



1
00:00:00,390 --> 00:02:06,709

[Music]

2
00:02:06,719 --> 00:02:25,830

you

3
00:02:30,150 --> 00:02:27,750

black history month black health and

4
00:02:32,070 --> 00:02:30,160

wellness program we are so excited to

5
00:02:33,670 --> 00:02:32,080

have you all here with us today and

6
00:02:35,190 --> 00:02:33,680

thank you so thank you for joining us

7
00:02:36,390 --> 00:02:35,200

and we look forward to you enjoying the

8
00:02:38,869 --> 00:02:36,400

show

9
00:02:40,470 --> 00:02:38,879

we're gonna go ahead and get started

10
00:02:45,589 --> 00:02:40,480

kevin if you will go to the next chart

11
00:02:50,869 --> 00:02:47,910

so i'm kirsten white i am the chair of

12
00:02:52,309 --> 00:02:50,879

the headquarters african-american erg

13
00:02:54,470 --> 00:02:52,319

called macau

14

00:02:55,830 --> 00:02:54,480

and i'm here i'm going to go through the

15

00:02:58,309 --> 00:02:55,840

agenda with you and then i'm going to

16

00:03:00,550 --> 00:02:58,319

hand it over to um to get our program

17

00:03:03,670 --> 00:03:00,560

kicked off so today we're going to have

18

00:03:05,750 --> 00:03:03,680

a welcome from mr gregory robinson the

19

00:03:06,790 --> 00:03:05,760

director of the james webb telescope

20

00:03:08,070 --> 00:03:06,800

program

21

00:03:10,149 --> 00:03:08,080

then we'll have a message from the

22

00:03:12,309 --> 00:03:10,159

houston rockets

23

00:03:14,309 --> 00:03:12,319

we'll then transition into a fireside

24

00:03:17,190 --> 00:03:14,319

chat with

25

00:03:18,790 --> 00:03:17,200

nasa astronauts so

26

00:03:21,110 --> 00:03:18,800

we're excited that they were able to

27

00:03:22,390 --> 00:03:21,120

join us for the program today and we

28

00:03:24,869 --> 00:03:22,400

look forward to that piece of the

29

00:03:27,270 --> 00:03:24,879

program um we'll then transition into

30

00:03:29,509 --> 00:03:27,280

our medical professionals we have three

31

00:03:31,190 --> 00:03:29,519

great individuals here with us today who

32

00:03:34,070 --> 00:03:31,200

are going to talk to us on a variety of

33

00:03:35,990 --> 00:03:34,080

topics dealing with

34

00:03:38,149 --> 00:03:36,000

mental health and stress

35

00:03:40,309 --> 00:03:38,159

and um in the workplace and just in

36

00:03:42,550 --> 00:03:40,319

general in life and how some tips on how

37

00:03:45,110 --> 00:03:42,560

you can deal with that

38

00:03:47,750 --> 00:03:45,120

we'll we'll round that out with a q a

39

00:03:49,589 --> 00:03:47,760

section and so if you have questions if

40

00:03:51,030 --> 00:03:49,599

you may have seen it in our kind of our

41

00:03:53,110 --> 00:03:51,040

on our housekeeping chart in the

42

00:03:54,630 --> 00:03:53,120

previous video but just put your

43

00:03:57,110 --> 00:03:54,640

questions in the chat

44

00:03:59,190 --> 00:03:57,120

and then we'll we'll have a moderator

45

00:04:01,030 --> 00:03:59,200

that will ask your questions so if you

46

00:04:02,869 --> 00:04:01,040

think of something along the way please

47

00:04:04,869 --> 00:04:02,879

utilize the chat to put your questions

48

00:04:07,110 --> 00:04:04,879

over there um and then we'll close out

49

00:04:09,030 --> 00:04:07,120

today with the associate administrator

50

00:04:11,350 --> 00:04:09,040

for diversity and equal opportunity mr

51
00:04:13,190 --> 00:04:11,360
steve she um

52
00:04:15,589 --> 00:04:13,200
so with that said i'm not gonna prolong

53
00:04:21,509 --> 00:04:15,599
us any prolonged us i'm going to hand it

54
00:04:25,510 --> 00:04:23,830
well thanks kirsten and welcome to all

55
00:04:27,430 --> 00:04:25,520
for joining us uh

56
00:04:29,030 --> 00:04:27,440
today uh certainly at the beginning of

57
00:04:29,909 --> 00:04:29,040
black history month

58
00:04:32,150 --> 00:04:29,919
um

59
00:04:33,830 --> 00:04:32,160
coincidentally i received a note from my

60
00:04:36,629 --> 00:04:33,840
wife this morning

61
00:04:38,390 --> 00:04:36,639
uh saying that black history is not

62
00:04:40,230 --> 00:04:38,400
just today or this month black history

63
00:04:43,030 --> 00:04:40,240

is a lifetime

64

00:04:45,110 --> 00:04:43,040

so i know we all live it but i think we

65

00:04:47,590 --> 00:04:45,120

need to take the time to appreciate it

66

00:04:49,990 --> 00:04:47,600

uh that it's a lifetime

67

00:04:52,469 --> 00:04:50,000

as i think back to um

68

00:04:55,189 --> 00:04:52,479

some of my early mentors and folks who

69

00:04:57,350 --> 00:04:55,199

influenced me directly indirectly and

70

00:04:59,189 --> 00:04:57,360

where we are today

71

00:05:01,430 --> 00:04:59,199

and i just happened to be in baltimore i

72

00:05:03,029 --> 00:05:01,440

just drove back today um at the space

73

00:05:05,189 --> 00:05:03,039

telescope science institute where we're

74

00:05:06,230 --> 00:05:05,199

doing uh commissioning for mission ops

75

00:05:09,189 --> 00:05:06,240

for

76
00:05:10,710 --> 00:05:09,199
uh james webb space telescope i thought

77
00:05:14,550 --> 00:05:10,720
about all of the rich history in

78
00:05:16,629 --> 00:05:14,560
baltimore of people like

79
00:05:17,830 --> 00:05:16,639
garrett morgan elijah mccooy and people

80
00:05:19,510 --> 00:05:17,840
like that

81
00:05:21,670 --> 00:05:19,520
of course um

82
00:05:24,790 --> 00:05:21,680
we've all lived uh the katherine johnson

83
00:05:27,029 --> 00:05:24,800
story and with her as well in recent

84
00:05:29,270 --> 00:05:27,039
years

85
00:05:33,110 --> 00:05:29,280
and and folks like roy clay in silicon

86
00:05:35,029 --> 00:05:33,120
valley many many giant pioneers that we

87
00:05:37,350 --> 00:05:35,039
we can reflect on

88
00:05:39,029 --> 00:05:37,360

and and of course we can never forget

89

00:05:41,430 --> 00:05:39,039

our early explorers particularly in

90

00:05:43,189 --> 00:05:41,440

space uh you know ed dwight's and the

91

00:05:45,189 --> 00:05:43,199

guy blueford's

92

00:05:46,950 --> 00:05:45,199

through um

93

00:05:48,550 --> 00:05:46,960

um

94

00:05:50,390 --> 00:05:48,560

please i'm trying to flank our but i do

95

00:05:51,270 --> 00:05:50,400

that uh fred gregory also a mentor of

96

00:05:52,950 --> 00:05:51,280

mine

97

00:05:54,870 --> 00:05:52,960

charlie bolden and up through may

98

00:05:56,469 --> 00:05:54,880

jameson and there are many many more who

99

00:05:58,790 --> 00:05:56,479

you hear from today

100

00:06:01,110 --> 00:05:58,800

and they're all pioneers uh in their own

101
00:06:03,430 --> 00:06:01,120
right and continue to influence

102
00:06:05,270 --> 00:06:03,440
uh our communities and we thank them for

103
00:06:07,990 --> 00:06:05,280
that and certainly we hear a lot today

104
00:06:10,790 --> 00:06:08,000
about wellness um black health

105
00:06:12,629 --> 00:06:10,800
uh many many giants there going way back

106
00:06:14,390 --> 00:06:12,639
uh a century

107
00:06:16,710 --> 00:06:14,400
i have to remember what century i'm in a

108
00:06:19,189 --> 00:06:16,720
couple centuries ago people like

109
00:06:20,870 --> 00:06:19,199
uh rebecca crumpler of course

110
00:06:22,550 --> 00:06:20,880
charles drew and

111
00:06:25,670 --> 00:06:22,560
vivian thomas

112
00:06:27,510 --> 00:06:25,680
um and even recently uh the

113
00:06:28,950 --> 00:06:27,520

i say young lady because i'm getting old

114

00:06:30,870 --> 00:06:28,960

uh the young lady that played a lead

115

00:06:33,749 --> 00:06:30,880

role in

116

00:06:34,950 --> 00:06:33,759

discovering the vaccines uh for

117

00:06:35,909 --> 00:06:34,960

uh

118

00:06:38,150 --> 00:06:35,919

i'll

119

00:06:41,029 --> 00:06:38,160

murder her first name

120

00:06:42,870 --> 00:06:41,039

kaz mccare uh corbett

121

00:06:43,990 --> 00:06:42,880

um but you can look up and get her name

122

00:06:46,870 --> 00:06:44,000

just write

123

00:06:48,309 --> 00:06:46,880

just so many so many giants um

124

00:06:49,670 --> 00:06:48,319

and again you will hear from many of

125

00:06:51,990 --> 00:06:49,680

them today

126

00:06:53,189 --> 00:06:52,000

uh one thing i reflect on and then i'll

127

00:06:54,629 --> 00:06:53,199

hand it off

128

00:06:56,710 --> 00:06:54,639

we often say everything we need to know

129

00:06:58,550 --> 00:06:56,720

we learned in kindergarten

130

00:07:00,710 --> 00:06:58,560

so when we used to line up to go out for

131

00:07:02,950 --> 00:07:00,720

recess

132

00:07:04,469 --> 00:07:02,960

that was to keep your body in motion

133

00:07:06,230 --> 00:07:04,479

and that's what we should do for the

134

00:07:08,469 --> 00:07:06,240

rest of our lives keep our bodies in

135

00:07:11,189 --> 00:07:08,479

motion of course they tried to feed us

136

00:07:12,150 --> 00:07:11,199

very healthy meals and snacks

137

00:07:14,550 --> 00:07:12,160

um

138

00:07:17,350 --> 00:07:14,560

and we continue to practice that today

139

00:07:19,909 --> 00:07:17,360

it's that important and keeping our

140

00:07:21,350 --> 00:07:19,919

minds uh sharp and busy

141

00:07:24,150 --> 00:07:21,360

i think if we can do those things that

142

00:07:26,469 --> 00:07:24,160

we learned in kindergarten we'll be okay

143

00:07:29,189 --> 00:07:26,479

but the panel here today will tell us a

144

00:07:31,270 --> 00:07:29,199

lot more about what we can do and about

145

00:07:33,830 --> 00:07:31,280

the data and what it's telling us

146

00:07:36,230 --> 00:07:33,840

so i look forward to hearing the rest of

147

00:07:38,629 --> 00:07:36,240

the panel panelists

148

00:07:39,830 --> 00:07:38,639

and again welcome and welcome to black

149

00:07:41,029 --> 00:07:39,840

history month

150

00:07:57,430 --> 00:07:41,039

thank you and i'll hand it off to

151
00:08:01,189 --> 00:08:00,230
welcome to the 2022 black history month

152
00:08:03,909 --> 00:08:01,199
program

153
00:08:29,110 --> 00:08:03,919
now we will have a special message from

154
00:08:31,990 --> 00:08:30,629
hi everyone this is armani brooks from

155
00:08:34,070 --> 00:08:32,000
the houston rockets

156
00:08:36,070 --> 00:08:34,080
and i'm willie cruz director of athletic

157
00:08:37,750 --> 00:08:36,080
performance for the houston rockets as a

158
00:08:39,990 --> 00:08:37,760
professional athlete nutrition and

159
00:08:42,149 --> 00:08:40,000
exercise is important for my performance

160
00:08:44,630 --> 00:08:42,159
nutrition and exercise are important for

161
00:08:47,590 --> 00:08:44,640
athletes because they help increase

162
00:08:50,070 --> 00:08:47,600
energy levels build strong muscles and

163
00:08:52,070 --> 00:08:50,080

help with overall bone health one of my

164

00:08:54,470 --> 00:08:52,080

go-to healthy meals during the season is

165

00:08:56,230 --> 00:08:54,480

grilled chicken pasta with asparagus and

166

00:08:58,070 --> 00:08:56,240

my favorite exercise to stay in shape

167

00:09:00,470 --> 00:08:58,080

during the season is the versaclimber

168

00:09:03,030 --> 00:09:00,480

health should be a focus for everyone

169

00:09:05,269 --> 00:09:03,040

because it prevents chronic diseases and

170

00:09:07,030 --> 00:09:05,279

helps with our longevity helping us to

171

00:09:09,509 --> 00:09:07,040

