

The Role of Discrimination and Life Stress in the Health of African Americans and Whites

- The impact of discrimination and other life stress on the health of African Americans and Whites net of other disadvantage and stressors remains unclear.
- Reports of major discrimination were impactful for health among African Americans net of poverty and other chronic and eventful life stress (such as divorce). Discrimination was not impactful for Whites.
- Women were particularly vulnerable to all types of stress, and particularly African American women.

| | African Americans | | Whites | |
|---|-------------------|------|--------|------|
| Limitation at W1 | 1.14 | *** | 1.18 | *** |
| Female | 1.79 | * | 1.14 | |
| Poverty | 1.54 | * | 0.68 | |
| Major Discrimination | 1.25 | *** | 1.01 | |
| Daily Discrimination | 0.99 | | 0.96 | |
| Major Lifetime Events | 0.99 | | 1.04 | |
| Recent Life Events | 1.20 | *** | 0.96 | |
| Chronic Stressors | 0.99 | | 0.99 | |
| Depressive Symptoms | 1.00 | | 1.00 | |
| Alcohol Use | 1.29 | | 1.00 | |
| Drug Use | 0.55 | * | 0.67 | |
| Psychiatric Disorder | 0.82 | * | 1.01 | |
| Physical Activity | 0.93 | | 0.93 | ** |
| Current Smoker | 0.99 | | 1.21 | |
| Family Support | 0.99 | | 1.01 | |
| Friends' Support | 1.00 | | 1.01 | |
| Self-Esteem | 0.95 | | 0.95 | |
| Personal Mastery | 1.00 | | 0.98 | |
| Emotional Reliance | 1.02 | | 0.99 | |
| F -statistic (Npar) | 453.22 | (27) | 12.38 | (27) |
| + p<.10; *p<.05; **p<.01; ***p<.001 | | | | |
| Net of age, employment, education, income, health insurance, and marital status | | | | |

Next steps: Examine stress and discrimination in different life domains (work, family) to find whether health impact is unique to certain domains

Understand the unique burden of stress placed on African American women

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