

RESOURCE REPOSITORY



This resource is recommended for pediatric health care professionals to explore highlighted tools to apply and implement in the practice setting in the following categories: American Academy of Pediatrics (AAP) policy; social determinants (drivers) of health (SDOH); adverse childhood experiences (ACEs); general self-education; and information to share with for parents and families to support and engage in topics around racism, bias, and discrimination.

The health and well-being of infants, children, adolescents, young adults, and their families are negatively impacted by racism embedded within structures, institutions, relationships, and environments. Relatedly, bias and discrimination, as contributors to racism, perpetuate disparities in health care access, use, and outcomes among marginalized populations. In the overall health and well-being of children and their families, pediatric health care professionals play an important role and therefore must consider the various influences on patients' health. **Addressing the needs and concerns of patients and families is the first priority for all health supervision visits.**

The following information can help pediatric health care professionals **effectively address and begin to mitigate** the negative impact of racism, bias, and discrimination on the physical and mental health and well-being of their patients and families within the context of a health supervision visit in any health care setting. Please note that a group of thought leaders, guiding efforts to address racial and ethnic disparities in health and health care, curated these suggestions. Interactions with patients and families around race and racism are complex and are part of a continuous relationship-building process. The greater the time invested in building the relationship and in focusing on the **child's and family's strengths**, the better positioned pediatric health care professionals will be to gain the trust needed to provide effective care and guidance.

This resource is part of a series of resources including a **Frequently Asked Questions (FAQ) Guide** and **Tip Sheet** found here: <https://www.aap.org/en/practice-management/bright-futures/bright-futures-in-clinical-practice/bright-futures-health-equity-resources-for-health-care-professionals>.

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Please note: This is not intended to be an exhaustive list of resources. The AAP does not approve or endorse any specific tool for screening purposes; other standardized tools may be available.

THE AAP ROLE IN ADDRESSING RACISM, DISCRIMINATION, AND BIAS IN CHILDHOOD AND ADOLESCENCE

In 2019, the AAP released *The Impact of Racism on Child and Adolescent Health* policy statement, which reflects the AAP commitment to addressing racism as an SDOH of health and recognizes the profound impact of racism on child and adolescent health. It also outlines ways pediatric health care professionals can address and seek to address the harmful effects of racism, discrimination, and bias on children's and adolescents' health and well-being.



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Tool/Resource	Description	Source/Link
AAP Policy Statement— The Impact of Racism on Child and Adolescent Health	Policy statement reflecting the AAP commitment to addressing the factors that affect child and adolescent health, with a focus on issues that leave some children and adolescents more vulnerable than others	Trent M, Dooley DG, Dougé J, Section on Adolescent Health; Council on Community Pediatrics, Committee on Adolescence. The impact of racism on child and adolescent health. <i>Pediatrics</i> . 2019;144(2):e20191765. https://doi.org/10.1542/peds.2019-1765
AAP Policy Statement— Eliminating Race-Based Medicine	Policy statement that includes examples of race-based clinical algorithms or practice guidelines undergoing reexamination and reconsideration within pediatrics and across other medical specialties	Wright JL, Davis WS, Joseph MM, Ellison AM, Heard-Garris NJ, Johnson TL, AAP Board Committee on Equity. Eliminating race-based medicine. <i>Pediatrics</i> . 2022. https://doi.org/10.1542/peds.2022-057998
AAP PediaLink Course—Fighting Racism to Advance Child Health Equity	Online course is designed to change competence and performance by focusing on ways to equip pediatric health care professionals to advance child health equity by applying an anti-racist lens to the systems shaping health and medicine	Fighting racism to advance child health equity. American Academy of Pediatrics. Published April 15, 2021. Accessed April 24, 2022. https://shop.aap.org/fighting-racism-to-advance-child-health-equity/
National Resource Center for Patient/Family- Centered Medical Home— Health Equity In the Medical Home	Webpage that provides tools and resources to support pediatric and allied health care professionals and families in increasing equity for children and youth with special health care needs and their families through medical home	Health Equity. National Resource Center for Patient/Family-Centered Medical Home. Accessed September 1, 2022. https://www.aap.org/en/practice-management/medical-home/health-equity-in-the-medical-home/
Words Matter: AAP Guidance on Inclusive, Anti-biased Language	Guidance intended to provide a framework to support thoughtful consideration of choosing language that most effectively promotes equity, diversity, and inclusion for both health care professionals and the patients and families served	Words matter: AAP guidance on inclusive, anti-biased language. American Academy of Pediatrics. Updated May 14, 2021. Accessed April 24, 2022. https://www.aap.org/en/about-the-aap/american-academy-of-pediatrics-equity-and-inclusion-efforts/words-matter-aap-guidance-on-inclusive-anti-biased-language/

