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DEI MISSION AND VALUES:

The Department of Emergency Medicine is committed to creating an environment that embraces the uniqueness of all people.

We will provide outstanding and respectful service in all situations.

We will own our interactions in a positive way.

DEI Committee Meetings are the first Wednesday of every month at 8am.

Next DEI Committee Meetings: February 1, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, December 6

Next DEI Town Hall is June 21, 2023: Link to be provided at a later date.

Implicit Bias Training: Building Toward Belonging

How you Ask Matters, an article from UW–Madison

Other resources for improving racial equity

Nominations: James S. Jackson Distinguished Career Award for Diversity Scholarship: Nominations accepted until 3/31/23

UPCOMING EVENTS

Faculty Symposium on Anti-Racism Research & Scholarship at the University of Michigan: 1/30/23-1/31/23 [LINK](#)

Pronouns 101: 2/02/23 [LINK](#)

Health Equity Leadership Series: 2/16/23 [LINK](#)

Allies at Work: 2/21/23 [LINK](#)

Microlearning: Becoming a Zoom Pro in the Virtual Workplace: 2/22/23 [LINK](#)

Implicit Bias Training: please complete by 3/31/2023. [LINK](#)

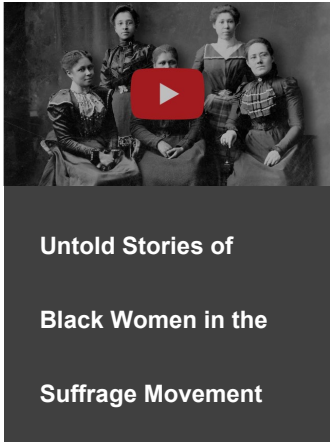
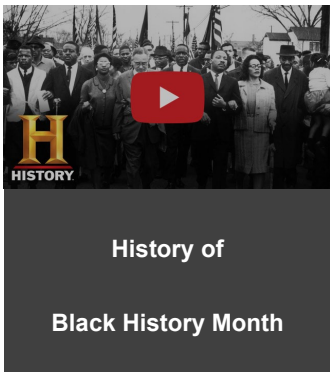
Featured in this Edition:

- Climate Change as a Social Determinant of Health article by Alyssa Valentyne
- Black History Month Celebrations Around Campus
- Untold Stories of Black Women in the Suffrage Movement
- Candid View About How Bias Sneaks In and Stop

- the Stigma Video
- Ramadan Recipes
- Valentine's Day Recipes
- Holiday's (Official & Unofficial)

Candid view about how bias sneaks in (video)

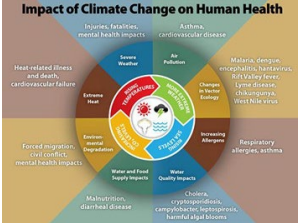
Stop the Stigma Video



Climate Change as a Social Determinant of Health by Alyssa Valentyne

Despite it being cold outside, the auditorium warmed up this past December when emergency medicine faculty and residents gathered together for the Diversity, Equity, and Inclusion town hall. It was certainly a hot topic (literally and figuratively), as we explored climate change as a social determinant of health.

After two years, we said goodbye to Zoom because the town hall was finally back in person. The day consisted of guest speakers, expert panelists, and small group discussions. There was certainly a lot of camaraderie and collaboration as trainees thought critically about such an important topic.



The message was clear: climate change is happening now and it disproportionately affects vulnerable populations including people of color, those from a low socioeconomic status, people with disabilities, pregnant women and children, and the elderly.

The health effects of climate change are numerous – worsening lung disease from air pollution and allergens, infections from water supply issues and changes in vector ecology, heat-related illness from extreme heat, injuries and negative mental health impacts from severe weather, and forced migration and conflict from environmental degradation.

We are seeing the effects of climate change right here in Michigan with the 2021 Detroit flooding and 2022 record heat in Flint, Saginaw, and Detroit. It is scary to think how the recent deadly snowstorm in Buffalo could so easily happen in Ann Arbor.



Knowing climate change is its own social determinant of health and it negatively impacts the communities we serve, the emergency medicine residency program worked together to come up with solutions. Here is what we came up with and next steps you can take to advocate for health, the environment, and the vulnerable populations we serve.

