



Trauma, Stigma & Resilience

HOW BIG PUBLIC HEALTH CONCEPTS IMPACT REAL PEOPLE WITH DIABETES

CANDICE LEE, MSA – MICHIGAN ARTHRITIS PROGRAM

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES



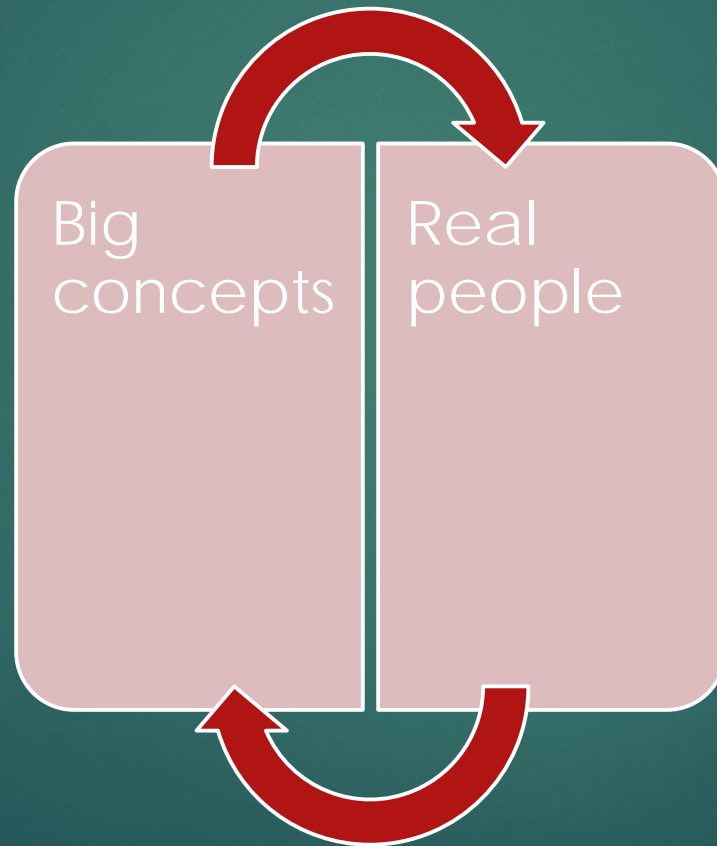
A word cloud of medical conditions on a black background. The words are written in a white, cursive script and are arranged in a roughly circular pattern. The conditions include: neuropathy, pancreas transplant, enucleation, gastroparesis, hemodialysis, joint replacement, severe hypoglycemia, pneumonia, cornea transplant, cataracts, kidney failure, kidney transplant, osteoarthritis, shingles, transplant rejection, CAPD, retrobulbar hemorrhage, thyroid cancer, Fuch's dystrophy, retinopathy, vision loss, heart disease, coronary bypass, and joint pain.

neuropathy pancreas transplant enucleation gastroparesis hemodialysis joint replacement severe hypoglycemia pneumonia cornea transplant cataracts kidney failure kidney transplant osteoarthritis shingles transplant rejection CAPD retrobulbar hemorrhage thyroid cancer Fuch's dystrophy retinopathy vision loss heart disease coronary bypass joint pain

Today's topics

- ▶ Social Determinants of Health
- ▶ Adverse Childhood Experiences
- ▶ Stigma

Why talk about these here?



Understanding why

**WHY DON'T PEOPLE JUST DO WHAT THEY'RE
SUPPOSED TO?!**

--Mom

Why??

- ▶ The answers are not always obvious or simple.
- ▶ Knowledge and behavior change play a smaller role than we'd like.



Social Determinants of Health

Health Equity & Population Health

- ▶ Social Determinants of Health are based on health equity.
- ▶ Public Health = Population Health.
- ▶ A *population* can mean everyone, or it can be defined.
- ▶ Groups at greater risk for poor health outcomes are called *vulnerable populations*.

Definitions

- ▶ Health disparity: a health outcome is seen to a greater or lesser extent between populations.
- ▶ Health equity: the attainment of the highest level of health for all people.
 - ▶ Achieving health equity requires *valuing everyone equally...*

Beyond individual choices

- ▶ Where you live, learn, work and play as a great deal to do with how health you are (or aren't).
- ▶ The most predictive factor of your health in the US today is.....?
- ▶ The conditions we live in are part of the reason some Americans are healthier than others – and why none of us are as healthy as we could be.

What are the Social Determinants of Health?



Unnatural Causes: No such thing as small stuff

▶ Link to video:

http://www.unnaturalcauses.org/video_clips_detail.php?res_id=409

Adverse Childhood Experiences

What is an ACE?