SOCIAL DETERMINANTS (DRIVERS) OF HEALTH (SDOH) TOOLS AND RESOURCES

Using an SDOH assessment/screening tool or Structural Vulnerability Checklist can start or facilitate a conversation. Using a standardized tool/checklist helps decrease perceptions of being singled out or stereotyped. A tool/checklist can include various domains of inequity (eg, socioeconomic status, race/ethnicity, sexual orientation, citizenship status, food insecurity, housing insecurity, trauma, incarceration of a family member).

Tool/Resource	Description	Source/Link
American Academy of Family Physicians (AAFP)—<i>The EveryONE Project™ Guide to Social Needs Screening and the Social Needs Screening Tool</i>	Screening tool for core, health-related social needs, including housing, food, transportation, utilities, and personal safety	<p>The EveryONE Project.™ Assessment and action. American Academy of Family Medicine. Accessed April 24, 2022. https://www.aafp.org/family-physician/patient-care/the-everyone-project/toolkit/assessment.html</p> <p>Short form—5 core, health-related social needs aligned with the Center for Medicare and Medicaid Services (CMS) Accountable Health Communities Health-related Social Needs Screening Tool</p> <p>Long form—5 core, health-related social needs, as well as questions about child care, employment, education, and finances identified from Health Leads Social Needs Screening Toolkit</p>
AAFP—<i>The EveryONE Project™ Addressing Social Determinants of Health in Primary Care: Team-based Approach for Advancing Health Equity</i>	Implementation guide that provides information and resources for family physicians and their practice teams to address their patients' SDOH and how to better advance health equity	<p><i>The EveryONE Project™ Addressing Social Determinants of Health in Primary Care: Team-based Approach for Advancing Health Equity</i>. American Academy of Family Physicians;2018. https://www.aafp.org/family-physician/patient-care/the-everyone-project/toolkit/practice-leadership.html</p>
American Hospital Association—<i>Screening for Social Needs: Guiding Care Teams to Engage Patients</i>	Guide that focuses on how care teams can engage patients in conversations about what they are experiencing and the importance of addressing their social and environmental needs	<p>Screening for social needs: Guiding care teams to engage patients. American Hospital Association. Accessed April 24, 2022. https://www.aha.org/toolkitsmethodology/2019-06-05-screening-social-needs-guiding-care-teams-engage-patients</p>
CMS—Accountable Health Communities Health-Related Social Needs Screening Tool	Screening tool that has 10 questions assessing needs in 5 domains: housing instability, food insecurity, transportation problems, utility help needs, and interpersonal safety; the questionnaire also includes 8 supplemental domains.	<p>Billioux A, Verlander K, Anthony S, Alley D. Standardized screening for health-related social needs in clinical settings: the Accountable Health Communities Screening Tool. National Academy of Medicine. Published May 30, 2017. Accessed April 24, 2022. https://nam.edu/wp-content/uploads/2017/05/Standardized-Screening-for-Health-Related-Social-Needs-in-Clinical-Settings.pdf</p> <p>Screening Tool</p>
Health Leads Social Needs Screening Toolkit	Blueprint for health systems to identify and screen patients for adverse SDOH	<p>The Health Leads Social Needs Screening Toolkit. Health Leads. Published September 17, 2018. Accessed April 24, 2022. https://healthleadsusa.org/resources/the-health-leads-screening-toolkit/</p>

