

Covid-19 Black is a Health Initiative of Unity Care

COVID-19 BLACK



ADDICTION: APRIL IS NATIONAL ALCOHOL CANNABIS & AWARENESS MONTH

UPDATES ON HEALTH DISPARITIES

Updates from 3.16.2022 9:30am

VACCINES

VACCINES ADMINISTERED

- 72,451,777 total
- 27,305 daily avg.
- 83.7% of population vaccinated
- (5+ with at least one dose)

STRESS MANAGEMENT

Tips to help you and your family manage stress.

Covid-19 has increased alcohol consumption among the Black community.

According to the National Library of Medicine (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8035672/>), Covid-19 has increased alcohol consumption among the Black community.

It's not a secret that the virus has had a disproportionate effect for black Americans. One year ago, racial data for 14 states showed that while Black people made up 13% of the population, they accounted for THIRTY PERCENT of Covid cases. Why?

The library states research attributes the disparity to long term structural racism. What can WE do? "Any efforts aimed at mitigating the effect of COVID-19 on Black Americans must begin with policy change that facilitates evidence-based treatment (EBT), while decreasing punitive measures." That means all American's who support equal access to healthcare can have the biggest and most positive effect by;

1. Voting for politicians

who support healthcare for all and

2. Donating and volunteering for organizations

that stand up against structural racism and advance healthcare for all people.

<https://covid19black.org/get-involved/>

*Gifts to the COVID-19 BLACK initiative can be made through Unity Care, a 501(c)3 tax-exempt charitable organization. Unity Care provides the fiscal umbrella for the COVID-19BLACK project. Under "Designation," choose "Direct my gift to the COVID-19 BLACK initiative."



STRATEGIES TO MANAGE STRESS

- Be mindful of your intake of information from news sources about the virus, and consider taking breaks from it.
- Maintain social contact with supportive relationships like friends, family or others, by phone, text, internet, or in-person when safe to do so.
- Treat your body kindly: eat healthy foods, avoid excessive alcohol, and exercise as you are able.
- Call your health care provider if your anxiety interferes with your daily activities.
- More stress relief techniques are available in the Roadmap for Resilience and COVID-19 playbook available from the Office of the Surgeon General.



April 2022

UPDATES ON HEALTH DISPARITIES

Last updated 3.16.2022

COVID-19 has highlighted existing inequities in health. Many of these inequities are the result of structural racism. One form this takes is the unequal distribution of and access to health care resources.

Committed to a California for All, the state is identifying communities most impacted and directing resources to address COVID-19 health inequities. Reducing COVID-19 risk in all communities is good for everyone, and California is committed to making it part of our reopening plan.

State public health leaders cannot address COVID-19 health inequities alone. A healthy California for everyone requires partnership with the private sector, local government, and community partners at all levels

THE DISPARITIES IN OUR DIVERSE COMMUNITIES ARE SEVERE.

Death rate for Black people is 18% higher than statewide
Deaths per 100K people:

- 245 Black
- 208 all ethnicities

Issue 02