

# **Discriminatory Zoning's Effect on Mental Health in African-American Communities In Massachusetts**

Michelle Fosu - Worcester Technical High School

Rebekah Saint Clair - Weymouth High School

Esme Fordjour - Abby Kelly Foster Charter Public School

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• unavailable

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# Our Connections

# • What is a Health Disparity?

A health disparity is when a part of the population of a given area is more susceptible to certain types of health risks and healthcare inequities than the general population.





**What is Zoning ?**

**What is Redlining?**

# What is Zoning ?

Zoning-The government regulation of the built environment around us and how it's used.

# What is Redlining?

Redlining- A discriminative practice that puts services (financial and otherwise) out of reach for residents of specific areas

- mainly based on race or ethnicity.

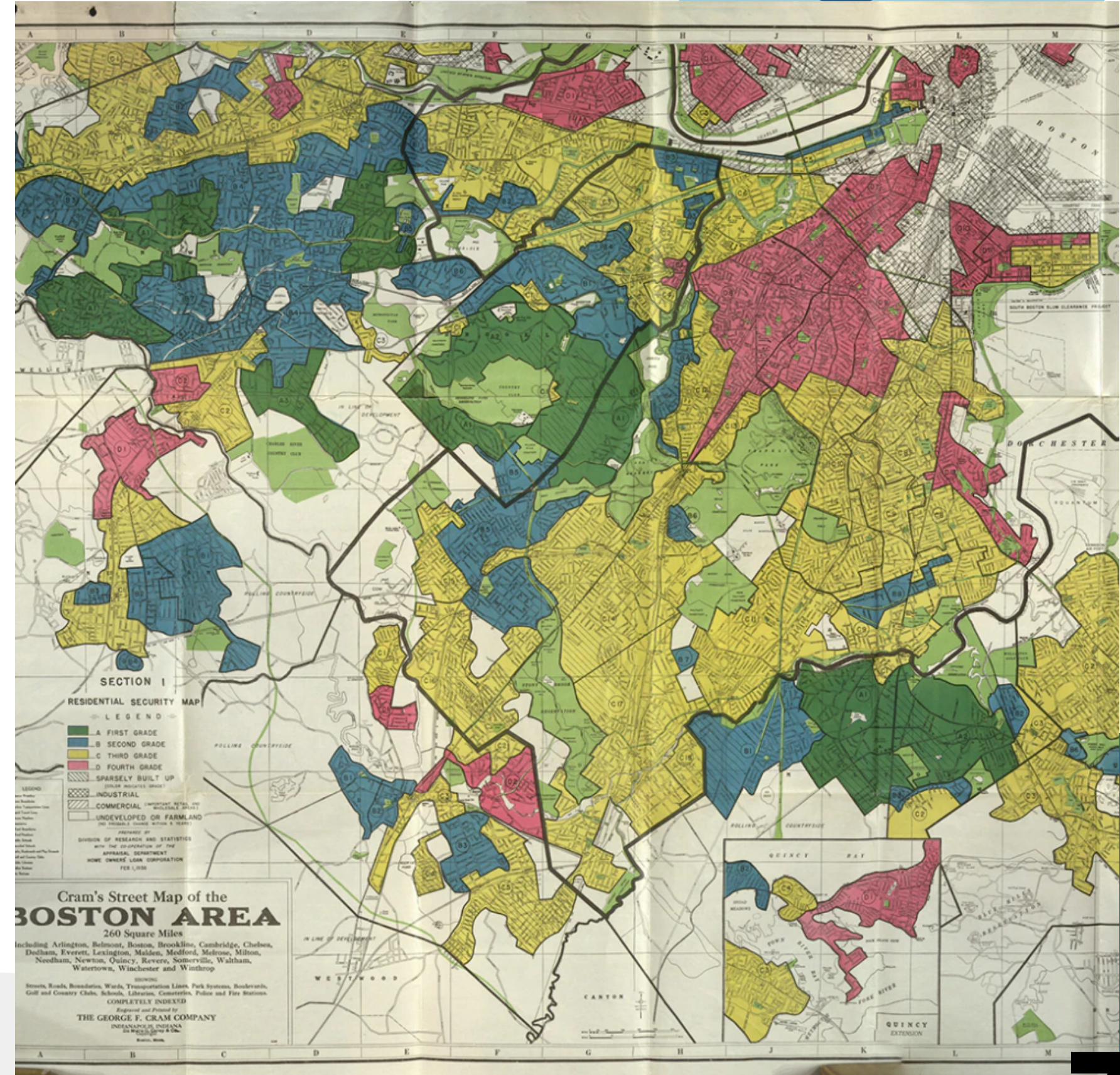
# Why is this a disparity?