IHELP Pediatric Social History Questionnaire	Questionnaire (14–24 questions) assessing needs across 5 domains, including economic stability, education, social and community context, neighborhood and physical environment, and food	IHELP Pediatric Social History Questionnaire. Social Interventions Research & Evaluation Network. Published 2017. Accessed April 24, 2022. https://sirenetwork.ucsf.edu/tools-resources/resources/ihelp-pediatric-social-history-tool
Protocol for Responding to and Assessing Patients’ Assets, Risks, and Experiences (PRAPARE) Screening Tool	Nationally standardized patient risk assessment protocol designed to engage patients in assessing and addressing SDOH	PRAPARE Screening Tool. Protocol for Responding to and Assessing Patients’ Assets, Risks, and Experiences (PRAPARE). Accessed April 24, 2022. https://prapare.org/
Safe Environment for Every Kid (SEEK) Parent Questionnaire-R	Brief, evidence-based questionnaire to screen for prevalent and targeted psychosocial problems (eg, parental depression and substance use)	SEEK Parent Questionnaire-R. Safe Environment for Every Kid (SEEK). Accessed April 24, 2022. https://seekwellbeing.org/seek-materials/
AAP and the Food Research & Action Center (FRAC)—<i>Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity</i>	Toolkit created by the AAP and FRAC to address food insecurity	<i>Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity</i> . American Academy of Pediatrics and the Food Research & Action Center;2021. https://frac.org/wp-content/uploads/FRAC_AAP_Toolkit_2021_032122.pdf
AAP—Screening Technical Assistance and Resource (STAR) Center	Wide range of information and tools on screening, referral, and follow-up for social determinants of health	Screening Technical Assistance and Resource (STAR) Center. American Academy of Pediatrics. Accessed April 24, 2022. https://www.aap.org/en/patient-care/screening-technical-assistance-and-resource-center/
Structural Vulnerability Checklist	Questionnaire with 43 items assessing needs across 6 domains (economic stability, education, social and community context, health and clinical care, neighborhood and physical environment, and food)	Bourgeois P, Holmes SM, Sue K, Quesada J. Structural vulnerability: operationalizing the concept to address health disparities in clinical care. <i>Acad Med</i> . 2017;92(3):299-307. https://dx.doi.org/10.1097%2FACM.0000000000001294
Survey of Well-being of Young Children (SWYC) Screening Instrument	Comprehensive screening instrument for children under 5 years of age that includes family risk factors	The Survey of Well-being of Young Children (SWYC). Tufts Children’s Hospital. Accessed April 24, 2022. https://www.tuftschildrenshospital.org/The-Survey-of-Wellbeing-of-Young-Children/Overview.aspx
Well Child Care, Evaluation, Community Resources, Advocacy, Referral, Education Survey Instrument (WE CARE Survey)	Survey assessing needs in 6 domains: parental educational attainment, employment, child care, risk of homelessness, food security, and household heat and electricity	Well Child Care, Evaluation, Community Resources, Advocacy, Referral, Education Survey Instrument (WE CARE) Model. Boston Medical Center. Accessed April 24, 2022. https://www.bmc.org/pediatrics-primary-care/we-care/we-care-model Survey Instrument

ACES TOOLS AND RESOURCES

Using an ACEs assessment/screening tool enables professionals to identify structural needs that impact health outcomes when patients and families might not otherwise bring up these issues during a health supervision visit.

Tool/Resource	Description	Source/Link
Addressing Social Key (ASK) Questions for Health Questionnaire	Questionnaire that screens families for unmet social needs, ACEs, and resilience	Selvaraj K, Ruiz MJ, Aschkenasy J, et al. Screening for toxic stress risk factors at well-child visits: the addressing social key questions for health study. <i>J Pediatr.</i> 2019;205:244–249. https://doi.org/10.1016/j.jpeds.2018.09.004
Center for Youth Wellness (CYW) ACE Questionnaire (ACE-Q)	Questionnaire used for informational or educational purposes to assess trauma that children or adolescents may experience; parent-report and teen self-report measures for adolescents and adults	CYW ACE-Q and user guide. Center for Youth Wellness. Published 2017. Accessed April 24, 2022. https://centerforyouthwellness.org/cyw-aceq/
Pediatric ACEs and Related Life-events Screener (PEARLS)	Tool that includes screening questions for ACEs, as well as questions about additional adversities in children and adolescents aged 0-19 years	ACEs Aware. Pediatric ACEs and Related Life-events Screener (PEARLS). University of California ACEs Aware Family Resilience Network. Accessed April 24, 2022. https://www.acesaware.org/learn-about-screening/screening-tools/