thrive in our daily lives

172

00:09:11,350 --> 00:09:09,519

as we celebrate black history month we

173

00:09:13,430 --> 00:09:11,360

hope you'll join us in putting a

174

00:09:16,710 --> 00:09:13,440

priority on your health and wellness

175

00:09:21,670 --> 00:09:16,720

thank you nasa and enjoy the event

176

00:09:27,030 --> 00:09:25,030

hi i'm candace palacios-hong and i am

177

00:09:30,150 --> 00:09:27,040

the chair of the johnson space center

178

00:09:32,630 --> 00:09:30,160

a-a-e-r-g and we would like to thank the

179

00:09:33,910 --> 00:09:32,640

as the aerg collaboration team we would

180

00:09:37,030 --> 00:09:33,920

like to thank the houston rockets for

181

00:09:39,430 --> 00:09:37,040

participating in this year's program

182

00:09:41,350 --> 00:09:39,440

now up next we are going to see a panel

183

00:09:43,590 --> 00:09:41,360

discussion that i have the honor to

184

00:09:45,509 --> 00:09:43,600

moderate with our astronauts victor

185

00:09:48,150 --> 00:09:45,519

glover jeanette epps

186

00:09:50,389 --> 00:09:48,160

stephanie wilson and jessica watkins as

187

00:09:51,350 --> 00:09:50,399

they discuss health and wellness in

188

00:09:53,350 --> 00:09:51,360

space

189

00:09:55,350 --> 00:09:53,360

which will talk about their nutrition

190

00:09:56,870 --> 00:09:55,360

their mental health and as well as their

191

00:10:26,630 --> 00:09:56,880

physical health

192

00:10:31,030 --> 00:10:28,550

hello welcome everyone i am candace

193

00:10:32,949 --> 00:10:31,040

palacios hong i support the office of

194

00:10:34,790 --> 00:10:32,959

the chief financial officer

195

00:10:36,710 --> 00:10:34,800

as the space technology admissions

196

00:10:37,590 --> 00:10:36,720

directorate integrator for johnson space

197

00:10:40,069 --> 00:10:37,600

center

198

00:10:42,310 --> 00:10:40,079

and a large part of my job is bringing

199

00:10:44,310 --> 00:10:42,320

people together so as the chair of the

200

00:10:45,590 --> 00:10:44,320

african american employee resource group

201
00:10:48,310 --> 00:10:45,600
for johnson

202
00:10:51,190 --> 00:10:48,320
i am excited to have a panel discussion

203
00:10:53,750 --> 00:10:51,200
today with these four amazing astronauts

204
00:10:57,829 --> 00:10:53,760
we have jeanette x victor glover

205
00:11:01,509 --> 00:10:57,839
stephanie wilson and jessica watkins

206
00:11:03,269 --> 00:11:01,519
um each one has such an incredible bio

207
00:11:05,829 --> 00:11:03,279
we could spend the whole day talking

208
00:11:08,310 --> 00:11:05,839
about them i encourage everyone to go to

209
00:11:10,150 --> 00:11:08,320
nasa.gov backslash astronauts to get

210
00:11:12,550 --> 00:11:10,160
more information on them

211
00:11:14,710 --> 00:11:12,560
but today they are going to be talking

212
00:11:17,590 --> 00:11:14,720
about this year's black history month

213
00:11:19,430 --> 00:11:17,600

theme which is about wellness

214

00:11:20,630 --> 00:11:19,440

coming from four different astronaut

215

00:11:24,230 --> 00:11:20,640

classes

216

00:11:26,310 --> 00:11:24,240

one just landing and three preparing for

217

00:11:28,310 --> 00:11:26,320

new missions they are going to have a

218

00:11:30,870 --> 00:11:28,320

great um unique perspective about

219

00:11:33,910 --> 00:11:30,880

wellness i will be touching on mental

220

00:11:35,030 --> 00:11:33,920

health nutrition as well as physical

221

00:11:36,949 --> 00:11:35,040

health

222

00:11:40,389 --> 00:11:36,959

so thank you again other four of you for

223

00:11:43,269 --> 00:11:40,399

joining me today about this discussion

224

00:11:46,150 --> 00:11:43,279

so i'm going to start with jessica um as

225

00:11:48,150 --> 00:11:46,160

you prepare for space x4 how are you

226

00:11:55,030 --> 00:11:48,160

preparing mentally for your extended

227

00:11:55,040 --> 00:11:59,430

oh you have to unmute yourself fear you

228

00:12:03,590 --> 00:12:00,710

that would help

229

00:12:05,590 --> 00:12:03,600

um yes it's a great question and you

230

00:12:08,629 --> 00:12:05,600

know i think mental health and wellness

231

00:12:10,069 --> 00:12:08,639

um has many parts to it so when i when i

232

00:12:11,829 --> 00:12:10,079

think about how i prepare mentally

233

00:12:12,629 --> 00:12:11,839

there's a lot of different aspects to

234

00:12:16,389 --> 00:12:12,639

that

235

00:12:18,949 --> 00:12:16,399

for me is um

236

00:12:21,110 --> 00:12:18,959

is just investing in my relationships um

237

00:12:22,550 --> 00:12:21,120

the people around me are really what

238

00:12:24,870 --> 00:12:22,560

allow me to be

239

00:12:27,670 --> 00:12:24,880

mentally strong and mentally healthy and

240

00:12:29,350 --> 00:12:27,680

so really investing into um

241

00:12:31,030 --> 00:12:29,360

you know pouring pouring into other

242

00:12:32,470 --> 00:12:31,040

people's lives and allowing them to pour

243

00:12:33,750 --> 00:12:32,480

into mine

244

00:12:36,069 --> 00:12:33,760

is really what

245

00:12:39,190 --> 00:12:36,079

um gives me

246

00:12:42,790 --> 00:12:39,200

energy and encouragement uh to continue

247

00:12:44,629 --> 00:12:42,800

um with training and on into the mission

248

00:12:46,629 --> 00:12:44,639

awesome um

249

00:12:48,710 --> 00:12:46,639

also what are you preparing as far as

250

00:12:52,310 --> 00:12:48,720

how you're changing your eating habits

251
00:12:55,030 --> 00:12:52,320
um as you get ready to to head out yeah

252
00:12:56,470 --> 00:12:55,040
of course nutrition is a super important

253
00:12:59,509 --> 00:12:56,480
aspect of

254
00:13:01,430 --> 00:12:59,519
life on station um and we have a huge

255
00:13:03,590 --> 00:13:01,440
team of people on the ground that help

256
00:13:05,590 --> 00:13:03,600
us keep track of that um so victor can

257
00:13:07,590 --> 00:13:05,600
talk about it a little bit more but we

258
00:13:09,829 --> 00:13:07,600
have a program where we can record

259
00:13:12,069 --> 00:13:09,839
everything that we eat and all of the

260
00:13:14,230 --> 00:13:12,079
nutrition facts that are in each of

261
00:13:15,590 --> 00:13:14,240
those foods get recorded and downloaded

262
00:13:17,350 --> 00:13:15,600
on the ground so

263
00:13:19,509 --> 00:13:17,360

the team can track and make sure that

264

00:13:21,590 --> 00:13:19,519

we're getting everything that we need to

265

00:13:23,750 --> 00:13:21,600

um so in preparation for that we kind of

266

00:13:25,509 --> 00:13:23,760

want to have the same mentality here on

267

00:13:27,750 --> 00:13:25,519

the ground you're thinking about what we

268

00:13:31,190 --> 00:13:27,760

consume thinking about you know food as

269

00:13:33,430 --> 00:13:31,200

energy and as fuel um so that we can

270

00:13:34,870 --> 00:13:33,440

enable ourselves to be physically and

271

00:13:36,870 --> 00:13:34,880

mentally well

272

00:13:39,030 --> 00:13:36,880

awesome so you have victor as someone

273

00:13:41,269 --> 00:13:39,040

who just landed how did how did you go

274

00:13:43,430 --> 00:13:41,279

ahead and prepare for that

275

00:13:45,030 --> 00:13:43,440

i think the the first and most important

276

00:13:47,189 --> 00:13:45,040

thing is to recognize that you need to

277

00:13:49,269 --> 00:13:47,199

do it and to be intentional about

278

00:13:50,870 --> 00:13:49,279

preparing for that aspect of the mission

279

00:13:52,629 --> 00:13:50,880

it's easy to focus on the technical

280

00:13:54,949 --> 00:13:52,639

things and operational things space

281

00:13:56,870 --> 00:13:54,959

walking and and the research the many

282

00:13:58,710 --> 00:13:56,880

research projects that we have but to

283

00:14:00,870 --> 00:13:58,720

know that you do have to prepare

284

00:14:02,389 --> 00:14:00,880

yourself for this major life shift where

285

00:14:03,670 --> 00:14:02,399

you literally turn your life experience

286

00:14:06,069 --> 00:14:03,680

on his head

287

00:14:08,790 --> 00:14:06,079

is time well spent

288

00:14:10,150 --> 00:14:08,800

um i think one big thing for me was

289

00:14:12,310 --> 00:14:10,160

knowing that my family was going to be

290

00:14:14,150 --> 00:14:12,320

okay and so i told when i got assigned i

291

00:14:15,910 --> 00:14:14,160

sat my family down and told them what

292

00:14:17,110 --> 00:14:15,920

was happening and said hey nasa is going

293

00:14:18,949 --> 00:14:17,120

to spend the next two to three years

294

00:14:20,550 --> 00:14:18,959

preparing me for this mission i'm going

295

00:14:22,710 --> 00:14:20,560

to spend that same time preparing you

296

00:14:24,230 --> 00:14:22,720

for this mission and so that was a big

297

00:14:25,269 --> 00:14:24,240

part of it for me knowing that they were

298

00:14:27,430 --> 00:14:25,279

okay

299

00:14:28,389 --> 00:14:27,440

is is a big part of helping me to be

300

00:14:30,949 --> 00:14:28,399

okay

301
00:14:32,629 --> 00:14:30,959
and uh let's see well i'll answer more

302
00:14:34,550 --> 00:14:32,639
questions about food later if we get

303
00:14:37,590 --> 00:14:34,560
into that too

304
00:14:39,750 --> 00:14:37,600
awesome um so jeanette

305
00:14:42,470 --> 00:14:39,760
what are the special exercises and

306
00:14:43,509 --> 00:14:42,480
routines that you do to one prepare for

307
00:14:45,910 --> 00:14:43,519
a mission

308
00:14:47,750 --> 00:14:45,920
and then two that you do while you're

309
00:14:50,069 --> 00:14:47,760
on a mission

310
00:14:52,230 --> 00:14:50,079
well for me right now one of the big

311
00:14:54,629 --> 00:14:52,240
things that i'm learning is that i need

312
00:14:57,269 --> 00:14:54,639
to work every muscle especially as i get

313
00:15:00,150 --> 00:14:57,279

older so like recently one of the

314

00:15:03,350 --> 00:15:00,160

challenges that i had was doing the 100

315

00:15:05,750 --> 00:15:03,360

kettlebell swings you know per day

316

00:15:07,829 --> 00:15:05,760

at least three or four times a week so

317

00:15:10,230 --> 00:15:07,839

for me that's just a way to build muscle

318

00:15:12,470 --> 00:15:10,240

from head to toe and build your entire

319

00:15:14,550 --> 00:15:12,480

body up to strengthen you so that when

320

00:15:16,550 --> 00:15:14,560

you do fly you've got the strength the

321

00:15:18,870 --> 00:15:16,560

mental capacity you've got everything

322

00:15:21,829 --> 00:15:18,880

going for you so that's one of the big

323

00:15:22,870 --> 00:15:21,839

exercise things that i'm focusing on now

324

00:15:25,990 --> 00:15:22,880

especially

325

00:15:28,870 --> 00:15:26,000

leading up to a flight is getting strong

326

00:15:30,550 --> 00:15:28,880

completely from head to toe and making

327

00:15:32,069 --> 00:15:30,560

sure that i'm ready to go and i can

328

00:15:35,030 --> 00:15:32,079

withstand anything and i'm ready for

329

00:15:36,870 --> 00:15:35,040

whatever comes at me

330

00:15:39,430 --> 00:15:36,880

wow okay i might give myself that

331

00:15:43,110 --> 00:15:42,230

but no that's amazing also um

332

00:15:45,670 --> 00:15:43,120

so

333

00:15:48,790 --> 00:15:45,680

going into stephanie what would as far

334

00:15:51,430 --> 00:15:48,800

