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When dealing with health, racism takes apart by how white people are less likely to worry about health issues and tragedies rather than ethnic groups. The mortality rate is higher for those of ethnic groups than a non-person of color (Nazroo, 2003). As Nazroo discusses the issues with the health systems in the United States, he also compares the issues with the United Kingdom which also has ongoing problems of racism in the health field. The ethnical inequality is studied to bring awareness to cause a difference in the discrimination towards the people. There's multiple statistical evidence that people of ethnic groups suffer more when dealing with health and not getting the correct care. Understanding this inequality encourages readers to be mindful of their health, health care programs, and their overall lives.

Nazroo, J. (2003). The Structuring of Ethnic Inequalities in Health: Economic Position, Racial Discrimination, and Racism. *American Journal of Public Health* (1971), 93(2), 277–284. <https://doi.org/10.2105/ajph.93.2.277>

Racism occurs in almost every aspect of the world and especially in the United States. Therefore, I was not surprised to read about the issues of the mortality rate differences in these countries due to ethnic inequalities in health. People of color usually do not receive the same treatment, care, and attention as white people do because of the lack of equality and equity in the world. It reminds people that racism is still alive even in the smallest aspect.

Racism comes in many ways and Jones focuses on the 3 levels of institutionalized, personally mediated, and internalized. “Institutionalized racism manifests itself both in material conditions and in access to power.” (Jones, 2000). “Personally mediated racism is defined as prejudice and discrimination, where prejudice means differential assumptions about the abilities, motives, and intentions of others according to their race, and discrimination means differential actions toward others according to their race.” (Jones, 2000). “Internalized racism is defined as acceptance by members of the stigmatized races of negative messages about their own abilities and intrinsic worth.” (Jones, 2000). Therefore, these unwelcomed forms of racism brought the author to draw a comparison to gardening due to separation, inequality, and a difference in outcomes. As these actions occur, they can be fixed and eradicated from someone’s mind as long as they are willing to understand their mistakes.

Jones, C. (2000). Levels of racism: a theoretic framework and a gardener’s tale. *American Journal of Public Health* (1971), 90(8), 1212–1215.

<https://doi.org/10.2105/ajph.90.8.1212>

This article shocks me in a way where it is amazing to compare racism to gardening. Racism has a spectrum from microaggressions to discrimination to violence. Therefore, the levels of racism described in the text are valid because they discuss how one can be racist even when they may think otherwise. This causes tension in the world because not everyone is treated equally. There was a time where non-people of color enslaved people of color. Furthermore, that is implanted in our history, so it will never be forgotten and equality has yet to be completely found. This article perfectly displays an outlook on how someone can correct themselves from being racist. Also, it confirms the levels and problems that racism brings and should be extinguished.