- African Americans are **disproportionately** affected
- Class and Gender Intersectionality
- Food Deserts
- Heat Islands
- "Suicide was the **third** leading cause of death among African Americans 10 to 24 years old"



# Brief History of Redlining

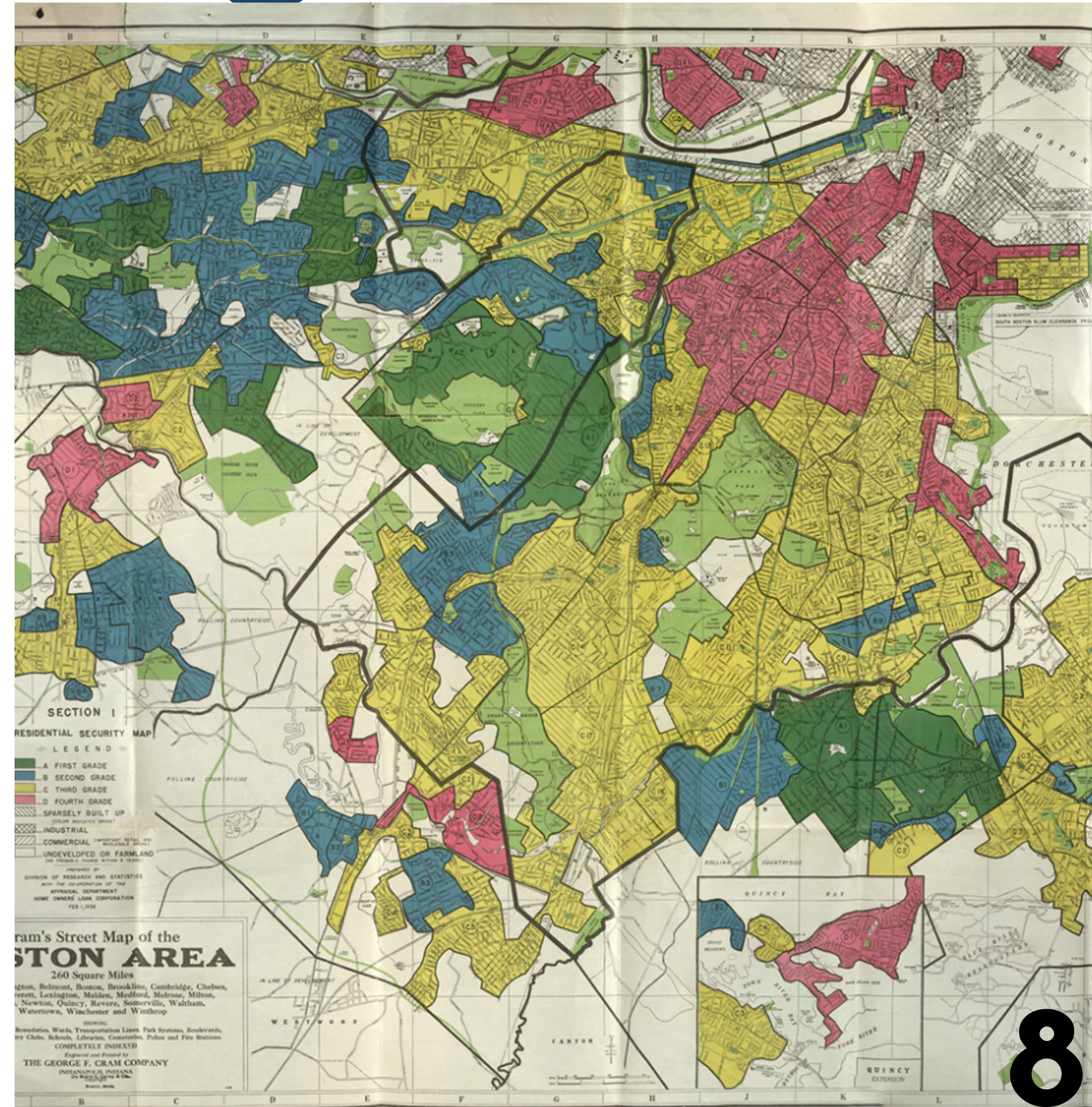
- President Franklin Roosevelt
- The New Deal
- National Housing Act -
- Lower mortgage and interest rate
- Home Owners Loan Corporation residential security maps
- "Redlined areas" mainly consisted of foreigners, "negroes" and low-class white people.





