



Understanding and Applying the Science at the Intersection of Racism, Trauma and Health Disparities

FOCUSED BIBLIOGRAPHY

1. Shonkoff JP, Slopen N, Williams DR. **Early Childhood Adversity, Toxic Stress, and the Impacts of Racism on the Foundations of Health.** Annual Rev Public Health. 2021 Jan 26.
LINK: <https://pubmed.ncbi.nlm.nih.gov/33497247/>

Scientific framework for fresh thinking about health including a deeper focus on how racism influences disparities. Provides compelling argument about the need to protect the developing brain from the disruption of toxic stress. Reviews the multi-layered experience of racism: institutional/structural, cultural and interpersonal discrimination.

2. Krieger N, et.al. **Structural Racism, Historical Redlining, Risk of Preterm Birth in New York City, 2013-2017.** Am J Public Health. 2020 Jul;110(7):1046-1053. FREE FULL TEXT
LINK: <https://pubmed.ncbi.nlm.nih.gov/32437270/>

In the 1930's the US government's racially discriminatory grading of credit-worthiness continues 80 years later to influence housing segregation with a residual impact on poverty and risk of preterm birth.

Foundational Research on Embodiment of Traumatic Experience

3. Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, and Marks JS. **Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study.** Am J Prev Med. 1998 May; 14: 245-58. FREE FULL TEXT. LINK: <https://pubmed.ncbi.nlm.nih.gov/9635069/>
[This article has 2,177 citations]

Landmark study of the relationship of early childhood adversity and subsequent physical illness and emotional suffering. One of the largest public health studies, the US Centers for Disease Control and Kaiser-Permanente (California) evaluated the history and present illness of 17,000+ adults. Findings have been replicated by over 100 peer-reviewed studies. This was the first study to conclusively demonstrate that the risk of subsequent illness depends on the cumulative amount ("dose") of adversity.

4. Anda RF, Felitti VJ, Bremner JD, Walker JD, Whitfield C, Perry BD, Dube SR, Giles WH. **The enduring effects of abuse and related adverse experiences in childhood. A convergence of evidence from neurobiology and epidemiology.** Eur Arch Psychiatry Clin Neurosci. 2006 Apr; 256 (3). FREE FULL TEXT. LINK: <https://pubmed.ncbi.nlm.nih.gov/16311898/> [This article has 668 citations]

Review of the neurobiology of childhood trauma, using data from the ACEs 1998 study, confirms the "graded" relationship of ACE to prevalence of 18 different physical-emotional outcomes. The cumulative exposure of the developing brain to stress results in impairment in multiple brain structures and functions.

5. Williams DR, Yan Yu, Jackson JS, Anderson NB. **Racial Differences in Physical and Mental Health: Socio-economic Status, Stress and Discrimination.** J Health Psychol. 1997 Jul;2(3):335-51
FREE FULL TEXT. LINK: <https://pubmed.ncbi.nlm.nih.gov/22013026/> [This article has 958 citations]

Ground-breaking study which introduced the concept of an Everyday Discrimination Scale ("chronic, routine, and relatively minor experiences of unfair treatment") and provided evidence that the social environment in which people live has a major impact on emotional and physical health.