

Perceived Discrimination Events are Related to Next-Day Health Behaviors

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INTRODUCTION

Background

- Discrimination is the unjustified treatment of people and groups based on qualities such as race, age, gender, weight, or sexual orientation¹
- Roughly 1 in 5 people have experienced discrimination that is prohibited under international human rights law²
- Previous research has established that discrimination is associated with health risk behaviors³

Objectives

Examine relationships between discrimination events and health behaviors: marijuana use, alcohol use, cigarette smoking, sleep hours, sleep quality, physical activity levels, fruit and vegetable consumption, and soda intake

STUDY DESIGN

Participants (n = 459)

- Recruited via Facebook ads for a large nationwide trial

Procedures

- Downloaded the Insight app, randomized to 1 of 32 groups, and completed the Baseline survey
- Prompted to complete 2 or 4 daily ecological momentary assessments (EMAs) with 15 or 25 questions per EMA for 28 days
- Completed the follow-up survey

Measures

- Participants self-reported daily health risk behaviors
 - Marijuana use
 - Alcohol use
 - Cigarette smoking
 - Sleep hours
 - Sleep quality
 - Physical activity levels
 - Fruit and vegetable consumption
 - Soda intake
- Previous-day perceived discrimination: "Do you believe you experienced discrimination yesterday?" (0=No, 1=Yes)
- Multilevel time lagged analyses were conducted

Figure 1.

Comparison of Participant Health Behaviors following Discrimination Days vs. Non-Discrimination Days

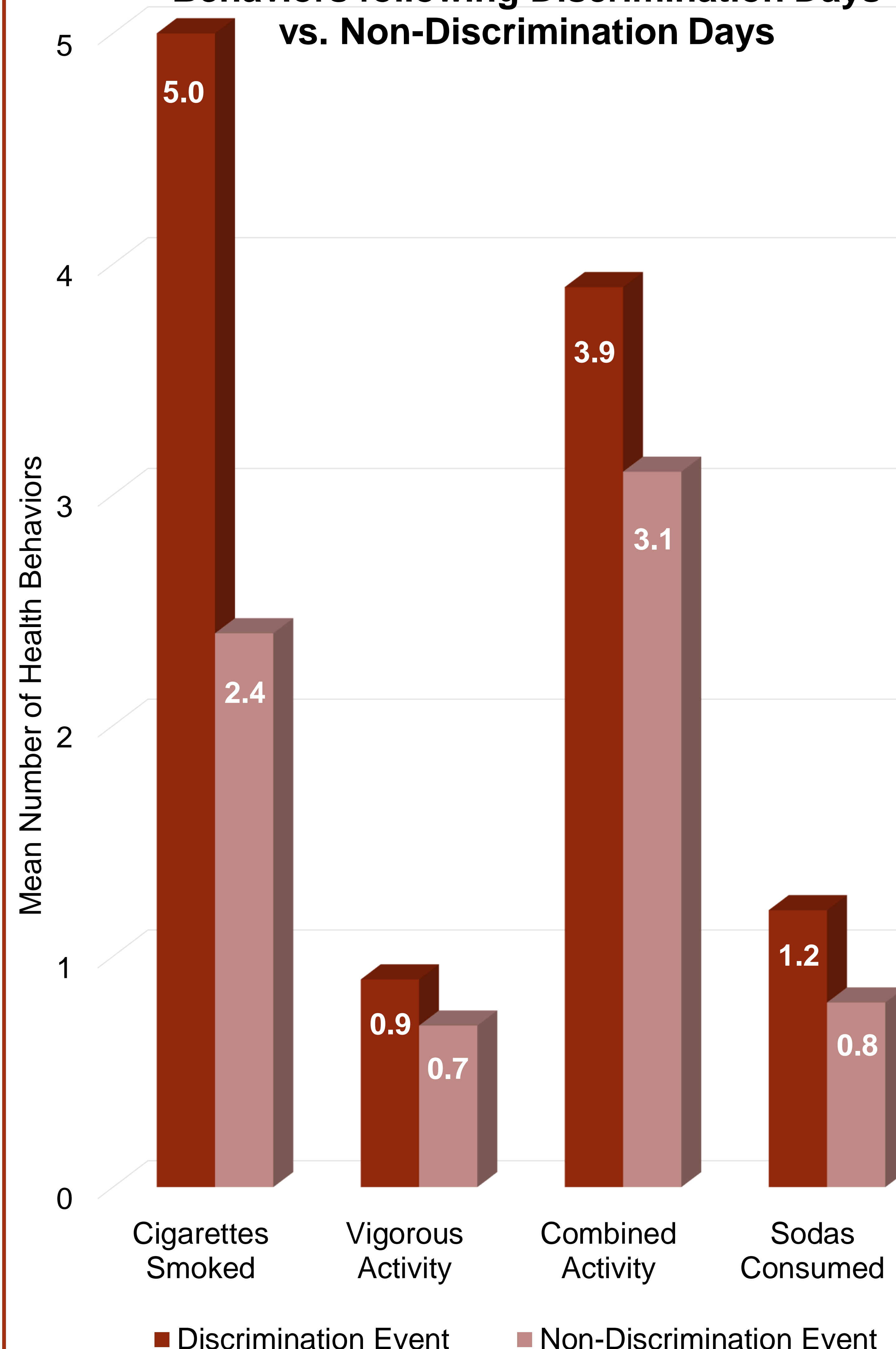


Table 1. Participant Demographics.

Variable	n or M (SD)
Sex	
Male	105
Female	354
Age (years), mean (SD)	48.4 (12.2)
Race/Ethnicity	
White	329
Black/African American	85
Asian	13
American Indian/Alaska Native	7
More than one race	25

Table 2. Selected Results.

SELECTED RESULTS

Positive within-person associations between perceived discrimination event and **next-day**:

- Number of cigarettes smoked*
- Vigorous physical activity levels**
- Combined physical activity levels**
- Number of sodas consumed**

Negative within-person association between perceived discrimination event and **same-day**:

- Sleep hours*
- Sleep quality*

Positive within-person association between perceived discrimination event and **same-day**:

- Stress*

*=p<.05; **=p<.10

CONCLUSIONS

- Discrimination yesterday was related to increased cigarette smoking, sodas consumed, and unexpectedly, physical activity the next day
- Same-day discrimination was related to decreased sleep hours and sleep quality as well as increased stress
- Engaging in unhealthy behaviors following a discrimination event may harm an individual's health over time

LIMITATIONS & FUTURE DIRECTIONS

- The sample was primarily female and White
 - Which may limit generalizability
 - Work with more diverse populations is needed
- Future work is needed to determine effects of discrimination due to race, ethnicity, age, etc. on health behaviors
- Future research should attempt to identify mechanisms linking discrimination and health behaviors that could increase health risks, such as smoking and lack of sleep
 - Mechanisms may include stress, low emotional support, unhealthy coping strategies, etc.

REFERENCES

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- 3Chen, D., & Yang, T. C. (2014). The pathways from perceived discrimination to self-rated health: an investigation of the roles of distrust, social capital, and health behaviors. *Social Science & Medicine*, 104, 64-73.