SELF-EDUCATION RESOURCES AND TOOLS

These resources/tools focus on individual transformation and allow a better understanding of implicit bias and learned behaviors. Understanding these will facilitate pediatric health care professionals working toward health equity to enhance patient care.

Tool/Resource	Description	Source/Link
Kirwan Institute—Implicit Bias Module Series	Course that builds awareness of implicit bias and how it operates to help participants engage in more equitable decision-making practices and behaviors	Kirwan Institute. Implicit bias module series. Kirwan Institute for the Study of Race and Ethnicity. Published 2018. Accessed April 24, 2022. http://kirwaninstitute.osu.edu/implicit-bias-training/
Project Implicit—Implicit Association Test (IAT)	Self-tests to gauge personal implicit bias on a wide range of topic areas (eg, race, gender, and body size)	Implicit Association Test (IAT). Project Implicit. Published 2011. Accessed April 24, 2022. https://implicit.harvard.edu/implicit/takeatest.html
American Pediatric Association—Anti-Racism & Diversity Toolkit	Toolkit created to support pediatric clinicians in all facets of their academic practice, including leadership-practice, peer-peer, provider-patient, and educator-trainee interactions	Anti-Racism & Diversity Toolkit. American Pediatric Association. Accessed April 24, 2022. https://www.academicpediatrics.org/publications-resources/apa-anti-racism-diversity-toolkit/

Tool/Resource	Description	Source/Link
Children’s Mercy Kansas City Health Equity Integration Project (HEIP)	The HEIP team has compiled tools to help other health care teams integrate health equity into their professional work	Health Equity Integration Project (HEIP). Children’s Mercy Kansas City Office of Equity and Diversity. Accessed April 24, 2022. https://www.childrensmercy.org/professional-education/your-experience/diversity-equity-and-inclusion/health-equity-integration-project/
Liberation in the Exam Room: Racial Justice and Equity in Health Care	Guideline for individuals in health care delivery as they work to identify key areas of focus on racial justice and health equity	Southern Jamaica Plain Health Center. Liberation in the exam room: racial justice and equity in healthcare. Institute for Healthcare Improvement. Accessed April 24, 2022. http://www.ihl.org/resources/Pages/Tools/Liberation-in-the-Exam-Room-Racial-Justice-Equity-in-Health-Care.aspx
MedEdPORTAL—Anti-racism in Medicine Collection	Collection of practice-based, peer-reviewed resources to teach anti-racist knowledge/clinical skills, elevate the educational scholarship of anti-racist curricula, and convene collaborators dedicated to the elimination of racism within medical education	Anti-racism in medicine collection. MedEdPORTAL. Accessed April 24, 2022. https://www.mededportal.org/anti-racism?utm_source=twitter&utm_medium=mededportal&utm_content=996a85ad-ef8a-413c-9bc8-0ac82a6250a5&
Racial Equity Tools	Racial equity tools, ideas, and readings to increase understanding and move toward individual transformation that works for racial justice at every level	Racial equity tools. Racial Equity Tools. Published 2020. Accessed April 24, 2022. https://www.racialequitytools.org/resources/plan/change-process/individual-transformation
Robert Wood Johnson Foundation Clinical Scholars—Toolkit for Multi-level Approach to Addressing Housing Insecurity and Unmet Social Needs	Toolkit for health care institutions seeking guidance to address housing insecurity and related unmet social needs, using a multi-level approach (clinical, educational, and community-based activities)	Chim, C, Martinez, J, Uwemedimo, O. Toolkit for multi-level approach to addressing housing insecurity and unmet social needs. Clinical Scholars. Accessed April 24, 2022. https://clinicalscholarsnli.org/community-impact/toolkit-for-multi-level-approach-to-addressing-housing-insecurity-and-related-unmet-social-needs/
Stanford SPARQtools RaceWorks Toolkit	Digital toolkit that supports an educator or facilitator who wants to develop students’ or coworkers’ racial literacy	RaceWorks toolkit. Stanford SPARQtools. Accessed April 24, 2022. https://sparqtools.org/raceworks/
TED Talks—Equity, Racism, Racial Literacy	Technology, entertainment, and design (TED) talks, which are short (18 minutes or less) and welcome people from every discipline and culture who seek a deeper understanding of the world	TED talks. TED. Accessed April 24, 2022. Equity Racial Literacy Racism