as preparing yourself um for self-care

335

00:15:52,550 --> 00:15:51,440

that looks a lot different um on earth

336

00:15:56,310 --> 00:15:52,560

as it does in

337

00:15:59,030 --> 00:15:56,320

space so what is something of you doing

338

00:16:00,389 --> 00:15:59,040

to prepare yourself for self-care um and

339

00:16:02,230 --> 00:16:00,399

then victor if you could go i know you

340

00:16:03,829 --> 00:16:02,240

said you talked about your family after

341

00:16:07,749 --> 00:16:03,839

that

342

00:16:11,269 --> 00:16:07,759

and actually self-care preparation is uh

343

00:16:14,150 --> 00:16:11,279

similar um what we do on earth it can be

344

00:16:15,829 --> 00:16:14,160

similar to what we do in space a lot of

345

00:16:18,310 --> 00:16:15,839

the work that we do leading up to the

346

00:16:20,310 --> 00:16:18,320

mission the training the preparation

347

00:16:23,430 --> 00:16:20,320

preparing our families

348

00:16:24,310 --> 00:16:23,440

and in order to be vibrant parts of the

349

00:16:27,350 --> 00:16:24,320

team

350

00:16:29,430 --> 00:16:27,360

we have to express and uh be good at

351
00:16:32,550 --> 00:16:29,440
self-care on the ground and that

352
00:16:33,829 --> 00:16:32,560
translate translates also into our work

353
00:16:35,590 --> 00:16:33,839
on orbit

354
00:16:37,670 --> 00:16:35,600
being member of the team

355
00:16:40,550 --> 00:16:37,680
working with mission control being a

356
00:16:41,670 --> 00:16:40,560
good crew member being a good

357
00:16:43,269 --> 00:16:41,680
teammate

358
00:16:45,990 --> 00:16:43,279
also

359
00:16:48,470 --> 00:16:46,000
it's very helpful when

360
00:16:51,509 --> 00:16:48,480
the crew member experiences and

361
00:16:53,990 --> 00:16:51,519
participates and

362
00:16:56,389 --> 00:16:54,000
does uh self-care

363
00:16:58,230 --> 00:16:56,399

also and so that is something that is

364

00:17:04,150 --> 00:16:58,240

constant throughout all of the work that

365

00:17:07,750 --> 00:17:06,309

yeah great questions and i love what you

366

00:17:09,270 --> 00:17:07,760

know what what these things are bringing

367

00:17:11,510 --> 00:17:09,280

up and and how you're going to get a lot

368

00:17:12,949 --> 00:17:11,520

of different perspectives on it and so i

369

00:17:15,829 --> 00:17:12,959

think that uh

370

00:17:18,549 --> 00:17:15,839

um intentionality again is a big part of

371

00:17:20,230 --> 00:17:18,559

it and because humans are who are

372

00:17:21,990 --> 00:17:20,240

creatures of habit yeah i think it's

373

00:17:24,069 --> 00:17:22,000

important to have good habits and like

374

00:17:25,990 --> 00:17:24,079

stephanie said you're not going to all

375

00:17:27,669 --> 00:17:26,000

of a sudden gain these new skills on

376

00:17:29,350 --> 00:17:27,679

orbit in fact that's a dangerous

377

00:17:31,190 --> 00:17:29,360

strategy if you're trying to wait till

378

00:17:33,190 --> 00:17:31,200

you're on orbit to do something so

379

00:17:35,190 --> 00:17:33,200

building good strategies on the ground

380

00:17:37,350 --> 00:17:35,200

but also because you know i i just went

381

00:17:39,350 --> 00:17:37,360

from not having flown to having flown

382

00:17:41,430 --> 00:17:39,360

for the first time and so that you know

383

00:17:43,990 --> 00:17:41,440

unknown aspect of it creates this

384

00:17:46,549 --> 00:17:44,000

challenging and and you know knowing

385

00:17:48,470 --> 00:17:46,559

that hey i'm gonna get there and have to

386

00:17:50,710 --> 00:17:48,480

adjust on the fly as well i mean i've

387

00:17:51,990 --> 00:17:50,720

got the skills the training i've tried

388

00:17:54,470 --> 00:17:52,000

to do these things to take care of

389

00:17:56,070 --> 00:17:54,480

myself one strategy that i took in

390

00:17:57,830 --> 00:17:56,080

preparing for this mission you know

391

00:17:59,830 --> 00:17:57,840

listening to people like stephanie who

392

00:18:02,470 --> 00:17:59,840

was a mentor to me and other folks who

393

00:18:04,470 --> 00:18:02,480

had recently returned i knew that it was

394

00:18:06,470 --> 00:18:04,480

important to keep things simple

395

00:18:08,630 --> 00:18:06,480

so keeping things simple allowed me to

396

00:18:11,190 --> 00:18:08,640

be flexible and that allowed me to keep

397

00:18:13,110 --> 00:18:11,200

my stress levels low so anything that

398

00:18:14,390 --> 00:18:13,120

you know was a stressor that i could get

399

00:18:16,310 --> 00:18:14,400

rid of you know there are going to be

400

00:18:18,789 --> 00:18:16,320

natural stressors but things that i

401

00:18:21,110 --> 00:18:18,799

could control i tried to keep it very

402

00:18:22,870 --> 00:18:21,120

simple so that when i got to space and

403

00:18:25,270 --> 00:18:22,880

things weren't exactly like they are on

404

00:18:27,750 --> 00:18:25,280

earth and now i have to adapt to living

405

00:18:29,669 --> 00:18:27,760

in weightlessness and managing this new

406

00:18:32,070 --> 00:18:29,679

problem set you know that you can't

407

00:18:34,310 --> 00:18:32,080

effectively train for you can't train

408

00:18:36,310 --> 00:18:34,320

for the integrated real world experience

409

00:18:38,630 --> 00:18:36,320

of living on iss on earth it's just not

410

00:18:40,310 --> 00:18:38,640

possible you get little pieces of it but

411

00:18:42,789 --> 00:18:40,320

then you go to space and it's all

412

00:18:44,630 --> 00:18:42,799

together all day every day and so

413

00:18:47,669 --> 00:18:44,640

keeping it simple is one important

414

00:18:49,669 --> 00:18:47,679

aspect in my opinion of having uh an

415

00:18:51,750 --> 00:18:49,679

effective strategy for coping with

416

00:18:53,510 --> 00:18:51,760

stresses and health and well-being on

417

00:18:55,909 --> 00:18:53,520

iss and like i said we're creatures of

418

00:18:57,430 --> 00:18:55,919

habit so the other thing is too is you

419

00:18:59,270 --> 00:18:57,440

know thinking about mathematics and how

420

00:19:00,870 --> 00:18:59,280

you add up the area under a curve

421

00:19:03,270 --> 00:19:00,880

integrals right it's essentially adding

422

00:19:04,789 --> 00:19:03,280

up little bits along the way and so

423

00:19:06,789 --> 00:19:04,799

instead of thinking about these sweeping

424

00:19:08,549 --> 00:19:06,799

changes it's january and people are

425

00:19:10,310 --> 00:19:08,559

setting new year's resolutions but

426
00:19:13,029 --> 00:19:10,320
really it's about small things that you

427
00:19:14,710 --> 00:19:13,039
can maintain forever drinking more water

428
00:19:16,549 --> 00:19:14,720
going to bed a little bit earlier and

429
00:19:18,630 --> 00:19:16,559
getting more sleep things like that as

430
00:19:21,029 --> 00:19:18,640
opposed to this new workout regime you

431
00:19:23,590 --> 00:19:21,039
know having these small but consistent

432
00:19:25,990 --> 00:19:23,600
things that we can maintain again are

433
00:19:27,830 --> 00:19:26,000
are an important part of a good health

434
00:19:29,750 --> 00:19:27,840
and wellness strategy

435
00:19:31,909 --> 00:19:29,760
awesome and so with that said as you

436
00:19:34,070 --> 00:19:31,919
said when you know when you're um in

437
00:19:36,150 --> 00:19:34,080
orbit you're with a different group of

438
00:19:37,909 --> 00:19:36,160

people right you're not always um you

439

00:19:41,110 --> 00:19:37,919

know it's not always the same crew each

440

00:19:41,909 --> 00:19:41,120

time so how about what is it like to

441

00:19:43,830 --> 00:19:41,919

um

442

00:19:44,789 --> 00:19:43,840

be with different individuals where

443

00:19:47,669 --> 00:19:44,799

you're adapting to different

444

00:19:50,310 --> 00:19:47,679

personalities and how important is

445

00:19:52,870 --> 00:19:50,320

everybody's um whether it's humor

446

00:19:54,710 --> 00:19:52,880

or you know understanding if you said if

447

00:19:56,710 --> 00:19:54,720

things are changing how do you adapt to

448

00:19:58,070 --> 00:19:56,720

those different personalities in a very

449

00:20:00,549 --> 00:19:58,080

unique setting

450

00:20:03,350 --> 00:20:00,559

sure i'll start and that um

451
00:20:05,830 --> 00:20:03,360
it is important to be adaptable and that

452
00:20:08,470 --> 00:20:05,840
is also a skill that we look for when we

453
00:20:10,950 --> 00:20:08,480
select classes we look for individuals

454
00:20:14,149 --> 00:20:10,960
who can be flexible and can be adaptable

455
00:20:16,470 --> 00:20:14,159
can function as leaders and followers

456
00:20:17,669 --> 00:20:16,480
and so that general theme carries

457
00:20:19,590 --> 00:20:17,679
through

458
00:20:22,310 --> 00:20:19,600
as we work with individuals in our

459
00:20:25,669 --> 00:20:22,320
office and also with other organizations

460
00:20:29,510 --> 00:20:25,679
and then when we come to uh being part

461
00:20:32,310 --> 00:20:29,520
of a of a particular crew

462
00:20:35,029 --> 00:20:32,320
and every crew is different and so even

463
00:20:36,630 --> 00:20:35,039

as individuals so we may have

464

00:20:39,190 --> 00:20:36,640

certain characteristics or certain

465

00:20:41,190 --> 00:20:39,200

things that we like different uh parts

466

00:20:43,029 --> 00:20:41,200

of our personalities may come out as

467

00:20:44,549 --> 00:20:43,039

we're with different uh

468

00:20:46,630 --> 00:20:44,559

uh different

469

00:20:50,070 --> 00:20:46,640

crews or different

470

00:20:52,470 --> 00:20:50,080

we're able to i guess i should say

471

00:20:54,230 --> 00:20:52,480

focus and or stress different aspects of

472

00:20:56,549 --> 00:20:54,240

our personalities and so we'll have a

473

00:20:58,950 --> 00:20:56,559

chance to as we have different roles

474

00:21:02,470 --> 00:20:58,960

function uh in different ways doing

475

00:21:05,430 --> 00:21:02,480

different activities but also um having

476
00:21:06,549 --> 00:21:05,440
a chance to have some down time share

477
00:21:09,669 --> 00:21:06,559
stories

478
00:21:12,310 --> 00:21:09,679
uh have some humor uh that's also part

479
00:21:13,669 --> 00:21:12,320
of the uh off time or the personal time

480
00:21:16,789 --> 00:21:13,679
that we're able to

481
00:21:18,710 --> 00:21:16,799
to share and so those things

482
00:21:21,190 --> 00:21:18,720
we do have a chance to experience those

483
00:21:24,149 --> 00:21:21,200
things and it is important to be as

484
00:21:27,029 --> 00:21:24,159
flexible as possible and to know that

485
00:21:28,830 --> 00:21:27,039
one's role may change or

486
00:21:31,110 --> 00:21:28,840
different aspects of

487
00:21:33,430 --> 00:21:31,120
personality uh may change with different

488
00:21:35,990 --> 00:21:33,440

crew members uh as being part of

489

00:21:38,310 --> 00:21:36,000

different groups

490

00:21:40,390 --> 00:21:38,320

well i haven't flown but um i can add

491

00:21:42,149 --> 00:21:40,400

just from the experience of doing all

492

00:21:44,470 --> 00:21:42,159

these analog missions

493

00:21:46,230 --> 00:21:44,480

and one of the things um that you know

494

00:21:48,390 --> 00:21:46,240

either your natural

495

00:21:49,270 --> 00:21:48,400

