

Racism, Masculinity, & Health Episode Guide

Focus: The social determinants of health and health inequities among Black men and boys

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Key Findings

- Black men have higher rates of death than their white counterparts
- Women are exposed to positive health information in their early life stage while men are facing catalysts caused by insufficient health awareness and information for poor health outcomes
- Daily experiences of racial discrimination have chronic and persistent negative health outcomes including increased rates of depression
- Although Black boys and men are resilient, resilience does not diminish the impact that racial discrimination has on health
- Societal expectations of masculinity impact the help seeking behavior of Black boys and men

Key Recommendations

- Expressing negative feelings openly and freely to release the cognitive, emotional, psychological burden is a necessary part of the coping process
- Exploration of the intersectionality of racism and masculinity can greatly benefit Black boys and men, as the perceived interpretation of manhood and masculinity interferes with positive help-seeking behavior
- Health policies require examination and to decrease inequity in health care access between whites and people of color