# Redlining

- Redlined areas were labeled as **hazardous** and most likely to default on their mortgages
- Interest rates higher
- Property value drops, crime increase
- Public services become unreliable
- The consistent presence of African Americans



# How does this affect us today?



**Worcester Business Journal**



**The Boston Globe**

# Mental Health

- Poor mental health can be caused by poor environmental quality.
- Poor environmental quality may also affect the quality of life negatively through increased stress and poor sleep
- Historical redlining has been shown to influence the social environment.



# Common Mental Illnesses in Black Neighborhoods

- Depression
- Anxiety
- Schizophrenia
- Bipolar Disorder



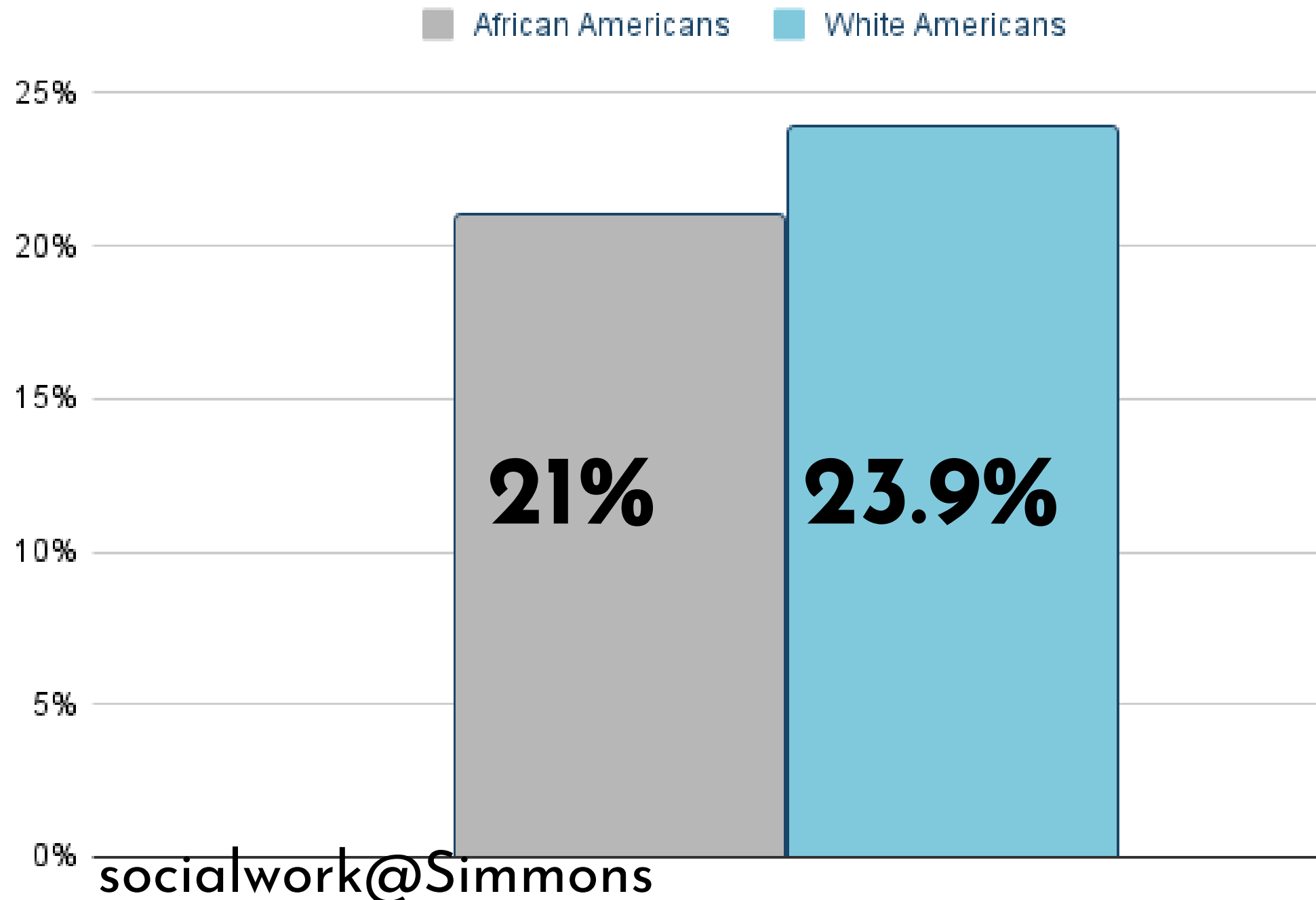
# Prevalent Risk Factors in Black Communities