personality comes out especially doing

496

00:21:51,270 --> 00:21:49,280

um

497

00:21:54,470 --> 00:21:51,280

a nose class that's the national outdoor

498

00:21:56,710 --> 00:21:54,480

leadership living underwater or living

499

00:21:58,950 --> 00:21:56,720

in a cave and all of these analog

500

00:22:00,870 --> 00:21:58,960

missions you end up living with people

501
00:22:02,789 --> 00:22:00,880
who you don't normally spend time with

502
00:22:04,870 --> 00:22:02,799
and you can spend a lot of time doing

503
00:22:07,590 --> 00:22:04,880
like we talked about the self-care

504
00:22:09,750 --> 00:22:07,600
the nutrition but also getting to know

505
00:22:10,710 --> 00:22:09,760
your teammates and doing teen care as

506
00:22:13,669 --> 00:22:10,720
well

507
00:22:15,909 --> 00:22:13,679
so i do think that the aspect of

508
00:22:17,669 --> 00:22:15,919
living together can we can kind of get a

509
00:22:19,510 --> 00:22:17,679
little bit of taste of that here on

510
00:22:21,909 --> 00:22:19,520
earth through all of the analog missions

511
00:22:23,669 --> 00:22:21,919
that we have and even being deployed

512
00:22:26,390 --> 00:22:23,679
like with the military or in other

513
00:22:29,029 --> 00:22:26,400

places you become very self-aware and

514

00:22:31,190 --> 00:22:29,039

you become more flexible adaptable and

515

00:22:32,710 --> 00:22:31,200

understanding of other people so that

516

00:22:33,750 --> 00:22:32,720

when you do live with different people

517

00:22:36,070 --> 00:22:33,760

you can be a little bit more

518

00:22:39,990 --> 00:22:36,080

understanding a lot more understanding

519

00:22:40,950 --> 00:22:40,000

actually and even more flexible

520

00:22:42,950 --> 00:22:40,960

yeah i

521

00:22:45,110 --> 00:22:42,960

i certainly echo what these guys have

522

00:22:46,470 --> 00:22:45,120

said and would would just add that you

523

00:22:48,230 --> 00:22:46,480

know i think one of the unique things

524

00:22:51,510 --> 00:22:48,240

one of the coolest parts about what we

525

00:22:53,510 --> 00:22:51,520

do on iss is that we we have to both

526

00:22:56,390 --> 00:22:53,520

live and work together

527

00:22:57,990 --> 00:22:56,400

and live slash play and work together

528

00:23:00,710 --> 00:22:58,000

right and so in in many other

529

00:23:02,950 --> 00:23:00,720

environments um aside from the analog is

530

00:23:04,710 --> 00:23:02,960

a great great example but um in a lot of

531

00:23:07,270 --> 00:23:04,720

work environments you know you have to

532

00:23:09,510 --> 00:23:07,280

be adaptable and flexible professionally

533

00:23:11,510 --> 00:23:09,520

and that's certainly true on board but

534

00:23:14,310 --> 00:23:11,520

there's this added aspect of being

535

00:23:16,710 --> 00:23:14,320

flexible and adaptable in um you know

536

00:23:19,190 --> 00:23:16,720

kind of more of the the living side of

537

00:23:21,110 --> 00:23:19,200

things the in-between spaces and in the

538

00:23:22,549 --> 00:23:21,120

everyday activities

539

00:23:24,549 --> 00:23:22,559

and so i think that's where spending

540

00:23:26,149 --> 00:23:24,559

time together really fully understanding

541

00:23:28,549 --> 00:23:26,159

each other both as

542

00:23:29,909 --> 00:23:28,559

colleagues but also as friends and and

543

00:23:30,950 --> 00:23:29,919

as

544

00:23:35,190 --> 00:23:30,960

you know

545

00:23:37,350 --> 00:23:35,200

peers is what really makes iss super fun

546

00:23:38,870 --> 00:23:37,360

uh just honestly seeing these three

547

00:23:40,390 --> 00:23:38,880

ladies faces i mean i would love the

548

00:23:42,310 --> 00:23:40,400

four of us i think would make a great

549

00:23:44,149 --> 00:23:42,320

crew i would love to fly with them you

550

00:23:46,070 --> 00:23:44,159

know and it just like like stephanie

551
00:23:48,470 --> 00:23:46,080
said we put a lot of effort into picking

552
00:23:50,950 --> 00:23:48,480
people that that exhibit adaptability

553
00:23:52,549 --> 00:23:50,960
and flexibility professionally

554
00:23:53,990 --> 00:23:52,559
and when you get to this office you know

555
00:23:55,350 --> 00:23:54,000
someone told me early on i don't care

556
00:23:57,830 --> 00:23:55,360
what you're used to i care what you can

557
00:23:59,590 --> 00:23:57,840
adapt to i think that is a huge part of

558
00:24:01,669 --> 00:23:59,600
being successful in this job is being

559
00:24:03,830 --> 00:24:01,679
able to adapt but that's a hard thing to

560
00:24:05,750 --> 00:24:03,840
exercise right on earth we generally try

561
00:24:07,909 --> 00:24:05,760
to you know try to prioritize

562
00:24:09,990 --> 00:24:07,919
convenience and efficiency and and when

563
00:24:11,590 --> 00:24:10,000

you get to space you know you're not

564

00:24:13,269 --> 00:24:11,600

always going to be in in a in a

565

00:24:14,310 --> 00:24:13,279

situation where that is the priority

566

00:24:15,350 --> 00:24:14,320

you're going to have to do things a

567

00:24:17,669 --> 00:24:15,360

certain way and it's going to really

568

00:24:19,350 --> 00:24:17,679

require you to be adaptable and so in

569

00:24:20,710 --> 00:24:19,360

trying to weave together a team that can

570

00:24:23,350 --> 00:24:20,720

accomplish the mission this really

571

00:24:25,430 --> 00:24:23,360

complex mission of working and living on

572

00:24:26,950 --> 00:24:25,440

the international space station we try

573

00:24:28,710 --> 00:24:26,960

to put the groups together on the ground

574

00:24:31,110 --> 00:24:28,720

so that they can get used to each other

575

00:24:32,870 --> 00:24:31,120

but with the nature of things now the

576
00:24:34,549 --> 00:24:32,880
the beginnings of this commercial crew

577
00:24:36,710 --> 00:24:34,559
program but still flying folks on

578
00:24:39,190 --> 00:24:36,720
russian spacecraft and now we're adding

579
00:24:41,590 --> 00:24:39,200
in these uh non-professional astronauts

580
00:24:43,350 --> 00:24:41,600
or space flight participants and movie

581
00:24:45,350 --> 00:24:43,360
stars and you've just got this

582
00:24:47,430 --> 00:24:45,360
interesting amalgamation of people and

583
00:24:49,110 --> 00:24:47,440
personalities that i think it's really

584
00:24:50,870 --> 00:24:49,120
going to be incumbent on us to think

585
00:24:53,830 --> 00:24:50,880
about having to do

586
00:24:56,230 --> 00:24:53,840
real-time uh bonding of a crew when you

587
00:24:57,830 --> 00:24:56,240
don't have time training on the ground

588
00:24:59,990 --> 00:24:57,840

and so and so you know we've talked

589

00:25:01,990 --> 00:25:00,000

about how to how we do it on on orbit

590

00:25:04,390 --> 00:25:02,000

how we you know try to do it on the

591

00:25:07,190 --> 00:25:04,400

ground like knowles and and nemo the

592

00:25:08,950 --> 00:25:07,200

underwater and caves expeditions one of

593

00:25:11,590 --> 00:25:08,960

the reasons it's so important though

594

00:25:13,909 --> 00:25:11,600

there's a pragmatic side to knowing your

595

00:25:16,789 --> 00:25:13,919

crew and having an understanding of them

596

00:25:18,870 --> 00:25:16,799

it's when things really uh are going

597

00:25:20,630 --> 00:25:18,880

normally nominally as nasa likes to say

598

00:25:22,070 --> 00:25:20,640

when things are nominal you could take

599

00:25:23,750 --> 00:25:22,080

anybody from our office put them

600

00:25:26,310 --> 00:25:23,760

together and that mission is going to be

601
00:25:27,990 --> 00:25:26,320
fine but when alarms start going off or

602
00:25:29,269 --> 00:25:28,000
when the schedule gets really crammed

603
00:25:31,669 --> 00:25:29,279
and you got to work through weekend

604
00:25:33,590 --> 00:25:31,679
after weekend after weekend that's when

605
00:25:35,750 --> 00:25:33,600
it's important to to really have that

606
00:25:38,070 --> 00:25:35,760
that tight bond you can really help each

607
00:25:40,149 --> 00:25:38,080
other out and when you know somebody

608
00:25:42,710 --> 00:25:40,159
well you can notice when they're when

609
00:25:44,710 --> 00:25:42,720
something has changed you know i always

610
00:25:46,789 --> 00:25:44,720
smile that's my nickname i you know hey

611
00:25:48,870 --> 00:25:46,799
ike is always smiling and for this this

612
00:25:51,430 --> 00:25:48,880
weekend he hasn't smiled once you know

613
00:25:53,430 --> 00:25:51,440

something's wrong ike is always eating

614

00:25:55,269 --> 00:25:53,440

he hasn't eaten a bite today something

615

00:25:56,710 --> 00:25:55,279

is really wrong if i'm not eating so

616

00:25:58,310 --> 00:25:56,720

it's also important to know your

617

00:26:00,710 --> 00:25:58,320

crewmates so that you know when to check

618

00:26:02,470 --> 00:26:00,720

on them because one of us or more of us

619

00:26:04,390 --> 00:26:02,480

are usually or something called a true

620

00:26:06,230 --> 00:26:04,400

medical officer and that is a very

621

00:26:08,070 --> 00:26:06,240

important part of it is the the mental

622

00:26:10,710 --> 00:26:08,080

health and well-being aspect of

623

00:26:13,269 --> 00:26:10,720

healthcare as well

624

00:26:15,510 --> 00:26:13,279

what is it like when you're the only

625

00:26:18,070 --> 00:26:15,520

woman and a woman of color

626
00:26:19,830 --> 00:26:18,080
in that room and how does that

627
00:26:21,510 --> 00:26:19,840
affect you you know mentally in that

628
00:26:23,269 --> 00:26:21,520
space and there will be times when

629
00:26:24,950 --> 00:26:23,279
you'll be in orbit and you will be the

630
00:26:27,669 --> 00:26:24,960
only woman and you may be able to call

631
00:26:30,149 --> 00:26:27,679
it um how do you prepare for that and

632
00:26:32,390 --> 00:26:30,159
kind of keep your your space in those

633
00:26:33,990 --> 00:26:32,400
environments

634
00:26:36,950 --> 00:26:34,000
being in these advanced graduate

635
00:26:38,950 --> 00:26:36,960
programs we're constantly the only one

636
00:26:41,269 --> 00:26:38,960
but i don't think that um

637
00:26:44,149 --> 00:26:41,279
i ever really focused on being the only

638
00:26:46,230 --> 00:26:44,159

one like in graduate school i focused on

639

00:26:47,990 --> 00:26:46,240

i'm a part of the team we're in the

640

00:26:49,669 --> 00:26:48,000

rotorcraft group and we're working on

641

00:26:50,950 --> 00:26:49,679

different projects but we're working on

642

00:26:53,750 --> 00:26:50,960

one system

643

00:26:56,710 --> 00:26:53,760

and so for me it was never really

644

00:26:58,390 --> 00:26:56,720

a a thing that i would focus on so i

645

00:27:00,549 --> 00:26:58,400

always like to tell little girls you

646

00:27:02,310 --> 00:27:00,559

know don't focus on being the only one

647

00:27:03,909 --> 00:27:02,320

in there but what are you going to do

648

00:27:05,029 --> 00:27:03,919

how are you going to contribute how are

649

00:27:07,909 --> 00:27:05,039

you going to make

650

00:27:09,990 --> 00:27:07,919

your team know that you're invaluable

651
00:27:12,470 --> 00:27:10,000
that you're you can be a go-to person to

652
00:27:15,110 --> 00:27:12,480
help the crewmates help anyone if they

653
00:27:17,029 --> 00:27:15,120