ADDITIONAL READING LIST

These articles provide additional information about ways to mitigate the negative impact of racism, bias, and discrimination on the physical and mental health and well-being of patients and their families.

Tool/Resource	Description	Source/Link
Initial Evidence That Parent-Child Conversations About Race Reduce Racial Biases Among White U.S. Children	Study that explores the effect of conversation on children's implicit anti-Black attitudes	Perry S, Skinner-Dorkenoo AL, Abaied JL, et al. Initial evidence that parent-child conversations about race reduce racial biases among white U.S. children. <i>PsyArXiv</i> . Published online May 18, 2020. Accessed April 24, 2022. https://doi.org/10.31234/osf.io/3xdg8
Interactive Institute for Social Change—Summary Stages of Racial Identity Development	Summary of frameworks developed to describe stages of racial and ethnic identity development	Parker CS, Wilsea J. Summary stages of racial identity development. Interaction Institute for Social Change. Accessed April 24, 2022. https://overcomingracism.org/wp-content/uploads/2021/05/stages-of-racial-identity-development-oct2019.pdf
A Practical Approach to Screening For Social Determinants of Health	An approach that discusses concerns and challenges related to screening for SDOH	O'Gurek D, Henke C. A practical approach to screening for social determinants of health. <i>Fam Pract Manag</i> . 2018;25(3):7–12 https://www.aafp.org/fpm/2018/0500/p7.html
Levels of Racism: A Theoretic Framework and a Gardener's Tale	Theoretic framework for understanding racism on 3 levels: institutionalized, personally mediated, and internalized	Jones CP. Levels of racism: A theoretic framework and a gardener's tale. <i>Am J Public Health</i> . 2000;90(8):1212–1215. https://dx.doi.org/10.2105%2Fajph.90.8.1212
Structuring Poverty: How Racism Shapes Child Poverty and Child and Adolescent Health	Review of the intersection of poverty and child health	Heard-Garris N, Boyd R, Kan K, et al. Structuring poverty: How racism shapes child poverty and child and adolescent health. <i>Acad Pediatr</i> . 2021;21(8S):S108–S116. https://doi.org/10.1016/j.acap.2021.05.026

HEALTHYCHILDREN.ORG—PARENT/CAREGIVER ARTICLES

This work cannot be done alone and requires the collaboration and coordination of many individuals dedicated to the well-being of children.

These resources were developed by the AAP in collaboration with partners with parents and caregivers in mind.

This resource repository was created to support you and your child, family, and community. These resources touch upon topics surrounding racism, diversity, equity, and inclusion and are intended to be useful to understand and be supportive as you talk with your children about racial equity while building on your child's and family's strengths. This repository includes resources from HealthyChildren.org, the AAP parenting website, and from other reliable sources.

Tool/Resource	Description	Best For	Source/Link
Team Up With Your Child's Doctor for the Best Care	An article that offers tips for how a parent can work closely with your child's health care team for better health outcomes	All Age Groups	Team up with your child's doctor for the best care. HealthyChildren.org. Updated October 14, 2022. Accessed April 24, 2022. https://www.healthychildren.org/English/family-life/health-management/Pages/Team-Up-with-Your-Childs-Doctor.aspx

