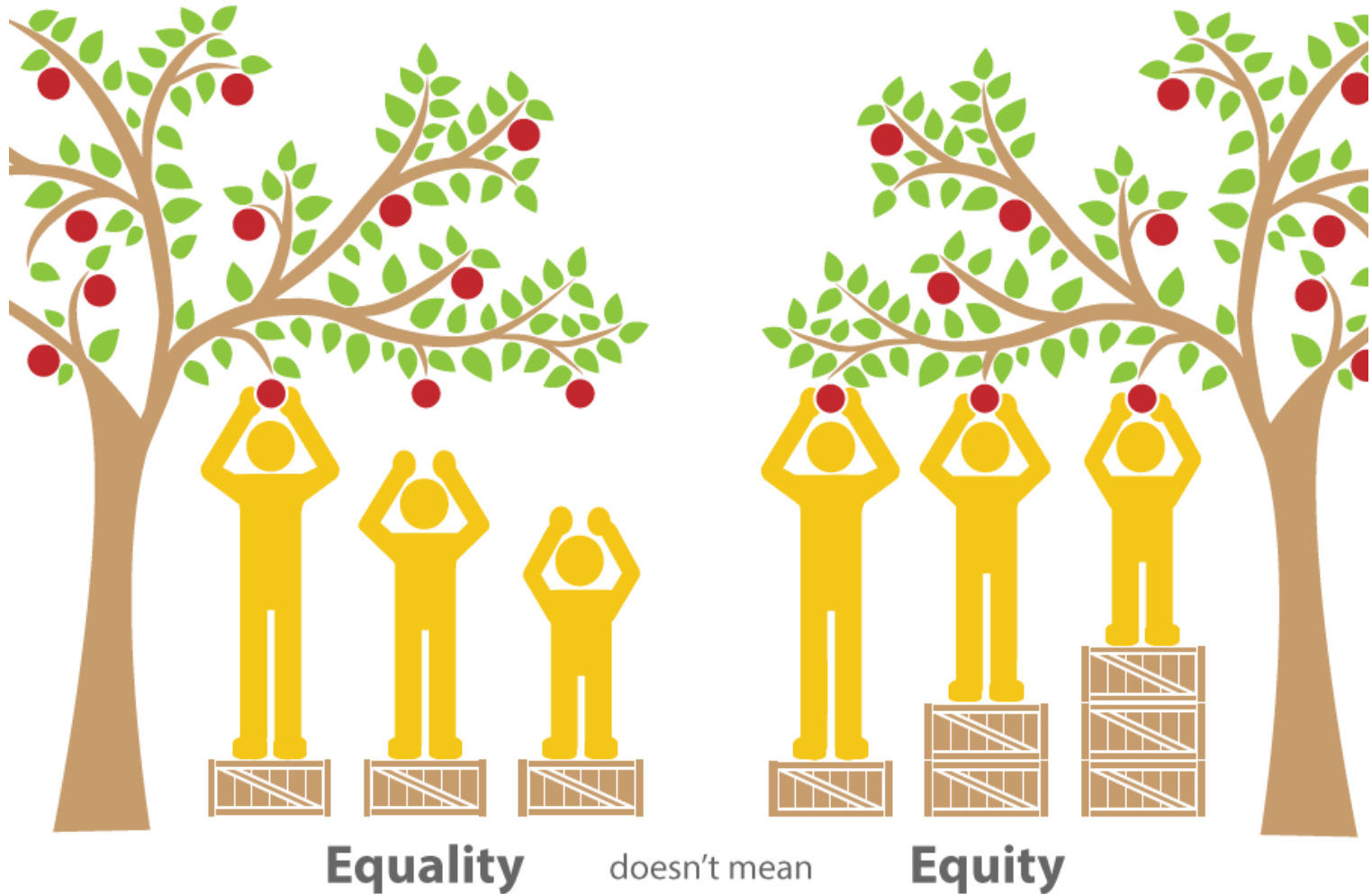


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**Dēmos**

AN EQUAL SAY AND AN  
EQUAL CHANCE FOR ALL



“Health is the measure of the degree to which a society delivers a good life to its citizens.”

Sir Prof. Michael Marmot Chair WHO  
Commission on Social Determinants of Health

# TRHT Framework

**Narrative Change**

**Racial Healing and Relationship Building**

**Separation**  
*(Segregation & Concentrated Poverty)*

**Law**  
*(Civil, Criminal & Public Policies)*

**Economy**  
*(Structured Inequality & Barriers to Opportunity)*



# Discrimination & Health: Tene Lewis

- Everyday discrimination positively associated with:
  - Coronary artery calcification (Lewis et. al. Psy. Med. 2006)
  - C-reactive protein (Lewis et. Al., Brain Beh Immunity, 2010)
  - Blood pressure (Lewis et al., J. Gerontology: Bio Sci & Med Sci 2009)
  - Lower birth weight (Earnshaw et al., Ann Beh Med, 2013)
  - Cognitive impairment (Barnes et al., 2012)
  - Poor sleep [object & subject] (Lewis et al, Hlth Psy, 2012)
  - Mortality (Barnes et al., J. Geronotology: Bio Sci & Med Sci, 2008)
  - Visceral fat (Lewis et al., Am J Epidemiology, 2011)



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## **Leadership**

**“I think racism has evolved. We are emerging thankfully, forcefully, awkwardly, from a 30 year period of forced color blindness”**

-Heather McGhee



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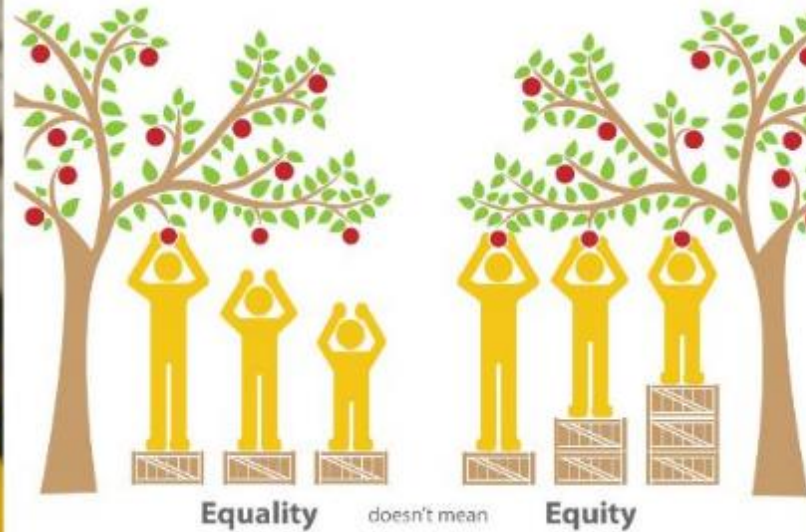
## **Leadership**





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## **Leadership**



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## **Confronting Racism**



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## Confronting Racism







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## **Racial Healing**



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## **Racial Healing**



NATIONAL DAY OF  
**RACIAL HEALING**



**1.16.18**

#NDORH #TRHT

**“Darkness cannot drive out  
darkness; only light can do that.  
Hate cannot drive out hate; only  
love can do that.”**



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## **Confronting Racism**

**“I’m a white male, and I’m prejudiced. What can I do to change, you know, to be a better American?” – Garry Civitello**



**“I told him thank you, and I just came up with some thoughts about how he could integrate his life and learn to have more empathy and compassion.” – Heather McGhee**

**“When you get to know people, usually your fears were unjustified” – Garry Civitello**