need it and get your job done as well so

654
00:27:18,870 --> 00:27:17,039
being a part of the crew

655
00:27:21,830 --> 00:27:18,880
rather than being the black female on

656
00:27:24,549 --> 00:27:21,840
the crew is what i focused on and that's

657
00:27:27,350 --> 00:27:24,559
what i always focus on and all of my um

658
00:27:30,070 --> 00:27:27,360
jobs when i was on the team was the only

659
00:27:33,029 --> 00:27:30,080
i could have been the only american too

660
00:27:34,789 --> 00:27:33,039
so i think um as females

661
00:27:36,630 --> 00:27:34,799
you know sometimes we do have a tendency

662
00:27:39,430 --> 00:27:36,640
to focus on that but i think and

663
00:27:42,070 --> 00:27:39,440

especially in a crew like going to space

664

00:27:45,110 --> 00:27:42,080

going to the moon even being deployed in

665

00:27:47,269 --> 00:27:45,120

different places i'm focusing on the

666

00:27:48,710 --> 00:27:47,279

crew being a member of the crew how

667

00:27:50,470 --> 00:27:48,720

you're going to contribute how you're

668

00:27:51,909 --> 00:27:50,480

going to make sure that your crew know

669

00:27:55,190 --> 00:27:51,919

that you're invaluable and that you're

670

00:28:00,630 --> 00:27:57,590

jeanette uh speaks very good words and

671

00:28:01,590 --> 00:28:00,640

my experience is very similar

672

00:28:04,630 --> 00:28:01,600

uh

673

00:28:07,510 --> 00:28:04,640

as a child of the 60s and

674

00:28:09,510 --> 00:28:07,520

going to being in college in the 80s

675

00:28:12,070 --> 00:28:09,520

there were very few women and people of

676

00:28:15,190 --> 00:28:12,080

color particularly in the stem fields

677

00:28:17,590 --> 00:28:15,200

and i have seen that grow over time and

678

00:28:19,190 --> 00:28:17,600

it's great now that there are more women

679

00:28:20,870 --> 00:28:19,200

and more people of color in the

680

00:28:24,310 --> 00:28:20,880

technical fields

681

00:28:27,350 --> 00:28:24,320

uh we're not uh having to focus on being

682

00:28:30,230 --> 00:28:27,360

uh the only one and

683

00:28:32,470 --> 00:28:30,240

for the crews that i've been a part of

684

00:28:34,789 --> 00:28:32,480

there have been other women and so that

685

00:28:36,950 --> 00:28:34,799

has been nice to share that experience

686

00:28:39,190 --> 00:28:36,960

as well and i think it is important as

687

00:28:41,669 --> 00:28:39,200

jeannette says to

688

00:28:43,669 --> 00:28:41,679

focus on being a good team member

689

00:28:44,549 --> 00:28:43,679

whatever that means for a particular

690

00:28:46,149 --> 00:28:44,559

team

691

00:28:48,789 --> 00:28:46,159

focus on

692

00:28:52,070 --> 00:28:48,799

the strengths that as an individual

693

00:28:54,070 --> 00:28:52,080

you bring to the team and

694

00:28:56,230 --> 00:28:54,080

do your best to

695

00:28:57,990 --> 00:28:56,240

ensure the success of the team you know

696

00:28:59,750 --> 00:28:58,000

and that can look different uh for

697

00:29:01,029 --> 00:28:59,760

different uh teams

698

00:29:03,029 --> 00:29:01,039

but um

699

00:29:05,830 --> 00:29:03,039

it's it's more important to focus on the

700

00:29:08,630 --> 00:29:05,840

role and to be a contributing member of

701
00:29:14,230 --> 00:29:11,110
you know i think it really is is a

702
00:29:15,830 --> 00:29:14,240
decision that we make individually on on

703
00:29:18,310 --> 00:29:15,840
how you're going to perceive the person

704
00:29:19,029 --> 00:29:18,320
this situation um it's

705
00:29:22,149 --> 00:29:19,039
it

706
00:29:24,149 --> 00:29:22,159
ignore

707
00:29:26,789 --> 00:29:24,159
that fact but you can choose to either

708
00:29:28,710 --> 00:29:26,799
see that as kind of a burden um your

709
00:29:31,110 --> 00:29:28,720
burden of representation or you can see

710
00:29:31,830 --> 00:29:31,120
it as an opportunity as these guys

711
00:29:35,350 --> 00:29:31,840
have

712
00:29:38,230 --> 00:29:35,360
opportunity to

713
00:29:42,149 --> 00:29:38,240

uh show we're capable of as individuals

714

00:29:44,149 --> 00:29:42,159

um and and then and in doing so also

715

00:29:46,549 --> 00:29:44,159

paved the way for people that are coming

716

00:29:50,630 --> 00:29:46,559

behind us so that they are not the first

717

00:29:53,029 --> 00:29:50,640

or the only um and so the opportunity to

718

00:29:54,549 --> 00:29:53,039

to lay that foundation and continue into

719

00:29:57,110 --> 00:29:54,559

that future

720

00:29:59,190 --> 00:29:57,120

i think is is the best way to look at it

721

00:30:01,669 --> 00:29:59,200

and i just want to say that that can

722

00:30:04,470 --> 00:30:01,679

create a challenging balancing act for

723

00:30:06,630 --> 00:30:04,480

you to navigate and these three ladies

724

00:30:08,630 --> 00:30:06,640

while it may you know on the outside

725

00:30:10,950 --> 00:30:08,640

they have done it with grace and and

726

00:30:13,110 --> 00:30:10,960

again you know they're mentors to me

727

00:30:14,549 --> 00:30:13,120

even even jessica who hasn't been here

728

00:30:16,710 --> 00:30:14,559

as long as i have i've learned things

729

00:30:20,149 --> 00:30:16,720

from her as well and watching them

730

00:30:22,470 --> 00:30:20,159

navigate that has truly been a a

731

00:30:25,110 --> 00:30:22,480

personal and professionally enlightening

732

00:30:27,350 --> 00:30:25,120

thing so uh they have also managed to do

733

00:30:30,070 --> 00:30:27,360

that with grace and poise and insight

734

00:30:32,710 --> 00:30:30,080

and so it is not it's not as easy as

735

00:30:34,549 --> 00:30:32,720

they make it look but uh it is a

736

00:30:37,029 --> 00:30:34,559

challenge and they have done it with uh

737

00:30:39,269 --> 00:30:37,039

amazing toys

738

00:30:41,029 --> 00:30:39,279

so and just kind of going into feeding

739

00:30:42,149 --> 00:30:41,039

on what you may have said was that you

740

00:30:44,230 --> 00:30:42,159

know there are instances where you guys

741

00:30:47,830 --> 00:30:44,240

are the first you had you were the first

742

00:30:49,750 --> 00:30:47,840

uh to do it and what is your hope for

743

00:30:50,389 --> 00:30:49,760

you know what's coming next who's behind

744

00:30:53,430 --> 00:30:50,399

you

745

00:30:54,230 --> 00:30:53,440

and they do

746

00:30:55,830 --> 00:30:54,240

um

747

00:30:57,509 --> 00:30:55,840

as far as as they continue in their

748

00:30:59,190 --> 00:30:57,519

journeys because being the first isn't

749

00:31:01,190 --> 00:30:59,200

always you know if there's there's

750

00:31:03,350 --> 00:31:01,200

challenges in that uh when you don't

751
00:31:05,509 --> 00:31:03,360
have a blueprint in front of you so i

752
00:31:08,630 --> 00:31:05,519
commend all of you because you know

753
00:31:10,070 --> 00:31:08,640
having a not having someone to say this

754
00:31:11,430 --> 00:31:10,080
is how you're going to do it this is how

755
00:31:12,950 --> 00:31:11,440
it's going to feel and what you're going

756
00:31:14,789 --> 00:31:12,960
to experience

757
00:31:16,630 --> 00:31:14,799
there's a challenge in its own so what

758
00:31:18,549 --> 00:31:16,640
are your hopes for those that are coming

759
00:31:21,990 --> 00:31:18,559
behind you

760
00:31:23,269 --> 00:31:22,000
yeah i certainly uh agree that you know

761
00:31:25,430 --> 00:31:23,279
i think

762
00:31:28,070 --> 00:31:25,440
ultimately the goal is for there to not

763
00:31:29,909 --> 00:31:28,080

be first in the near future right for

764

00:31:32,549 --> 00:31:29,919

their or to limit the number of first we

765

00:31:35,350 --> 00:31:32,559

get to a point where um you know having

766

00:31:37,669 --> 00:31:35,360

women women of color people of color um

767

00:31:40,789 --> 00:31:37,679

you know fill in the blank of whatever

768

00:31:42,710 --> 00:31:40,799

first it is that that is no longer a big

769

00:31:45,269 --> 00:31:42,720

deal because it's something that that we

770

00:31:46,789 --> 00:31:45,279

do on a regular basis that diversity is

771

00:31:49,909 --> 00:31:46,799

something that we see all the time i

772

00:31:52,470 --> 00:31:49,919

think that's the end goal um and so to

773

00:31:55,110 --> 00:31:52,480

the extent that we can be a part of

774

00:31:56,549 --> 00:31:55,120

helping us get there um you know that's

775

00:32:00,149 --> 00:31:56,559

that's we're grateful for that

776

00:32:01,110 --> 00:32:00,159

opportunity to be able to step in and

777

00:32:03,990 --> 00:32:01,120

you know

778

00:32:05,669 --> 00:32:04,000

be the first so that later on

779

00:32:12,470 --> 00:32:05,679

the next person doesn't doesn't have to

780

00:32:17,190 --> 00:32:14,630

i also want to just add that it's a

781

00:32:19,830 --> 00:32:17,200

lovely thing to see this because for my

782

00:32:22,230 --> 00:32:19,840

nieces who are like watching everything

783

00:32:24,149 --> 00:32:22,240

that i do to them this is like normal

784

00:32:26,310 --> 00:32:24,159

this is what girls do this is how the

785

00:32:28,549 --> 00:32:26,320

group looks this is how people

786

00:32:30,950 --> 00:32:28,559

participate where everybody

787

00:32:33,110 --> 00:32:30,960

doesn't matter race you know nothing

788

00:32:35,110 --> 00:32:33,120

matters gender we're all included and

789

00:32:36,630 --> 00:32:35,120

we're all doing this together so it'll

790

00:32:39,350 --> 00:32:36,640

be like a normal thing oh yeah that's

791

00:32:42,230 --> 00:32:39,360

just what we do that's how we do it

792

00:32:44,230 --> 00:32:42,240

so it's a nice thing where we have like

793

00:32:45,830 --> 00:32:44,240

this whole notion of hey you're the

794

00:32:46,870 --> 00:32:45,840

first does that mean that we couldn't do

795

00:32:49,029 --> 00:32:46,880

it before

796

00:32:50,149 --> 00:32:49,039

or you know why is it that we're the

797

00:32:53,110 --> 00:32:50,159

first now

798

00:32:54,789 --> 00:32:53,120

so um get rid of that whole notion is

799

00:32:57,350 --> 00:32:54,799

going to be important for my nieces in

800

00:33:00,549 --> 00:32:57,360

particular

801
00:33:02,389 --> 00:33:00,559
and i like all of those ideas um

802
00:33:04,470 --> 00:33:02,399
and being able to pave the way for the

803
00:33:08,230 --> 00:33:04,480
future and if we think about it in

804
00:33:11,750 --> 00:33:08,240
particular for space flight we um we are

805
00:33:15,590 --> 00:33:11,760
still flying first in many areas

806
00:33:17,750 --> 00:33:15,600
and uh if you draw this circle correctly

807
00:33:19,029 --> 00:33:17,760
all of our colleagues are first

808
00:33:21,350 --> 00:33:19,039
and uh

809
00:33:24,149 --> 00:33:21,360
he or she may be first in a neighborhood

810
00:33:26,149 --> 00:33:24,159
a high school an area a particular area

811
00:33:29,590 --> 00:33:26,159
of a state

812
00:33:34,870 --> 00:33:31,269
portion of the military test pilot

813
00:33:38,870 --> 00:33:34,880

school or particular area particular

814

00:33:41,430 --> 00:33:38,880

part of engineering so we are all first

815

00:33:44,389 --> 00:33:41,440

and so everybody um

816

00:33:46,310 --> 00:33:44,399

uh can be uh we can support everybody in

817

