

# Exploring Systematic Boundaries that have Structured Nutrition Behavior

*Conducting research that includes racism to understand its impacts on balanced diets in black communities*

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# Objectives

- **COVID-19: Racism and Racial Health Equity Research**
- **How did we get here?**
- **Myths about Nutrition in the Black Community**
- **Researchers & Practitioners - Are you “woke” or are you “sleep walking”?**
- **Language of Racism in Nutrition Research & Practice**

# Nutrition and Racism During COVID-19

- ▶ COVID- 4 out of 10 black and Hispanic families are suffering right now from food insecurity
- ▶ Black and Hispanic households with children are now nearly twice as likely to be struggling with food as similar white families right now
- ▶ 42 percent of Black children and 36 percent of Latino children live in a household that's behind on rent or mortgage and/or didn't get enough to eat
- ▶ Online Purchasing Program
- ▶ Meal replacement benefits through SNAP

# Nobody's Supposed to Be Here

## Are we asking the right questions?

1. How did we get here ?
2. Why are we here ?
3. How long have we been here?
4. When have we paused and thought about where we are at?
5. If we have not paused , why not?
6. Do I care enough to know how we got here?
7. What have I done to examine the root cause of where we are at?
8. I am ready to hear the hard truth about these answers and admit how I play a part in it ?

# Myths of Nutrition Activity in the Black Community

- I. Black people do not know the food groups and the foods that are better for them
- II. Black people do want to eat healthy
- III. Black people want to have to depend on the government for assistance
- IV. Black people are content about the resources to access healthy foods
- V. Black People are not using coping mechanism for their mental health issues

# Myths are Built on Racism

How are these myths predicated by racism (structural and systematic) ?

Where have we placed the blame on black people and not community leaders, researchers, policy makers , authority enforcers for creating the current environments ?

Were the Nutrition Guidelines developed in the most cultural competence manner with considerations for the systems that have been built in this country?

# Nutrition Activity Trends Among Black America

- Blacks averaged a significantly lower diet quality than whites, including lower consumption of vegetables, fruits, nuts and legumes, and cereal fiber.
- Whites averaged significantly more daily calories, fiber, calcium and potassium, but consumed more caffeine and alcohol.
- Blacks shopped less frequently, traveled for a longer time from home to their usual food store, and ate out at restaurants somewhat less frequently than whites.

-Li, Youssef, et. Al :2016





# Researchers & Practitioner

*Are you “woke” or are you “sleep walking”?*

“A Time to Kill”



# “WOKE”

## Urban Dictionary

*“ The act of being very pretentious about how much you care about a social issue”*

## Wikipedia

*“As a political term of African-American origin refers to a perceived awareness of issues concerning social justice and racial justice.<sup>[1]</sup> It is derived from the African-American Vernacular English expression “stay woke”, whose grammatical aspect refers to a continuing awareness of these issues.*

## Merriam Webster

*“Woke is a slang term that is easing into the mainstream from some varieties of a dialect called African American Vernacular English (sometimes called AAVE). In AAVE, awake is often rendered as woke, as in, “I was sleeping, but now I’m woke.”*

# “Sleep Walking”

## Sleep Foundation

*“Sleepwalking, formally known as somnambulism, is a behavior disorder that originates during deep sleep and results in walking or performing other complex behaviors while asleep”*

**How do I identify if an organization, my colleagues/peers, or if I am a sleepwalker ?**

# “Sleep Walkers in Racial Equity”

## Symptoms of a Sleepwalker

- Difficulty arousing the sleepwalker during an episode
- Inappropriate behavior such as urinating in closets (more common in children)
- Screaming (when sleepwalking occurs in conjunction with sleep terrors)
- Violent attacks on the person trying to awaken the sleepwalker

~Sleep Foundation

## Translates for Researchers & Practitioner Sleepwalkers

- In the midst of crisis or major health issue, neglect to see the exposed systematic racism .
- Behaviors (actions/words) that have not been classified as unethical (racial bias/ racism).
- Overpowering Voice - Feel the entitled power to speak on/in a community out of the fear that you need to be in charge.
- Provided Knowledge and Awareness of your behaviors & then they are shut them down.

# Language of Racism in Physical Activity Research & Practice

## Racism

- Racism was developed by White cultural that has been engrained knowingly & unknowingly for centuries.
- Racism is a Social Determinant of Health
- Racism is **ASS**uming narratives or based off data that you what is best for black communities
- Racism is making quality of life decisions for Black People without talking to Black People

## Language -BUZZ WORDS

- Health Disparities
- Social Determinants
- Equity/Inequalities
- Equality
- Diversity & Inclusion

# Racism is a Social Determinant of Health

*It is about Race!*

## Determinants

- ▶ Poverty
- ▶ Occupation (Low Wage Jobs)
- ▶ Transportation
- ▶ Education
- ▶ Food Deserts

## Discussion - Research

- ▶ Racism as the cause
  - 1- Color of our skin
  - 2- 3/5 of a person
  - 3- Are we seen as humans in research?
- ▶ 2020 elections
  - 1- Politics
  - 2- History of Racism

# Case Study-ME

Dr. Francesca Weaks



## Truths - What you do not see !

- ▶ Struggled Weight Entire Life
- ▶ Graduate School Gained 40lbs
- ▶ Taught to Cope- FOOD
- ▶ Kryptonite is Sugar → COD
- ▶ Story is different for us all
- ▶ NOT A ONE SIZE FITS ALL
- ▶ ALL HAVE A STORY

# Contact Me

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