Educate yourself & others

- University of Michigan Planet Blue
- A²ZERO
- ALiEM Climate Change & Emergency Medicine 10-Day Curriculum
- Medical Society Consortium on Climate & Health Webinars
- Project Drawdown Climate Solutions
- Read an article
 - “Health Risks Due to Climate Change: Inequity In Causes And Consequences” <https://doi.org/10.1377/hlthaff.2020.01125>
 - “The intersection of pediatrics, climate change, and structural racism: Ensuring health equity through climate justice” <https://doi.org/10.1016/j.cppeds.2021.101028>
- Teach medical students! Contact
 - Dr. William Peterson (wpet@med.umich.edu) to get involved with the Climate & Health or Wilderness Medicine medical student electives

Use your voice

- Send a message to your senator (if you live in Ann Arbor, you can reach Senator Irwin at senjirwin@senate.michigan.gov) or call Governor Whitmer (517-335-7858) and tell them why you care about climate change
- Write an op-ed for a local newspaper or journal
- Vote for candidates who pledge to take climate action

Join an organization

- Society of Academic Emergency Medicine (SAEM) Climate Change & Health Interest Group
- Michigan Clinicians for Climate Action (MiCCA)
- Physicians for Social Responsibility

Get involved with climate projects and research

- Contact Dr. Toby Lewis (tobyl@med.umich.edu) or Dr. William Peterson (wpet@med.umich.edu)

Ask questions

- How can we make our department, our hospital, and our community more sustainable?
- How can we engage the communities we serve?
- How can we plan for climate disasters while allocating resources justly?

Special thank you to our presenters, panelists, and facilitators who helped make this event a success: Dr. Toby Lewis, Dr. Brad Uren, Dr. William Peterson, Kiley Adams, Dr. Kaitlin Rose, Dr. Alyssa Valentyne, Dr. Marcia Perry, Dr. Samantha Chao, Dr. Mitchell Hooyer, and Dr. Jomari Guerrero. You can watch the town hall here: <https://www.dropbox.com/s/zwg8hjs6vmcsh7t/DEI%20Town%20Hall.mp4?dl=0>

*Images from CDC and National Public Radio.

Harvesting Trash to Create An Entirely Nutritionless Grocery Store of Single-Use Plastic

January: National Blood Donor Month, Mental Wellness Month, Poverty Awareness Month*

- 1/01:** New Years Day
- 1/02:** Swiss Chees Day
- 1/03:** National Chocolate Covered Cherry Day
- 1/03:** National Fruitcake Toss Day
- 1/04:** World Braille Day
- 1/05:** Armenian Christmas Eve
- 1/06:** Christmas Eve (Orthodox)
- 1/07:** Christmas Day (Orthodox)
- 1/08:** Earth's Rotation Day
- 1/09:** National Clean Off Your Desk Day (Oopsie missed it)
- 1/10:** National Save the Eagles Day
- 1/16:** National Without a Scalpel Day
- 1/16:** Martin Luther King Jr. Day
- 1/16:** Civil Rights Day
- 1/20:** Penguin Awareness Day
- 1/21:** Spring Festival Eve (China)
- 1/21:** Chinese Lunar New Year's Day (Hong Kong)
- 1/21:** Seollal Holiday (South Korea)
- 1/21:** Chinese New Year's Eve (Taiwan)
- 1/21:** Vietnamese New Year's Eve (Vietnam)
- 1/22:** World Leprosy Day
- 1/22:** Chinese New Year (Taiwan)
- 1/22:** Vietnamese New Year (Vietnam)
- 1/23:** Tet Holiday (Vietnam)
- 1/23:** Chinese Lunar New Year's Day (Singapore)
- 1/23:** National Pie Day (Yum, Yum)
- 1/26:** Australia Day
- 1/27:** International Day of Commemoration in Memory of the Victims of the Holocaust
- 1/27:** National Chocolate Cake Day
- 1/30:** Duarte's Day (Dominican Republic)



* This is only a select list of dates.

Lets Eat! Here are some delicious recipes for Black History Month...