- Chronic Stress
- Racial Trauma
- Poverty
- Poor Nutrition
- Family History of Mental Illness

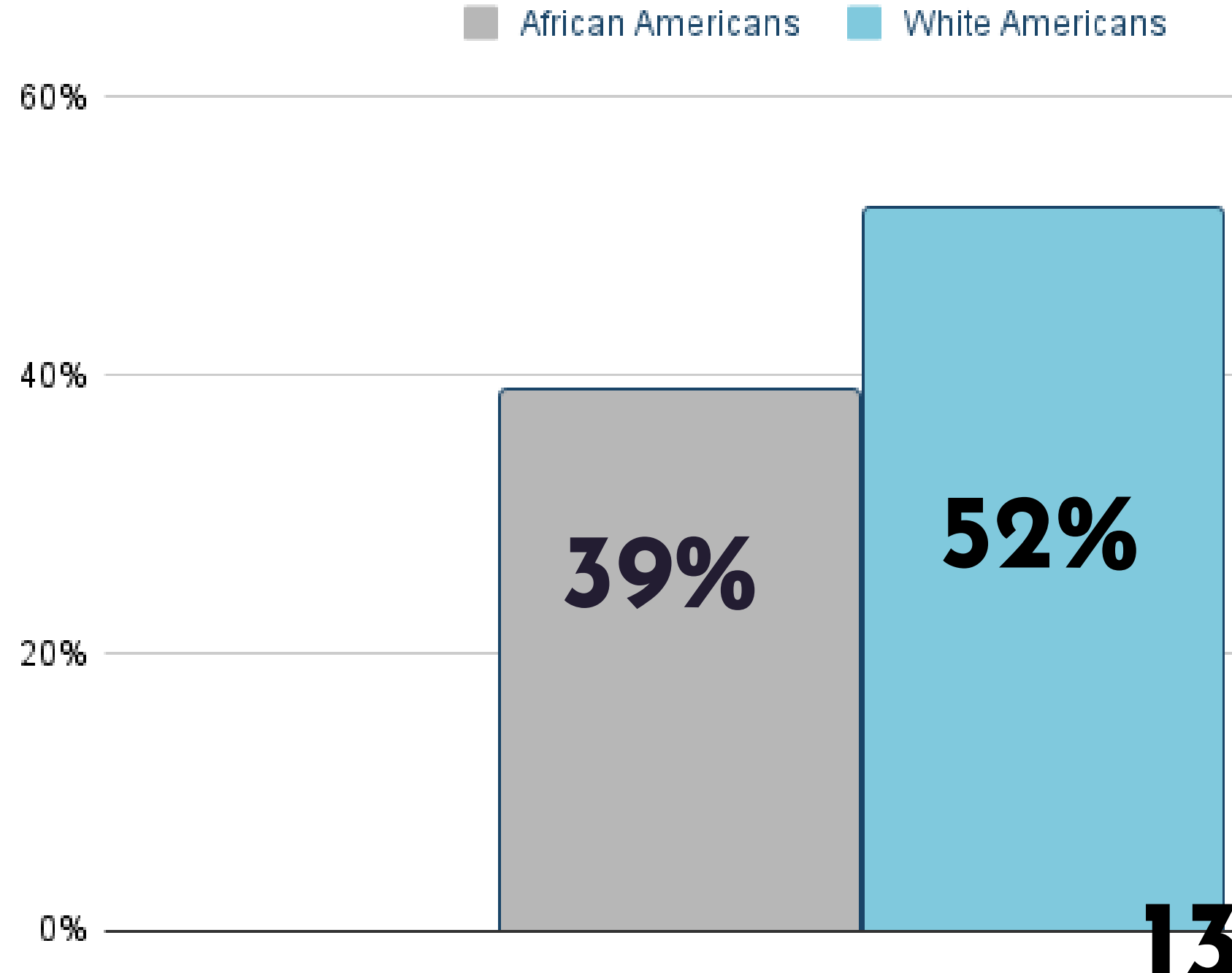


# Statistics

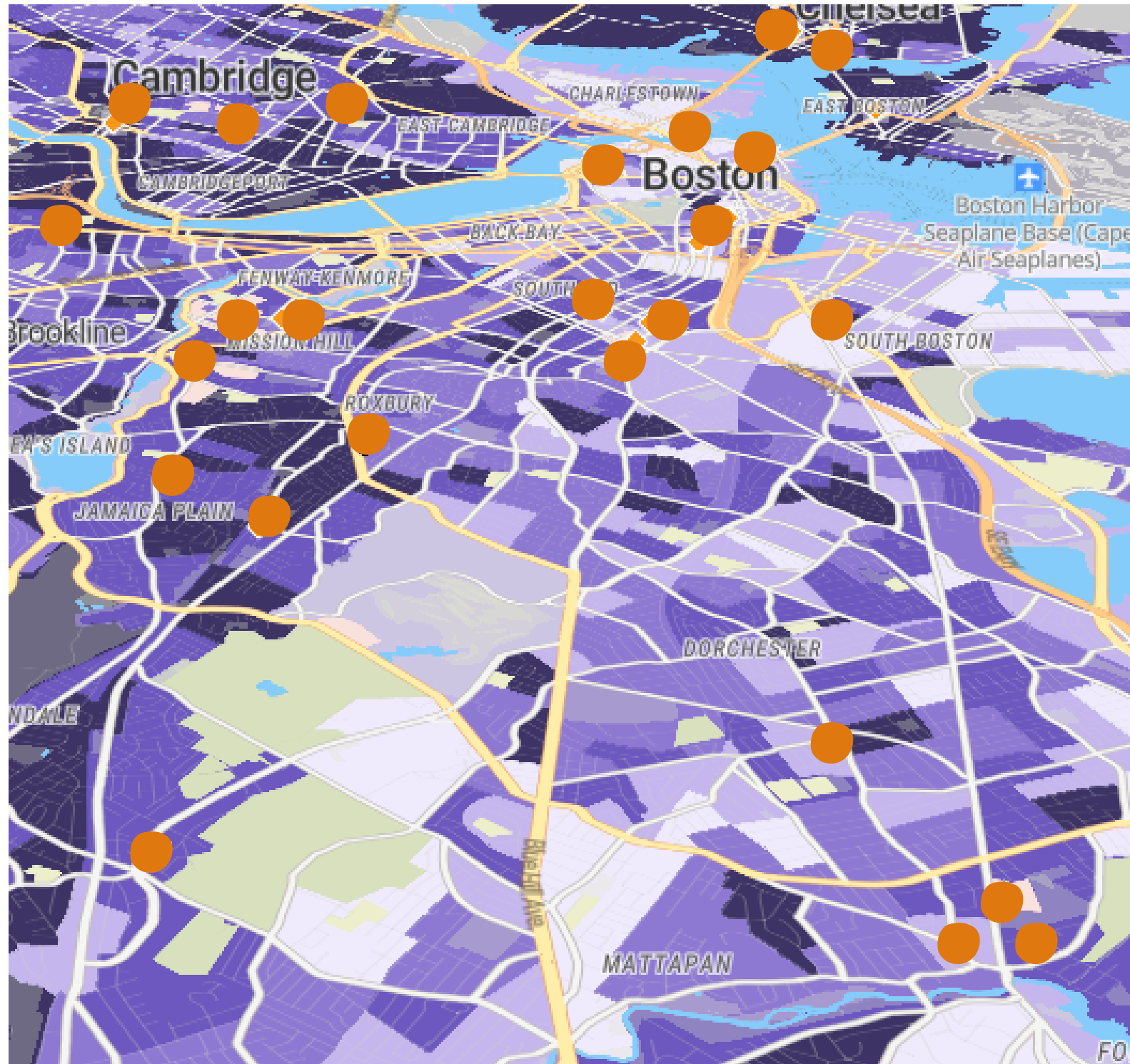
## Mental Illness Reports



## Receives Treatment



# Neighborhood Access to Mental Health Care



Predominantly White



Predominantly African-American

# Policy Changes

- **Adding more supermarkets in predominantly black neighborhoods**
- **Making home mortgage loans more accessible to people of color**
- **Making mental health treatments accessible to people of all color**



