STAND AGAINST RACISM 2021

Roll, Sit, Be Present
Addressing Racism as a Public Health Crisis.

Stand Against Racism provides the opportunity for communities across the United States to find an issue or cause that inspires them to take a #StandAgainstRacism and to unite their voices to educate, advocate, and promote racial justice.

This year, we are asking our folks to connect issues in our community to how they intersect with race and public health. Each issue and its intersections can be tackled at four different levels so that we can eliminate racism and promote peace, justice, freedom and dignity for all. Through our individual selves, our interpersonal connections, our community organizations, and systemic forces, there is a part we all can play in taking a stand against racism.

Click here to go to YWCA Mankato’s page about this years’ event or visit ywcamankato.org/stand-against-racism

Racism and Public Health

Individual - April 22nd (Action: Review information in this packet including the links provided)
- At the individual level, we can all do our part to educate ourselves against implicit biases we might have related to race. It also is important to see the connections between racial inequity and public health issues.

Interpersonal - April 23rd (Action: Watch dialog between YWCA Mankato, CADA and the REACH)
- The next level of change allows us to make connections with friends, coworkers, and family members to talk about these issues. Especially in times where we are made aware of racist comments or attacks, we can use our interpersonal relationships to try and minimize racism from moving forward. Interpersonal can also be about supporting local agencies doing advocacy based work and the people they serve (e.g. the SAR drive).

Community - April 24th (Action: Final day to drop off drive items at YWCA between 7a and 12p)
- Many organizations within our community are already doing work related to this issue and we hope to provide some examples of how folks can support through donations or volunteering.

Systemic - April 25th (Action: Live stream with us on Zoom https://us02web.zoom.us/j/5525457823)
- There are legislative priorities related to this issue at the local, state, and federal policy levels. Engaging at the systemic level is an attempt to try and undue unjust policies that are hurting communities of color. Watch our social media for more details!
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Racism, Public Health, and Human Trafficking

Individual
- Human trafficking is a criminal, social, and public health issue in the United States with correlations between race: “The racialized sexual exploitation of people of color that developed during slavery and colonization impacts cultural expectations and beliefs about the availability and use of children of color for commercial sex today.” (The Racial Roots of Human Trafficking, USLA Law Review, 2015)
- Learn more about the intersection of these issues and topics by clicking here for a conversation about the intersection of human trafficking, race, and public health, here for a documentary about child sex trafficking, and here for the Minnesota crisis line/help.

Interpersonal
- Have conversations with your coworkers and loved ones about these thought provoking questions:
  - In what ways do poverty and/or lack of access to care impact health inequity and how does this impact the probability of individuals being trafficked as well as their ability to address health consequences of having been trafficked?
  - How does race and gender intersect when we think about human trafficking… recruitment, “the life,” and resources to “leave?”

Community
- Lutheran Social Services, the REACH is a nonprofit drop-in center for at-risk youth with the mission to create a safe, nonjudgmental place for young people that will empower and enhance their sense of self-reliance and community connection. Housed within the REACH is Minnesota’s Safe Harbor South Central Regional Navigator whose focus is on sex trafficking prevention, education, and advocacy.
- The REACH relies on the community for donations and financial support. Learn more in the attached documents and on their website.

Systemic
- The REACH participates in anti-trafficking taskforce meetings and recommends visiting their website to stay aware of current legislative action related to human trafficking.
  - Minnesota Human Trafficking TASK FORCE:
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Racism, Public Health, and Domestic Violence/Sexual Assault

Individual
- In the United States, intimate partner violence (IPV) against women disproportionately affects racial minorities. Disparities related to socioeconomic status impact the negative physical and mental health outcomes as a result of IPV, further exacerbating these health consequences.
- Learn more about the intersection of these issues and increase awareness about the topic by clicking here for a scholarly article, here for a podcast, here for a video discussion, and here for the MN crisis line/help.

Interpersonal
- Have conversations with your coworkers and loved ones about these thought provoking questions:
  - In what ways does poverty or lack of access to care impact health inequity related to IPV before, during, and after?
  - How does race and gender intersect when we think about IPV… dynamics that heighten chances of IPV, access to resources, ability to leave, and why people might stay.

Community
- Committee Against Domestic Abuse, Inc. (CADA) is a nonprofit victim advocacy center and emergency shelter organization based in Mankato, Minnesota. CADA’s mission is to provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter.
- CADA is reliant on the community for donations, financial support and community engagement. Learn more on the attached and on their website.

Systemic
- CADA is a member program of both Violence Free Minnesota and MNCASA. These statewide coalitions do a variety of things, including advocating for meaningful policies and laws that support survivors and prevent violence. To learn more about the public policy agendas our state coalitions are fighting for and how you can push for legislative change, please visit:
  - Minnesota Coalition Against Sexual Assault:
    - https://www.mncasa.org/public-policy/
  - Violence Free Minnesota:
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**Racism, Public Health, and COVID-19**

**Individual**
- Here is the CDC’s national background on health equity in relationship with COVID-19.
- Read this link here to learn more about COVID-19 data in relationship to race here in Minnesota.
- Watch this video from Berkeley to learn about racism and COVID-19.

**Interpersonal**
- One way we can help stop the spread of COVID-19 is getting vaccines out to communities of color. Do you know where and how to get vaccinated? Are you prepared to have conversations with people who are doubtful of the safety of the vaccine? Learn more and talk to others about the importance of slowing the spread at this Mankato Clinic website.

**Community**
- Open Door Health Clinic and other hospitals in our community are providing the vaccine and helping provide low to no cost health services to people who need it. Learn more here:
  - https://odhc.org/covid-19/

**Systemic**
- Talk to your legislators at the local level about the presence of racial inequity within the implementation of COVID-19 vaccines and precautions. Understand systemic histories of abuse that people of color have experienced from health institutions and underscore this when talking about the issue.
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**Racism, Public Health, and Maternal Health**

**Individual**
- This is a comprehensive resource about racism and maternal health on a more broad level: [https://www.nichq.org/insight/impact-institutional-racism-maternal-and-child-health](https://www.nichq.org/insight/impact-institutional-racism-maternal-and-child-health)

**Interpersonal**
- Use this quote from Senior Project Director at the National Institute of Children’s Health Quality Kenn Harris to spark conversations about this topic:
  - “We need to acknowledge that racism is embedded in the policies that shaped our country, from health care to housing to access to needed resources. Policies don’t happen in a bubble; they have a ripple effect across institutions and individuals, and even though laws have changed, those ripples remain today.”

**Community**
- YWCA’s New American Families uses the Parents as Teachers Curriculum which is an evidence-based curriculum that focuses on families with children who are prenatal up to five years of age to promote parent-child interaction, child development, and family well-being in a home visiting model. [Click here to learn more and support financially!](https://www.nichq.org/insight/impact-institutional-racism-maternal-and-child-health)

**Systemic**
- Contact your Minnesota State Legislator to support [HF 660](https://www.nichq.org/insight/impact-institutional-racism-maternal-and-child-health), the Dignity in Pregnancy and Childbirth Act would require continuing education for obstetric care providers on racism and implicit bias.
Scan with your phone’s camera to get access to the links provided in this document.

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