00:33:48,710 --> 00:33:46,320

that uh in that endeavor and in that

818

00:33:52,549 --> 00:33:48,720

effort and then look to

819

00:33:54,470 --> 00:33:52,559

uh unifying that so that we as an

820

00:33:58,230 --> 00:33:54,480

organization are being sure to lay the

821

00:34:00,470 --> 00:33:58,240

foundation and set the framework so that

822

00:34:02,230 --> 00:34:00,480

our future can continue and we can

823

00:34:06,870 --> 00:34:02,240

continue to bring more people into the

824

00:34:10,869 --> 00:34:09,349

and you know i think uh the the big idea

825

00:34:12,629 --> 00:34:10,879

that pops into my head when you say what

826

00:34:13,990 --> 00:34:12,639

do i think about for future generations

827

00:34:15,909 --> 00:34:14,000

you know based on the work that we've

828

00:34:18,069 --> 00:34:15,919

been able to be a part of this awesome

829

00:34:21,109 --> 00:34:18,079

legacy is that that this isn't what

830

00:34:23,750 --> 00:34:21,119

defines us you know it's a challenge to

831

00:34:25,109 --> 00:34:23,760

to not be defined by this you know like

832

00:34:27,270 --> 00:34:25,119

stephanie was saying and actually

833

00:34:29,510 --> 00:34:27,280

everybody's touched on this but you know

834

00:34:32,629 --> 00:34:29,520

there's lots of different firsts and so

835

00:34:34,550 --> 00:34:32,639

uh it's easy the pao wants to label this

836

00:34:35,750 --> 00:34:34,560

they want to put a label on it and you

837

00:34:37,270 --> 00:34:35,760

know i just wanted to go up there and be

838

00:34:39,589 --> 00:34:37,280

an astronaut contribute be a flight

839

00:34:40,869 --> 00:34:39,599

engineer board engineer and do my part

840

00:34:42,550 --> 00:34:40,879

and to me

841

00:34:44,869 --> 00:34:42,560

i think it's it'll it'll really be

842

00:34:47,109 --> 00:34:44,879

telling when like i think jessica misses

843

00:34:49,109 --> 00:34:47,119

it too when you go up there and and no

844

00:34:50,950 --> 00:34:49,119

one has to say talk about it being a

845

00:34:52,710 --> 00:34:50,960

first because you know as stephanie said

846

00:34:54,950 --> 00:34:52,720

you dice it the right way and you can

847

00:34:57,030 --> 00:34:54,960

say a first about everything but when it

848

00:34:59,829 --> 00:34:57,040

just becomes normal this is the way we

849

00:35:01,589 --> 00:34:59,839

do business and this business is done by

850

00:35:04,550 --> 00:35:01,599

a group of people that looks like

851
00:35:06,310 --> 00:35:04,560
america or humanity at large that to me

852
00:35:08,630 --> 00:35:06,320
is is really something to celebrate you

853
00:35:10,390 --> 00:35:08,640
know so i'm happy that we have this you

854
00:35:12,230 --> 00:35:10,400
know group of people that have these

855
00:35:14,470 --> 00:35:12,240
firsts after their names but i think all

856
00:35:16,630 --> 00:35:14,480
of us unanimously want to hurry up and

857
00:35:17,990 --> 00:35:16,640
get to the next one first one of the

858
00:35:19,670 --> 00:35:18,000
most important things at least for me

859
00:35:21,270 --> 00:35:19,680
i'm just gonna talk to myself for me

860
00:35:22,630 --> 00:35:21,280
people wanted to talk about first but

861
00:35:24,390 --> 00:35:22,640
when i was up there working i was like

862
00:35:25,510 --> 00:35:24,400
don't be the last don't be the class i

863
00:35:27,589 --> 00:35:25,520

don't want to put any i don't want

864

00:35:29,190 --> 00:35:27,599

anybody walking away from this going man

865

00:35:30,470 --> 00:35:29,200

that guy i don't want anybody else

866

00:35:32,470 --> 00:35:30,480

looking like him going because of what

867

00:35:34,710 --> 00:35:32,480

he did so i wanted to go up there and

868

00:35:35,990 --> 00:35:34,720

then get back and have nobody remember

869

00:35:37,990 --> 00:35:36,000

anything

870

00:35:41,349 --> 00:35:38,000

out of the ordinary if i went up there

871

00:35:43,349 --> 00:35:41,359

and played my role and came back and was

872

00:35:45,910 --> 00:35:43,359

not exceptional in a good or bad way

873

00:35:47,750 --> 00:35:45,920

just i did my job then you know the next

874

00:35:49,910 --> 00:35:47,760

person comes in with a clean slate or as

875

00:35:52,230 --> 00:35:49,920

much of a clean slate as possible so

876

00:35:55,270 --> 00:35:52,240

when that's not notable to me that'll

877

00:35:59,109 --> 00:35:57,109

that's awesome no i appreciate

878

00:36:02,150 --> 00:35:59,119

your your candor and your honesty and

879

00:36:04,710 --> 00:36:02,160

jen i have two nieces and um

880

00:36:06,230 --> 00:36:04,720

yes i think i think they've seen me and

881

00:36:07,349 --> 00:36:06,240

it's changed maybe their dynamic of how

882

00:36:08,390 --> 00:36:07,359

they view

883

00:36:10,390 --> 00:36:08,400

um

884

00:36:12,710 --> 00:36:10,400

a girl

885

00:36:15,109 --> 00:36:12,720

and working and finding all those things

886

00:36:17,349 --> 00:36:15,119

so i completely relate so i'm seeing

887

00:36:19,190 --> 00:36:17,359

their brains change their thought

888

00:36:22,470 --> 00:36:19,200

process and they're just like

889

00:36:24,630 --> 00:36:22,480

oh no my auntie she works at nasa and

890

00:36:26,870 --> 00:36:24,640

she's you know she's you know they they

891

00:36:29,030 --> 00:36:26,880

think they think i'm an astronaut you

892

00:36:31,430 --> 00:36:29,040

know i have to tell them that's not me

893

00:36:33,190 --> 00:36:31,440

but yeah i think also just just changing

894

00:36:34,950 --> 00:36:33,200

those perspectives even if in our own

895

00:36:37,430 --> 00:36:34,960

community in our own families that

896

00:36:39,270 --> 00:36:37,440

that's a good starting point um

897

00:36:41,670 --> 00:36:39,280

what i did want to talk about um with

898

00:36:43,829 --> 00:36:41,680

what we've seen and uniquely in these

899

00:36:45,990 --> 00:36:43,839

last couple of years is

900

00:36:48,069 --> 00:36:46,000

a more attention towards social

901
00:36:50,390 --> 00:36:48,079
injustices that we are seeing in the

902
00:36:52,550 --> 00:36:50,400
united states um

903
00:36:55,030 --> 00:36:52,560
and a lot of people are having a

904
00:36:56,150 --> 00:36:55,040
difficulty time coping with that

905
00:36:57,910 --> 00:36:56,160
um

906
00:37:01,030 --> 00:36:57,920
your situations are a bit unique because

907
00:37:02,710 --> 00:37:01,040
i know with victor um you were in orbit

908
00:37:05,030 --> 00:37:02,720
at the time when

909
00:37:07,430 --> 00:37:05,040
the death of george floyd was

910
00:37:09,750 --> 00:37:07,440
being widely publicized all over the

911
00:37:13,349 --> 00:37:09,760
news and being reported

912
00:37:16,069 --> 00:37:13,359
how do you cope with those situations

913
00:37:17,990 --> 00:37:16,079

when you can't be with you know

914

00:37:19,910 --> 00:37:18,000

physically be with your loved ones

915

00:37:21,910 --> 00:37:19,920

during that time

916

00:37:23,270 --> 00:37:21,920

whether it's you're in training or

917

00:37:25,589 --> 00:37:23,280

you're preparing you're just not

918

00:37:28,069 --> 00:37:25,599

surrounded by your family and those that

919

00:37:30,710 --> 00:37:28,079

you care about how do you cope um when

920

00:37:34,710 --> 00:37:30,720

you see those types of images um

921

00:37:39,270 --> 00:37:36,790

yeah this is uh

922

00:37:42,390 --> 00:37:39,280

this is a deep rabbit hole for me

923

00:37:44,150 --> 00:37:42,400

um i'll try to be brief i think one i'll

924

00:37:46,710 --> 00:37:44,160

i'll give you one really pragmatic thing

925

00:37:49,030 --> 00:37:46,720

that i did a lot of and that's writing

926

00:37:52,230 --> 00:37:49,040

writing helped me

927

00:37:54,790 --> 00:37:52,240

sort out feelings put them out there uh

928

00:37:56,230 --> 00:37:54,800

and in a controlled fashion so i i wrote

929

00:37:58,710 --> 00:37:56,240

i journaled i

930

00:38:00,790 --> 00:37:58,720

wrote it in word documents on my phone

931

00:38:02,630 --> 00:38:00,800

and so i just put things on paper and it

932

00:38:03,990 --> 00:38:02,640

helped me sort out things and and

933

00:38:05,430 --> 00:38:04,000

knowing i was going to be in a role

934

00:38:06,870 --> 00:38:05,440

where people were going to ask me

935

00:38:09,349 --> 00:38:06,880

questions and put a microphone and a

936

00:38:11,910 --> 00:38:09,359

camera in my face it helped me collect

937

00:38:12,950 --> 00:38:11,920

my thoughts and and again prioritize

938

00:38:14,230 --> 00:38:12,960

them and

939

00:38:15,990 --> 00:38:14,240

and put them

940

00:38:18,390 --> 00:38:16,000

in a way that i could communicate those

941

00:38:20,150 --> 00:38:18,400

messages effectively but also in the

942

00:38:22,310 --> 00:38:20,160

process of doing that i had to also

943

00:38:24,150 --> 00:38:22,320

metabolize the emotions that came with

944

00:38:25,670 --> 00:38:24,160

it you know and you it's interesting you

945

00:38:27,190 --> 00:38:25,680

you referenced george floyd and the

946

00:38:29,910 --> 00:38:27,200

world was thinking i mean i'm still

947

00:38:32,150 --> 00:38:29,920

amazed i watched a protest that was uh

948

00:38:35,349 --> 00:38:32,160

folks in germany channing in english

949

00:38:38,310 --> 00:38:35,359

george floyd and that was it was an

950

00:38:40,230 --> 00:38:38,320

amazing and interesting and and also

951
00:38:41,589 --> 00:38:40,240
unsettling time in our country and all

952
00:38:44,310 --> 00:38:41,599
around the world but

953
00:38:46,950 --> 00:38:44,320
the a few names that really resonate

954
00:38:47,829 --> 00:38:46,960
with me are ayanna jones a young lady

955
00:38:50,390 --> 00:38:47,839
who

956
00:38:52,790 --> 00:38:50,400
was killed uh during the filming of a

957
00:38:54,550 --> 00:38:52,800
police officer show she was seven and my

958
00:38:56,310 --> 00:38:54,560
oldest daughter was seven at the time

959
00:38:57,990 --> 00:38:56,320
and then a mod arbory 25 year old young

960
00:39:00,150 --> 00:38:58,000
man out you know getting exercise

961
00:39:01,430 --> 00:39:00,160
jogging around his neighborhood and he

962
00:39:03,990 --> 00:39:01,440
was gunned down

963
00:39:05,990 --> 00:39:04,000

uh and and i jog around my neighborhood

964

00:39:09,109 --> 00:39:06,000

and so those two cases really resonated

965

00:39:11,190 --> 00:39:09,119

with me uh and before my launch

966

00:39:13,430 --> 00:39:11,200

i spent a lot of time writing and

967

00:39:15,030 --> 00:39:13,440

thinking but also sharing it i mean

968

00:39:16,950 --> 00:39:15,040

actually these three ladies here that

969

00:39:19,510 --> 00:39:16,960

are a part of this panel i shared some

970

00:39:21,910 --> 00:39:19,520

of my thoughts and asked them questions

971

00:39:23,829 --> 00:39:21,920

and so they were a part of my team you

972

00:39:26,390 --> 00:39:23,839

know one of the things i talk about in

973

00:39:27,910 --> 00:39:26,400

this pandemic these tough times it

974

00:39:29,510 --> 00:39:27,920

really will help you figure out who your

975

00:39:31,510 --> 00:39:29,520

friends are that's one of the benefits

976

00:39:33,670 --> 00:39:31,520