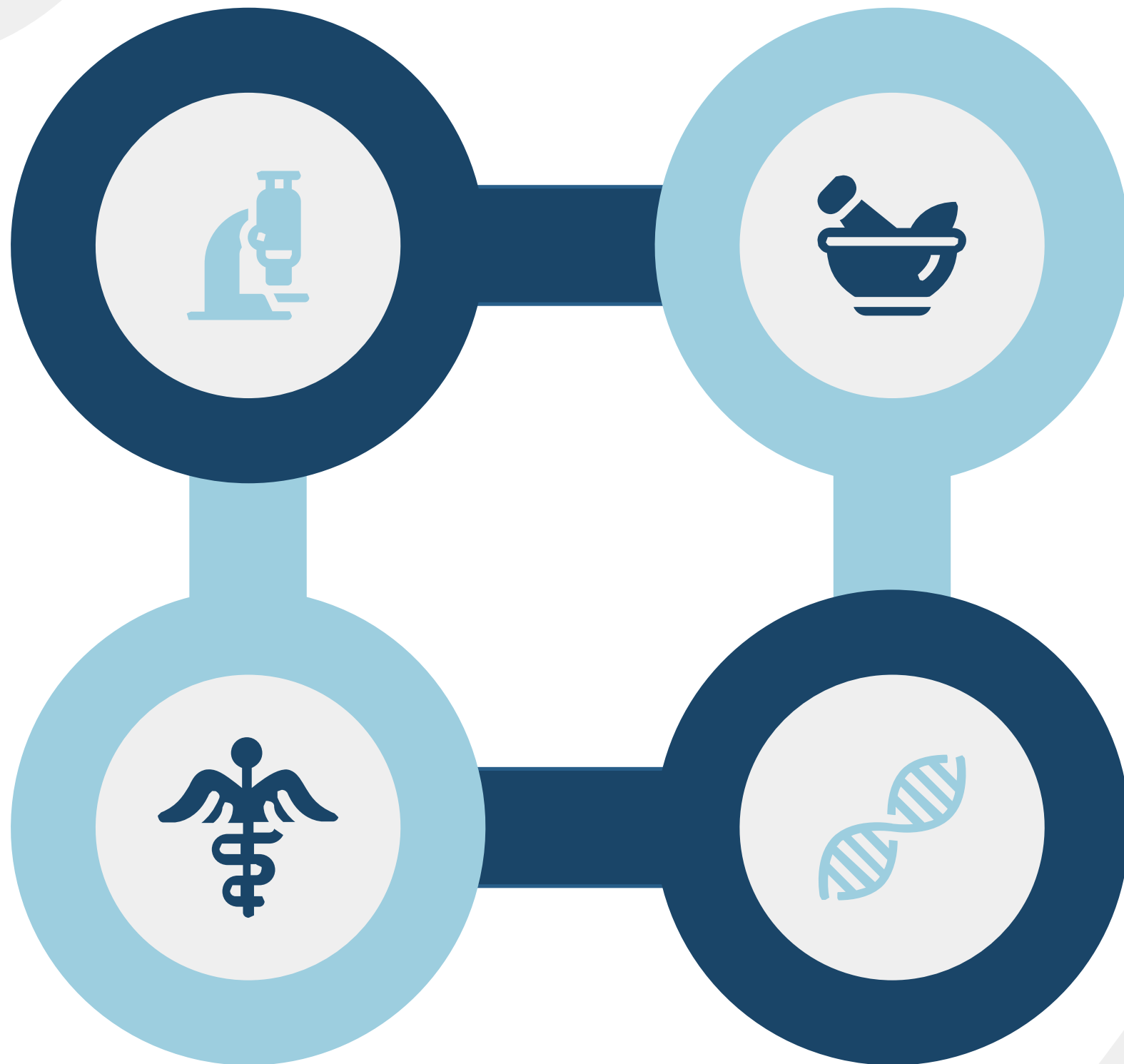
# Summary

## Redlining

Discriminatory zoning - lack of essential services

## Low Income

Low property value and more crime



## No Mental Health Care

Services are out of reach due to the lack of community investment

## Mental Illness

Environmental stress and anxiety combined with historical predisposition

# Call to Action

- Education
- Reach out to your local government
- Placemaking
  - Mass Development's Common Wealth

## Places Program

- Lend a listening ear



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**Questions?**

# Thank You!