February, Black History Month, National Cancer Prevention Month, American Heart Month*

- 2/01:** Black History Month
- 2/01:** African Heritage And Health Week
- 2/01:** National Patient Recognition Week
- 2/01:** National Cancer Prevention Month



- 2/02:** Ground Hog Day (Anyone seen Phil?)
 - 2/03:** Commemoration of the Batepá Massacre
 - 2/03:** National Women Physicians Day
 - 2/04:** World Cancer Day
 - 2/04:** Rosa Parks Day
 - 2/04:** Ice Cream for Breakfast Day (Hot Fudge Sundae please)
 - 2/05:** Lantern Festival (China, Taiwan)
 - 2/05:** Burn Awareness Week
 - 2/06:** Tu Bishvat/Tu B'Shevat
 - 2/07:** Congenital Heart Defect Awareness Day
 - 2/12:** Lincolns Birthday
 - 2/13:** Random Acts of Kindness Week
 - 2/14:** Valentine's Day/St. Valentine's Day
 - 2/15:** Susan B. Anthony's Birthday
 - 2/18:** Carnival
 - 2/20:** World Day of Social Justice
 - 2/20:** President's Day
 - 2/21:** Shrove Tuesday/Mardi Gras
 - 2/22:** Ash Wednesday
 - 2/23:** National Dog Biscuit Day
 - 2/24:** Independence Day (Estonia)
 - 2/27:** National Eating Disorders Awareness Week
- * This is only a select list of dates.

Healthy Valentine's Day Recipes

March: Ramadan Begins, National Women's History Month*

- 3/01:** Zero Discrimination Day
- 3/02:** National Hospitalist Day
- 3/03:** National Employee Appreciation Day
- 3/03:** National Dress in Blue Day (Colon Cancer Awareness)
- 3/05:** International Women's Week
- 3/05:** National Dental Assistants Recognition Week
- 3/06:** National Oreo Day (Thin, Reg or Double Stuff)
- 3/06:** National Dentist's Day
- 3/07:** Purim
- 3/14:** Pi Day
- 3/17:** St. Patrick's Day



3/19: National Certified Nurses Day

3/20: March Equinox

3/21: International Day for the Elimination of Racial
Discrimination

3/23: Ramadan Begins (ends at sundown on 4/20)

3/28: National American Diabetes Assoc. Alert Day

3/30: National Doctor's Day

* This is only a select list of dates.

Tasty Ramadan Recipes.

FACTS & FICTIONS

1. Vermont was the first colony to ban slavery in 1777.
2. US giant Robert Wadlow's pituitary gland was abnormally enlarged, resulting in his unprecedented height of 272 cm (8 ft 11.1 in), which made him the tallest man ever. The tallest living man is 39-year-old Sultan Kosen, from Turkey, who is 8 feet, 2.8 inches, who set the record in 2009. His growth is also due to a pituitary issue.
3. The original name for the search engine Google was Backrub. It was renamed Google after the googol, which is the number one followed by 100 zeros.
4. In 1864, Rebecca Lee Crumpler graduated from the New England Female Medical College as the first Black woman to receive a medical degree in the U.S.
5. The heart of the blue whale, the largest animal on earth, is five feet long and weighs 400 pounds. The whale in total weighs 40,000 pounds. For comparison, an elephant's heart weighs around 30 pounds. And a human heart? A mere 10 ounces (Oh, Elephants can't jump by the way) and Octopuses have 3 hearts.
6. You should urinate on someone if they get stung by a jellyfish. Glad to hear that this is a big ole *FALSE*. According to the [American Red Cross](#) the proper way to treat a jellyfish sting is with hot water. Not only is urine not an effective treatment method, but it can even worsen the sting.
7. The world's smallest reptile was first reported in 2021. Those who think everything on the planet has already been discovered might just not be looking close enough. A tiny chameleon discovered in northern Madagascar and measuring just 28.9 millimeters is believed to be the smallest reptile on Earth. The itty bitty chameleon was recently discovered and reported in the [January 2021 issue of Scientific Reports](#).
8. Marie Curie is the only person to earn a Nobel prize in two different sciences. The pioneering researcher won the Nobel Prize in Physics in 1903 (shared with her husband) for her study of spontaneous radiation, and then won the Nobel Prize in Chemistry in 1911 for her work in radioactivity. That makes her one of just six recipients to receive multiple Nobel prizes, and the only person to receive in 2 different [Sciences](#) (Chemical engineer Linus Paulding earned a Nobel Chemistry Prize and Nobel Peace Prize, but all other multiple winners received theirs in the same category).
9. Ramadan falls on the ninth lunar month in the Islamic Calendar. The lunar calendar means the start of each month is based on various factors, such as the sighting of the moon. Therefore, like all Islamic months, the month of Ramadan rotates every year.
10. The month of Ramadan is believed to be the month in which the Holy Qur'an was revealed to Prophet Muhammad (PBUH), as a guidance for all mankind. For more on Ramadan please visit [HERE](#)

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Concluding with a song. Looking forward to your involvement!



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