one of the silver linings

977

00:39:35,030 --> 00:39:33,680

of these uh tumultuous times it'll help

978

00:39:38,230 --> 00:39:35,040

you figure out who your friends are and

979

00:39:40,710 --> 00:39:38,240

so they help me knowing the pro the

980

00:39:42,310 --> 00:39:40,720

personal connection but the professional

981

00:39:45,990 --> 00:39:42,320

responsibility that comes with this

982

00:39:47,990 --> 00:39:46,000

position and so having friends uh uh

983

00:39:50,470 --> 00:39:48,000

really helped that that was the biggest

984

00:39:52,710 --> 00:39:50,480

one writing and then talking to to folks

985

00:39:54,870 --> 00:39:52,720

like uh the rest of this panel was a

986

00:39:57,190 --> 00:39:54,880

huge help for me

987

00:40:00,630 --> 00:39:57,200

just being quick um i you know my

988

00:40:03,109 --> 00:40:00,640

personality is such that you know when i

989

00:40:05,430 --> 00:40:03,119

see injustices like that i always want

990

00:40:07,750 --> 00:40:05,440

to champion something but i do believe

991

00:40:10,069 --> 00:40:07,760

that being in our position

992

00:40:11,750 --> 00:40:10,079

and you know knowing nasa nasa has a lot

993

00:40:14,069 --> 00:40:11,760

of compassion as well

994

00:40:15,510 --> 00:40:14,079

um for you know things like this when

995

00:40:19,190 --> 00:40:15,520

they do happen

996

00:40:21,030 --> 00:40:19,200

and so it was very difficult um

997

00:40:23,030 --> 00:40:21,040

to try to understand why these things

998

00:40:26,550 --> 00:40:23,040

were happening and what was going on and

999

00:40:29,030 --> 00:40:26,560

like victor um for me writing was huge

1000

00:40:31,270 --> 00:40:29,040

but also you know having a conversation

1001

00:40:34,069 --> 00:40:31,280

with people like victor stephanie

1002

00:40:36,150 --> 00:40:34,079

jessica and just having a pure raw

1003

00:40:38,630 --> 00:40:36,160

conversation about how you're feeling

1004

00:40:40,950 --> 00:40:38,640

and getting it out and it's not really

1005

00:40:42,870 --> 00:40:40,960

venting but just discussing just to

1006

00:40:44,550 --> 00:40:42,880

understand and try to wrap your brain

1007

00:40:46,710 --> 00:40:44,560

around what's happening

1008

00:40:48,630 --> 00:40:46,720

having that talk with people you love

1009

00:40:50,390 --> 00:40:48,640

and people who understand and care about

1010

00:40:52,390 --> 00:40:50,400

you and even people who don't just

1011

00:40:56,069 --> 00:40:52,400

having an honest conversation

1012

00:40:57,829 --> 00:40:56,079

really does a lot for my my soul and

1013

00:40:59,670 --> 00:40:57,839

and in situations like this where you

1014

00:41:01,910 --> 00:40:59,680

want to champion the cause you want to

1015

00:41:03,910 --> 00:41:01,920

shout at the rooftops you want to go

1016

00:41:05,990 --> 00:41:03,920

talk to other people on you know

1017

00:41:08,230 --> 00:41:06,000

wherever you can you know you can

1018

00:41:11,589 --> 00:41:08,240

influence things but um you know

1019

00:41:14,069 --> 00:41:11,599

situations like that um i think having a

1020

00:41:15,990 --> 00:41:14,079

panel of people like this and having a

1021

00:41:18,230 --> 00:41:16,000

real conversation

1022

00:41:21,349 --> 00:41:18,240

um really helped and nasa had a lot of

1023

00:41:23,990 --> 00:41:21,359

great conversations after events took

1024

00:41:26,069 --> 00:41:24,000

place and that that really it really

1025

00:41:28,309 --> 00:41:26,079

touched my heart to see how much nasa

1026

00:41:30,870 --> 00:41:28,319

was allowing to happen and how much they

1027

00:41:32,390 --> 00:41:30,880

championed this car this whole

1028

00:41:34,309 --> 00:41:32,400

um social

1029

00:41:35,270 --> 00:41:34,319

injustice thing that was happening at

1030

00:41:41,430 --> 00:41:35,280

the time

1031

00:41:45,109 --> 00:41:43,349

yeah i i was essentially going to say

1032

00:41:48,150 --> 00:41:45,119

the same thing as jeannette i think for

1033

00:41:50,069 --> 00:41:48,160

me what was really and continues to be

1034

00:41:52,470 --> 00:41:50,079

encouraging in this time

1035

00:41:53,349 --> 00:41:52,480

is having those honest conversations

1036

00:41:57,510 --> 00:41:53,359

with

1037

00:41:58,550 --> 00:41:57,520

me or you know in my inner circle but

1038

00:41:59,430 --> 00:41:58,560

also

1039

00:42:01,589 --> 00:41:59,440

you know

1040

00:42:02,790 --> 00:42:01,599

engaging others in conversation that

1041

00:42:04,230 --> 00:42:02,800

maybe we wouldn't have had that

1042

00:42:06,390 --> 00:42:04,240

conversation with

1043

00:42:08,470 --> 00:42:06,400

or certainly not on that topic

1044

00:42:10,150 --> 00:42:08,480

and so i think just seeing that seeing

1045

00:42:12,950 --> 00:42:10,160

people come together seeing people come

1046

00:42:15,349 --> 00:42:12,960

together to protest or um

1047

00:42:16,950 --> 00:42:15,359

you know together in that cause and be

1048

00:42:19,270 --> 00:42:16,960

willing to have those conversations and

1049

00:42:21,829 --> 00:42:19,280

move forward together um that has been

1050

00:42:23,589 --> 00:42:21,839

really encouraging for me um kind of as

1051

00:42:25,349 --> 00:42:23,599

a silver lining for

1052

00:42:27,990 --> 00:42:25,359

you know in this this time of social

1053

00:42:30,710 --> 00:42:28,000

injustice

1054

00:42:33,750 --> 00:42:30,720

i know absolutely i agree nasa has been

1055

00:42:36,630 --> 00:42:33,760

extremely supportive during this time um

1056

00:42:38,150 --> 00:42:36,640

not a lot of people can say that um as

1057

00:42:40,309 --> 00:42:38,160

from you know place of where they work

1058

00:42:42,710 --> 00:42:40,319

and so that has been

1059

00:42:44,390 --> 00:42:42,720

something that we've all agreed that

1060

00:42:45,750 --> 00:42:44,400

they did a great job at least

1061

00:42:48,470 --> 00:42:45,760

encouraging

1062

00:42:50,309 --> 00:42:48,480

honest conversations and i think you all

1063

00:42:52,390 --> 00:42:50,319

kind of hit on that is it's having an

1064

00:42:55,270 --> 00:42:52,400

honest conversation with people

1065

00:42:57,030 --> 00:42:55,280

um around you um and sometimes that's

1066

00:42:59,030 --> 00:42:57,040

not always you know your family or your

1067

00:43:01,750 --> 00:42:59,040

friends but it's just your co-workers

1068

00:43:03,190 --> 00:43:01,760

and and being in a different environment

1069

00:43:05,270 --> 00:43:03,200

it's important to be able to feel like

1070

00:43:08,710 --> 00:43:05,280

you can have an honest conversation with

1071

00:43:10,069 --> 00:43:08,720

people you're interacting with um

1072

00:43:13,030 --> 00:43:10,079

i agree i'm stephanie sorry i didn't

1073

00:43:14,150 --> 00:43:13,040

mean i need to cut you off i

1074

00:43:15,990 --> 00:43:14,160

um

1075

00:43:17,670 --> 00:43:16,000

not sure i have too much to add except

1076

00:43:19,270 --> 00:43:17,680

to echo

1077

00:43:21,750 --> 00:43:19,280

the things that have been said really

1078

00:43:23,109 --> 00:43:21,760

important to uh have a period of inner

1079

00:43:24,829 --> 00:43:23,119

reflection

1080

00:43:27,750 --> 00:43:24,839

and try to

1081

00:43:29,750 --> 00:43:27,760

um that was helpful to me just to really

1082

00:43:32,870 --> 00:43:29,760

try to sort through things that were

1083

00:43:35,430 --> 00:43:32,880

happening and get an understanding of um

1084

00:43:37,190 --> 00:43:35,440

how i felt about it and then having that

1085

00:43:40,230 --> 00:43:37,200

discussion with others

1086

00:43:41,430 --> 00:43:40,240

close to me thank you guys so much it's

1087

00:43:43,589 --> 00:43:41,440

been an honor it's been a pleasure

1088

00:43:46,550 --> 00:43:43,599

talking to you guys i'm a huge fan of

1089

00:43:48,710 --> 00:43:46,560

all of you so this is you know this has

1090

00:43:56,630 --> 00:43:48,720

been really amazing and thank you again

1091

00:44:01,349 --> 00:43:58,550

all right i hope you guys enjoyed that

1092

00:44:03,270 --> 00:44:01,359

um it was a true honor and pleasure to

1093

00:44:05,589 --> 00:44:03,280

sit down and have a very open and candid

1094

00:44:07,990 --> 00:44:05,599

conversation with all four of them

1095

00:44:10,550 --> 00:44:08,000

but now i will be handing it over to

1096

00:44:13,030 --> 00:44:10,560

portia keys um as she will take it on

1097

00:44:15,990 --> 00:44:13,040

for the next section of today's event

1098

00:44:18,790 --> 00:44:16,000

just as a reminder uh please add any of

1099

00:44:21,109 --> 00:44:18,800

your questions into the chat box and we

1100

00:44:23,750 --> 00:44:21,119

will have a q a session later so we can

1101

00:44:25,430 --> 00:44:23,760

get those answered as well

1102

00:44:27,510 --> 00:44:25,440

all right thank you candace and hi

1103

00:44:29,109 --> 00:44:27,520

everyone i just wanted to say that was

1104

00:44:31,270 --> 00:44:29,119

very impressive just makes me feel

1105

00:44:32,710 --> 00:44:31,280

really proud to be part of the community

1106

00:44:33,990 --> 00:44:32,720

especially during this month here at

1107

00:44:35,670 --> 00:44:34,000

nasa so

1108

00:44:37,270 --> 00:44:35,680

um welcome everyone my name is portia

1109

00:44:39,190 --> 00:44:37,280

hees and i'm a contracting officer in

1110

00:44:41,109 --> 00:44:39,200

the office of treatment located here at

1111

00:44:42,390 --> 00:44:41,119

johnson space center and for our next

1112

00:44:44,390 --> 00:44:42,400

part of the program we'll be hearing

1113

00:44:46,230 --> 00:44:44,400

from massive medical professionals on

1114

00:44:48,150 --> 00:44:46,240

this important topic of black health and

1115

00:44:50,309 --> 00:44:48,160

wellness and so each of our guests will

1116

00:44:52,069 --> 00:44:50,319

provide presentations approximately 10

1117

00:44:54,550 --> 00:44:52,079

minutes in length after which we'll have

1118

00:44:57,270 --> 00:44:54,560

a 15-minute q a session with our doctors

1119

00:44:59,030 --> 00:44:57,280

of other nasa astronaut secretary glover

1120

00:45:02,309 --> 00:44:59,040

um kicking off this section will be

1121

00:45:03,750 --> 00:45:02,319

doctor um the agency occupational health

1122

00:45:06,470 --> 00:45:03,760

physician for the office of the chief

1123

00:45:09,030 --> 00:45:06,480

and health and medical officer uh right

1124

00:45:10,950 --> 00:45:09,040

here at nasa she is a board certified

1125

00:45:12,550 --> 00:45:10,960

internal medicine and pediatrics and

1126

00:45:14,950 --> 00:45:12,560

completed her residency at tulane

1127

00:45:16,950 --> 00:45:14,960

university uh so dr um is going to

1128

00:45:22,710 --> 00:45:16,960

educate us on social determinants of

1129

00:45:26,150 --> 00:45:24,230

but you can hear me

1130

00:45:27,510 --> 00:45:26,160

and i probably will turn off my video

1131

00:45:29,349 --> 00:45:27,520

because they said that helps with the

1132

00:45:30,470 --> 00:45:29,359

bandwidth just to let you know but i

1133

00:45:32,950 --> 00:45:30,480

will be talking about social

1134

00:45:34,470 --> 00:45:32,960

