

With a Little Creativity : A Consumer Health Radio's Blog Advances Inclusion, Diversity, Equity, and Accessibility

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Selected sections of a show blog post. Librarian selected links include HSL guide on implicit bias:

Introduction

One-hour weekly consumer health radio show
 Hosted by UNC practicing family medicine faculty (MD, MPH)
 Debuted October 12, 2008
 Companion blog (WordPress) launched June 2010
 Librarians created blog, index posts, provide ongoing support
 One blog post per show (initially announces each upcoming show)
 Additional, topical blog posts

Librarian Roles

After each show airs, librarians add to blog post: audio file, associated content (links to quality websites), tags, categories
 Also create topical blog posts (not always associated with a show)
 Some, original: National health observances, current topics (e.g. ticks, toy safety, back to school health, healthy aging)
 Others: Transcript of excerpt and expansion of specific show topics

Social Topics Covered on the Show

- Addiction
- Aging
- Bullying
- Domestic violence
- Effects of discrimination
- Farmworker health
- Gender bias
- Health disparities
- Healthcare reform
- Homelessness
- Implicit bias
- LGBT health
- Mental illness and discrimination
- Race

Results

Many IDEAL concepts are covered on the show
 We have made some easier to find by pulling together related ones
 We can increase discoverability of additional IDEAL topics
 Blog platform changes might provide additional methods
Research potential: further, more structured examination
 Share gaps with show producer/hosts to inform future content
 Surface additional IDEAL topics for enhanced discoverability

Transcript

Fat Shaming and Health Posted by: rricharlm | May 3, 2019 (edit)

The following is a transcript of a recent Research That Matters segment and the rest of the show "How Parental Leave..."

Dr. Adam Goldberg: We're going to look at some research about what's called celebrity fat shaming. We know that even among people who aren't obese, their beliefs, their weight is particularly, sometimes difficult. We see eating kinds of issues. We see the pressures on young adult women, on men of all ages, here and we know that this celebrity created a lot of what we might say "buzz" around the country. A question I wanted to know is does this actually impact women who are being shamed. These are researchers from McGill University in twenty instances of celebrity fat shaming, looking at what have about their weight before and after this type of event. Weight bias was on the rise during this time. And these are something that they think is inherently good or bad. This Psychology Bulletin and it's a longitudinal research called took an online weight implicit association test during an event. It found is that these fat shaming events, such as Kourtney's husband for not losing her post pregnancy weight quickly, a spike in women's implicit anti-fat attitudes. Much more, greater spikes. It doesn't mean that this proves a cause and effect here, but it does show that the culture's emphasis on the thin ideal, and these things contribute to worse problems. We do know that weight bias continues. It is discrimination and it needs to change. I think more research planning to do to see if they can change these implicit biases would...

• News about the study
 • Article abstract

What is Implicit Bias?
 "Also known as implicit social cognition, implicit bias refers to the affect our understanding, actions, and decisions in an unconscious manner. These biases, which encompass both favorable and unfavorable assessments, are activated involuntarily and without an individual's awareness or intentional control. Residing deep in the subconscious, these biases are different from known biases that individuals may choose to conceal for the purposes of social and/or political correctness. Rather, implicit biases are not accessible through introspection." **Kirwan Institute**

Healthcare providers are susceptible to implicit bias just like the rest of us. This can impact patient care. Learn more with these resources.

How to Reduce Implicit Bias (Institute for Healthcare Improvement)
Implicit Biases Have an Explicit Impact on Healthcare Outcomes (American Journal of Managed Care)
Implicit Bias Guide (UNC Chapel Hill Health Sciences Library)

What is Weight Bias? (Obesity Action Coalition)

The weight implicit association test, mentioned in Research That Matters, is part of Project Implicit from Harvard University. To take the test and learn more about your own biases, choose the social attitudes test and then the weight IAT on the **Project Implicit site**.

Provided by librarians at the University of North Carolina Health Sciences Library

Post expanding on a topic. Provides background information and links to more information.

The Social Determinants of Health and Implicit Bias Posted by: yourhealthradio | April 5, 2018 (edit)

This weekend on YOUR HEALTH® Dr. Cristy Page and guest co-host Dr. Jonathan Fricke talk with Dr. Denise Rodgers—vice chancellor for Interprofessional Programs at Rutgers Biomedical and Health Sciences—about how the social determinants of health and implicit bias can lead to health disparities.

You can catch the episode on:

WCHL 97.9 FM

- Saturday, April 7 at 9 a.m.
- Sunday, April 8 at 9 a.m. and 5 p.m.
- Monday, April 9 at 6 p.m.

KKAG Retro Radio 88.3 FM

- Sunday, April 8 at 7 a.m.

Listen to the show!

• **Conversations with Dr. Denise Rodgers (min 9:55-32:45)**

- Health Disparities
- Understanding Implicit Bias
- Building a Culture of Health from Robert Wood Johnson Foundation
- Project Implicit from Harvard
- Understanding Prejudice. Implicit Association Test
- Test Yourself for Hidden Bias
- **Implicit Bias Guide (UNC Health Sciences Library)**

Expanding the topic

Main guest and topic

Links for main topic

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'You may also like' brings together related shows:

- You may also like:
- *The Effects of Racism on Health* with Dr. Chandra Ford, YOUR HEALTH Radio, March 2019
 - *The Ways Health Care Can Let Women Down* with Maya Dusenbery, YOUR HEALTH Radio, July 2018
 - *The Issues that Disproportionately Affect African American Smokers* with Dr. Phillip Gardiner and Dr. Alan Blum, YOUR HEALTH Radio, September 2017
 - *How Science and Medicine Influence Conversations about Race* with Dr. Alondra Nelson, YOUR HEALTH Radio, July 2017
 - *Sex Bias in Surgical Research* with Dr. Melina Kibbe, YOUR HEALTH Radio, September 2016
 - *Bias, Black Lives and Academic Medicine* with Dr. David Ansell, YOUR HEALTH Radio, July 2015

Shows on related topics