correlation =  
-0.341



We expected higher perceived social status to be associated with less dysregulation

# Thanks

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