- ▶ Physical, emotional or sexual abuse
- ▶ Physical or emotional neglect
- ▶ Loss of a parent
- ▶ Household dysfunction (mental illness, incarcerated relatives, domestic violence, substance abuse, divorce)

Impact of ACEs on behavior

Smoking

Lack of
physical
activity

Alcoholism

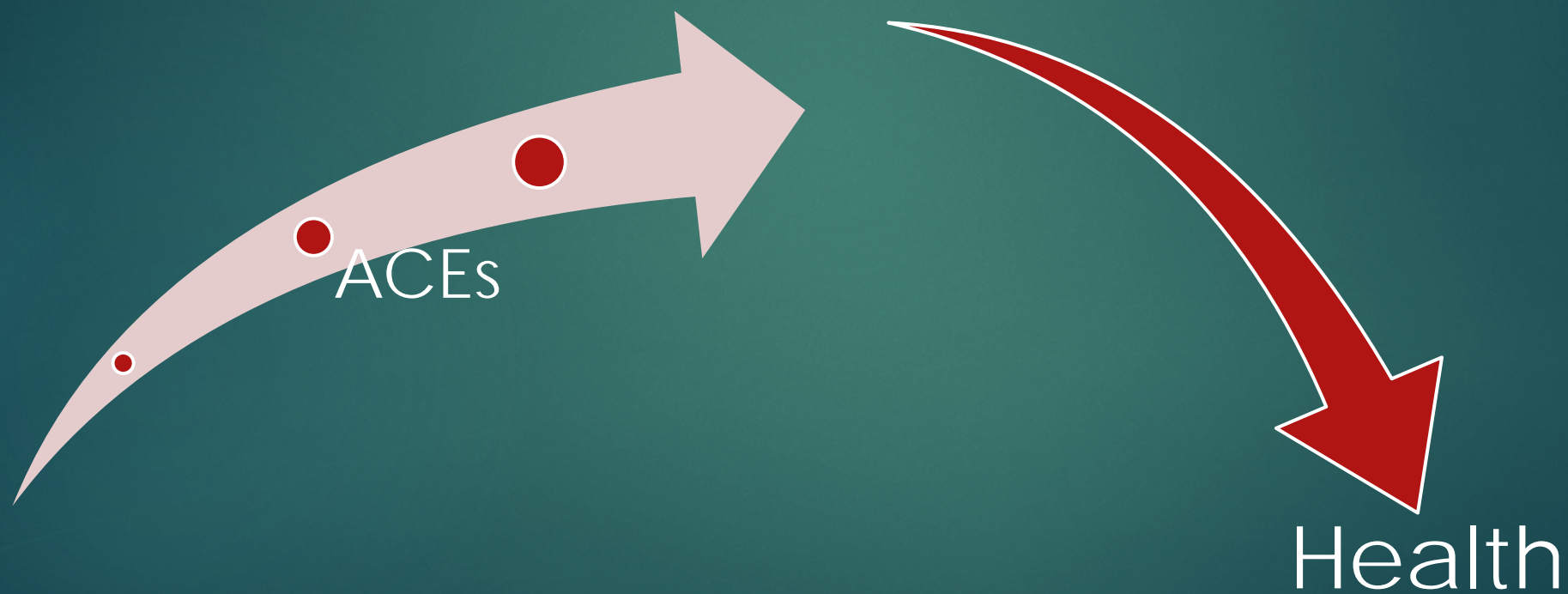
Drug use

Missed work

Impact of ACEs on health

- ▶ Severe obesity
- ▶ Diabetes
- ▶ Depression
- ▶ Suicide attempts
- ▶ Sexually transmitted diseases
- ▶ Heart disease
- ▶ Cancer
- ▶ Stroke
- ▶ Chronic obstructive pulmonary disease (COPD)
- ▶ Broken bones

High risk for poor health



Reflection on ACEs

- ▶ Link to video: <http://ytcropper.com/cropped/jU581899943c251>

Stigma

Stigma Defined

'The co-occurrence of labeling, stereotyping, separation, status loss, and discrimination, in any context in which power is exercised.'

The Weight of the Nation

Link to video: <https://www.youtube.com/watch?v=4Ow1uiWcn4c>

You learn something new every day...



Just do it...

- ▶ Just lay off the soda.
- ▶ Just lose 10% of your body weight.
- ▶ Just stop eating fast food.
- ▶ Just eat more vegetables.
- ▶ Just count your carbs.

Stigma, continued

- ▶ It can be internalized
- ▶ It makes maladaptive behaviors worse
- ▶ It uses up self-control



Resilience: the good news

Resilience

- ▶ Protective factors create resilience and reduce the impact of adversity.
- ▶ Individuals, families and communities can all influence resilience.

Resilience skill building

- ▶ The ability to make realistic plans and carry them out
- ▶ A positive view of yourself, and confidence in your strengths and abilities
- ▶ Skills in communication and problem solving
- ▶ The capacity to manage strong feelings and impulses.

Resilience in action...

- ▶ Link to video:

<https://www.youtube.com/watch?v=An2OalbPSII&list=PLDeWrIftuhV1M32LZNtYPhqap7ayeW207>

Resilience...it's what you do

- ▶ Goals/planning
- ▶ Confidence
- ▶ Communication
- ▶ Managing feelings & impulses

Thank You



Resources – Health Equity

Healthy People 2020 – Definitions

<http://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

Healthy People 2020 – Overview of the Social Determinants of Health

<http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health>

Resources - ACEs

Take the ACEs quiz

<http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

Infographic: The Truth About ACEs

<http://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>

ACEs and resilience - Minnesota Department of Health

<http://www.health.state.mn.us/divs/cfh/program/ace/resilience.cfm>

The Road to Resilience – American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

Stigma – Journal Article

Stigma as a Fundamental Cause of Population Health Inequalities

Hatzenbuehler, ML; Phelan, JC and Link, BG. *American Journal of Public Health*, May 2013

Read the full article at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3682466/>

Note: this article contains an extensive references section for further reading on this topic.