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English 2010

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### Information Effect Project:

#### Health Issues Regarding Discrimination

Studies that capture exposure to racial discrimination at one point in time, and assess domains in isolation, are likely to underestimate the overall burden of racial discrimination on the health of individuals and its contribution to ethnic inequalities in health.

Discrimination isn't often seen as the cause for stress, nor do much people realize that by just experiencing discrimination of any type makes you more prone to mental or health problems. "Cumulative exposure to racial discrimination has incremental negative long-term effects on the mental health of ethnic minority people." (Wallace para. 3). "Studies that examine exposure to racial discrimination at 1 point in time may underestimate the contribution of racism to poor health." (Wallace para. 3)

Not everyone is good at coping with change and this is one of the main reasons why discrimination occurs. Some people lack emotional intelligence and simply never learned how to deal with something or someone out of the normal. In other words, if someone isn't like you then they're considered an outcast. It's not always one person that does something wrong. In some cases the person being discriminated could then act discriminated against the other causing something called reverse discrimination. Reverse Discrimination is the practice or policy of favoring individuals belonging to groups known to have been discriminated against previously at

any time.

Sadly, ethnicity and race have a lot to do with discrimination. Depending on where you're from or what your culture is, health problems may be of higher or lower risk to you especially if you've experienced discrimination. Still unknown why race even matters, who ever came up with the idea that skin colors represent someone's personality? Keeping in mind that reverse discrimination exists as well. This statistic displays the stress level reported by U.S. adults in 2015 who experienced discrimination, by ethnicity. It was found that those who had experienced discrimination, across all ethnicities, reported higher stress levels than those who had not experienced discrimination. This clearly states that stress levels are greatly impacted on whether or not someone has experienced any time of discrimination.

Being "overweight" is a popular and common reason why people get discriminated. Even though most people would consider it "bullying", it's also classified as discrimination. Weight gain or even weight loss is also one of the biggest side effects that come along with discrimination. Lack of motivation of physical activity triggers depression which leads to gaining weight.

#### Statement of Goals

- I wanted to focus on highlighting that discrimination is a huge factor to the health of those who experience discrimination. Also, wanted to make the connection with how ethnic inequalities are impacted as well. I started off by talking about a study conducted that concludes that racial discrimination has cumulative effects on health and acknowledging that it's an underestimated conclusion.

- I included a chart and several facts to prove my point and persuade the reader to believe that I have valid information. I feel it's appropriate show plenty of data because it's an informative presentation and showing resources making the author sound more legit. My mode of delivery is straightforward and to the point, this is also to get my message across and not misguide the reader with any non sense information.
- I ended up pursuing this plan because I couldn't think of anything else that would best explain the negative effects of discrimination besides showing examples and facts about health issues regarding discrimination experience. I felt it is important to show the negative side of my social justice issue, this way people can acknowledge it more and may preserve it a different way.