Tool/Resource	Description	Best For	Source/Link
Talking to Children About Racism: The Time is Now	An article that offers tips for how you can talk to your children about racism in ways they can understand	All Age Groups	<p>Heard-Garris N, Dougé J. Talking to children about racism: the time is now. HealthyChildren.org. Updated January 7, 2020. Accessed April 24, 2022.</p> <p>https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-about-Racism.aspx</p>
Using Books to Talk With Kids About Race and Racism	An article that reviews the benefits and strategies that help you have conversations with your child through books	All Age Groups	<p>Dougé J, Jindal M. Using books to talk with kids about race and racism. HealthyChildren.org. Updated January 14, 2022. Accessed April 24, 2022</p> <p>https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/using-books-to-talk-with-kids-about-race-and-racism.aspx</p>
Recommended Reading: Diverse & Inclusive Books For Children	An article that includes a diverse and inclusive booklist	Birth to 5 Years	<p>Recommended reading: diverse & inclusive books for children. HealthyChildren.org. Updated January 14, 2022. Accessed April 24, 2022.</p> <p>https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Diverse-and-Inclusive-Books-for-Children.aspx</p>

ADDITIONAL PARENT/CAREGIVER RESOURCES AND TOOLS

Speak positively with your children about inter-racial friendships. Model within your own circle, a diverse group of friends and colleagues. Parents and caregivers can play a very important role in reducing racial prejudice and race-based exclusion among peers in children.

Tool/Resource	Description	Best For	Source/Link
American Psychological Association—Racial Stress and Self-care: Parent Tip Tool	Tip sheet for you to (1) engage your child through racial ethnic socialization, a process through which children learn about race and ethnicity; (2) cover why it is important to have these conversations; and (3) learn how to do at every age group.	All Age Groups	<p>Racial stress and self-care: Parent Tip Tool. American Psychological Association. Published October 2019. Accessed April 24, 2022.</p> <p>https://www.apa.org/res/parent-resources/racial-stress</p>
EmbraceRace	A non-profit organization that provides resources for you to teach your child about race	All Age Groups	<p>EmbraceRace. Accessed April 24, 2022.</p> <p>https://www.embracerace.org/</p>
PBS KIDS for Parents—Talking to Young Children About Race and Racism	Tips and resources to help you have a meaningful conversation with your young children about race, racism, and being anti-racist	Young Children	<p>Talking to young children about race and racism. PBS KIDS for Parents. Accessed April 24, 2022.</p> <p>https://www.pbs.org/parents/talking-about-racism</p>

Tool/Resource	Description	Best For	Source/Link
Raising Race Conscious Children	A list of children’s books that showcase a diverse cast, explicitly name race, and discuss themes of diversity	Young Children	Raising Race Conscious Children. Accessed April 24, 2022. https://raceconscious.org/
Asian Mental Health Collective	An online national directory of Asian and Asian American mental health providers	All Age Groups	Asian Mental Health Collective. Accessed April 24, 2022. https://www.asianmhc.org
Indian Health Service (IHS) Find Health Care	Department of Health and Human Services IHS national provider locator	All Age Groups	Find health care. Indian Health Service. April 24, 2022. https://www.ihs.gov/findhealthcare/
Support Embrace Empower Mental health Advocacy (SEEMA) Mental Health	A national directory of Muslim mental health providers	All Age Groups	Find a mental health therapist. Support Embrace Empower Mental health Advocacy Mental Health. April 24, 2022. https://seemamentalhealth.com
Therapy for Black Girls	An online database of African American women mental health providers	Adolescents	Therapy for Black Girls. Accessed April 24, 2022. https://therapyforblackgirls.com
Therapy for Black Men	An online national database of African American mental health providers who specialize in mental health concerns for African American boys and men	Adolescents	Therapy for Black Men. Accessed April 24, 2022. https://therapyforblackmen.org
Therapy for Latinx	A national directory of Latinx mental health providers	Adolescents	Therapy for Latinx. Accessed April 24, 2022. https://www.therapyforlatinx.com
We R Native—For Native Youth, By Native Youth	A website that provides Native American youth information and resources about a variety of topics including culture, physical health, and mental health	Adolescents	For Native Youth, by Native Youth. We R Native. April 24, 2022. https://www.wernative.org/

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