determinants and african american health

1135

00:45:36,470 --> 00:45:34,480

and i'm here in support of the office of

1136

00:45:39,349 --> 00:45:36,480

the chief health and medical officer

1137

00:45:41,270 --> 00:45:39,359

next slide please

1138

00:45:43,349 --> 00:45:41,280

did you know that research suggests that

1139

00:45:45,430 --> 00:45:43,359

80 percent of what makes up a person's

1140

00:45:47,270 --> 00:45:45,440

health is actually determined by things

1141

00:45:48,870 --> 00:45:47,280

happening outside of hospitals and the

1142

00:45:50,870 --> 00:45:48,880

health care system

1143

00:45:53,910 --> 00:45:50,880

social determinants of health are the

1144

00:45:57,109 --> 00:45:53,920

conditions in which people are born grow

1145

00:46:00,069 --> 00:45:57,119

live work and age they include factors

1146

00:46:02,230 --> 00:46:00,079

like socioeconomic status education

1147

00:46:04,950 --> 00:46:02,240

neighborhood and physical environment

1148

00:46:07,190 --> 00:46:04,960

employment social support networks and

1149

00:46:08,309 --> 00:46:07,200

discrimination as well as access to

1150

00:46:10,309 --> 00:46:08,319

health care

1151
00:46:12,790 --> 00:46:10,319
noted on the graphic of the person are

1152
00:46:15,470 --> 00:46:12,800
estimates of the relative contribution

1153
00:46:17,829 --> 00:46:15,480
of each of these factors to health

1154
00:46:20,550 --> 00:46:17,839
socioeconomic factors and health

1155
00:46:23,109 --> 00:46:20,560
behaviors such as smoking diet and

1156
00:46:24,550 --> 00:46:23,119
exercise are the primary drivers of

1157
00:46:27,109 --> 00:46:24,560
health outcomes

1158
00:46:28,950 --> 00:46:27,119
and the socioeconomic factors actually

1159
00:46:30,630 --> 00:46:28,960
play a large role in creating these

1160
00:46:32,950 --> 00:46:30,640
health behaviors

1161
00:46:35,109 --> 00:46:32,960
for example children born to parents who

1162
00:46:37,109 --> 00:46:35,119
have not completed high school are more

1163
00:46:39,750 --> 00:46:37,119

likely to live in an environment that

1164

00:46:42,710 --> 00:46:39,760

poses barriers to health such as lack of

1165

00:46:45,349 --> 00:46:42,720

safety exposed garbage and substandard

1166

00:46:47,829 --> 00:46:45,359

housing they are also less likely to

1167

00:46:50,950 --> 00:46:47,839

have access to sidewalks parks or

1168

00:46:53,349 --> 00:46:50,960

playgrounds rec centers or a library

1169

00:46:55,430 --> 00:46:53,359

further evidence shows that stress

1170

00:46:57,990 --> 00:46:55,440

negatively affects health across the

1171

00:47:00,630 --> 00:46:58,000

lifespan and that environmental factors

1172

00:47:02,230 --> 00:47:00,640

may have multi-generational impacts

1173

00:47:04,470 --> 00:47:02,240

learning about and discussing these

1174

00:47:06,550 --> 00:47:04,480

social determinants of health is not

1175

00:47:08,870 --> 00:47:06,560

only important for understanding how to

1176

00:47:11,109 --> 00:47:08,880

improve overall health but also for

1177

00:47:13,270 --> 00:47:11,119

reducing health disparities that are

1178

00:47:15,990 --> 00:47:13,280

often rooted in social and economic

1179

00:47:19,430 --> 00:47:16,000

disadvantages now let me give you a few

1180

00:47:21,670 --> 00:47:19,440

specific examples next slide please

1181

00:47:23,990 --> 00:47:21,680

there are about 40 million non-hispanic

1182

00:47:25,910 --> 00:47:24,000

black people in the united states this

1183

00:47:28,950 --> 00:47:25,920

equates to 13 percent of the total

1184

00:47:31,109 --> 00:47:28,960

population the 1960s was a turning point

1185

00:47:33,510 --> 00:47:31,119

for african americans with the march on

1186

00:47:36,630 --> 00:47:33,520

washington martin luther king jr's

1187

00:47:38,470 --> 00:47:36,640

assassination the civil rights act of 64

1188

00:47:41,030 --> 00:47:38,480

prohibiting discrimination

1189

00:47:43,589 --> 00:47:41,040

the voting right acts of 65 removing

1190

00:47:46,309 --> 00:47:43,599

some discriminatory voting practices and

1191

00:47:48,069 --> 00:47:46,319

the civil rights act of 68 outlawing

1192

00:47:50,230 --> 00:47:48,079

housing discrimination

1193

00:47:52,790 --> 00:47:50,240

since that time african americans have

1194

00:47:56,230 --> 00:47:52,800

made many social gains according to the

1195

00:47:58,630 --> 00:47:56,240

economic policy institute in 2019 more

1196

00:48:02,230 --> 00:47:58,640

than 90 percent of african americans

1197

00:48:05,270 --> 00:48:02,240

aged 25 to 29 graduated from high school

1198

00:48:07,750 --> 00:48:05,280

in the 60s it was only about 50 percent

1199

00:48:09,589 --> 00:48:07,760

compared to the sixties black americans

1200

00:48:12,230 --> 00:48:09,599

are now twice as likely to have a

1201
00:48:14,309 --> 00:48:12,240
college degree but this still equates to

1202
00:48:16,549 --> 00:48:14,319
half as many as whites

1203
00:48:18,309 --> 00:48:16,559
this progress and educational attainment

1204
00:48:20,470 --> 00:48:18,319
of african americans has been

1205
00:48:22,630 --> 00:48:20,480
accompanied by significant absolute

1206
00:48:26,950 --> 00:48:22,640
improvement in wages

1207
00:48:29,270 --> 00:48:26,960
incomes wealth and health since 1968

1208
00:48:31,430 --> 00:48:29,280
but black workers still only make 82

1209
00:48:33,589 --> 00:48:31,440
cents on every dollar earned by white

1210
00:48:36,069 --> 00:48:33,599
workers and are two and a half times as

1211
00:48:37,990 --> 00:48:36,079
likely to be in poverty the median white

1212
00:48:40,309 --> 00:48:38,000
family has almost as

1213
00:48:43,750 --> 00:48:40,319

almost ten times as much wealth as the

1214

00:48:45,670 --> 00:48:43,760

median black family next slide please

1215

00:48:47,910 --> 00:48:45,680

with respect to homeownership

1216

00:48:50,150 --> 00:48:47,920

unemployment and incarceration the

1217

00:48:52,710 --> 00:48:50,160

situation for black americans has either

1218

00:48:55,190 --> 00:48:52,720

failed to improve relative to whites or

1219

00:48:57,910 --> 00:48:55,200

has worsened in 2019 the black

1220

00:49:01,430 --> 00:48:57,920

unemployment rate was 6.1 percent

1221

00:49:03,750 --> 00:49:01,440

roughly twice that of whites in 2015 the

1222

00:49:06,630 --> 00:49:03,760

black home ownership rate was just over

1223

00:49:10,150 --> 00:49:06,640

40 percent virtually unchanged since

1224

00:49:12,309 --> 00:49:10,160

1968 and trailing a full 30 percentage

1225

00:49:14,630 --> 00:49:12,319

points behind the white home ownership

1226
00:49:16,950 --> 00:49:14,640
rate and the share of african americans

1227
00:49:20,630 --> 00:49:16,960
in prison or jail has almost tripled

1228
00:49:22,390 --> 00:49:20,640
since 1968 and 2016 and is currently

1229
00:49:24,230 --> 00:49:22,400
more than six times the white

1230
00:49:26,150 --> 00:49:24,240
incarceration rate

1231
00:49:29,349 --> 00:49:26,160
the impact of incarceration on the

1232
00:49:31,109 --> 00:49:29,359
family is devastating one of every 15

1233
00:49:34,069 --> 00:49:31,119
black children has an incarcerated

1234
00:49:36,470 --> 00:49:34,079
parent compared to one of every 110

1235
00:49:38,870 --> 00:49:36,480
white children this graphic demonstrates

1236
00:49:41,349 --> 00:49:38,880
that certain social factors also affect

1237
00:49:43,829 --> 00:49:41,359
african americans at younger ages

1238
00:49:46,309 --> 00:49:43,839

unemployment living in poverty not

1239

00:49:48,790 --> 00:49:46,319

owning a home cost prohibitive effects

1240

00:49:51,510 --> 00:49:48,800

of trying to see a doctor smoking

1241

00:49:53,670 --> 00:49:51,520

inactive lifestyle or obesity and in

1242

00:49:56,309 --> 00:49:53,680

terms of mental health a white paper

1243

00:49:58,549 --> 00:49:56,319

from cigna noted that african americans

1244

00:50:01,510 --> 00:49:58,559

are 20 percent more likely to report

1245

00:50:03,589 --> 00:50:01,520

psychological distress and fifty percent

1246

00:50:05,190 --> 00:50:03,599

less likely to receive counseling or

1247

00:50:08,390 --> 00:50:05,200

mental health treatment due to

1248

00:50:11,510 --> 00:50:08,400

underlying socioeconomic factors and

1249

00:50:13,190 --> 00:50:11,520

this data was from before covet

1250

00:50:15,829 --> 00:50:13,200

next slide

1251
00:50:18,309 --> 00:50:15,839
covet 19 disproportionately impacted

1252
00:50:20,790 --> 00:50:18,319
black americans who continue to be more

1253
00:50:23,670 --> 00:50:20,800
likely to be infected and more likely to

1254
00:50:26,309 --> 00:50:23,680
die from covet 19 than white americans

1255
00:50:28,710 --> 00:50:26,319
again due to social determinants such as

1256
00:50:30,870 --> 00:50:28,720
the use of public transportation having

1257
00:50:33,109 --> 00:50:30,880
more front-line jobs living in more

1258
00:50:35,349 --> 00:50:33,119
crowded housing etc

1259
00:50:37,190 --> 00:50:35,359
we also know that households with lower

1260
00:50:39,829 --> 00:50:37,200
levels of wealth and historically

1261
00:50:42,630 --> 00:50:39,839
lower-wage jobs have fewer resources

1262
00:50:45,750 --> 00:50:42,640
available to temper the adverse economic

1263
00:50:48,710 --> 00:50:45,760

impacts of covid one study from michigan

1264

00:50:50,630 --> 00:50:48,720

showed that 26 of black respondents said

1265

00:50:53,030 --> 00:50:50,640

that the pandemic made it harder for

1266

00:50:55,430 --> 00:50:53,040

them to pay important bills like their

1267

00:50:57,589 --> 00:50:55,440

mortgage versus ten percent of white

1268

00:51:00,309 --> 00:50:57,599

respondents when labor markets go

1269

00:51:02,790 --> 00:51:00,319

through rough patches black workers are

1270

00:51:04,549 --> 00:51:02,800

more likely to lose their jobs first

1271

00:51:06,870 --> 00:51:04,559

even accounting for years of work

1272

00:51:09,270 --> 00:51:06,880

experience and skill level

1273

00:51:11,030 --> 00:51:09,280

black workers also remain consistently

1274

00:51:13,349 --> 00:51:11,040

underrepresented among recent

1275

00:51:16,069 --> 00:51:13,359

unemployment insurance claims due in

1276
00:51:18,309 --> 00:51:16,079
part to being paid lower wages or having

1277
00:51:20,470 --> 00:51:18,319
unstable jobs that are not eligible for

1278
00:51:23,030 --> 00:51:20,480
unemployment insurance

1279
00:51:26,069 --> 00:51:23,040
the quality of and type of housing

1280
00:51:28,549 --> 00:51:26,079
affects health asthma and asthma deaths

1281
00:51:31,430 --> 00:51:28,559
which disproportionately affects african

1282
00:51:33,750 --> 00:51:31,440
americans is related to poor housing

1283
00:51:36,790 --> 00:51:33,760
increased cardiovascular disease has

1284
00:51:39,109 --> 00:51:36,800
been correlated with segregated housing

1285
00:51:40,950 --> 00:51:39,119
people need access to healthy foods

1286
00:51:43,510 --> 00:51:40,960
black neighborhoods have significantly

1287
00:51:45,829 --> 00:51:43,520
fewer supermarkets than white ones

1288
00:51:48,549 --> 00:51:45,839

several studies also document that the

1289

00:51:51,349 --> 00:51:48,559

food available is less fresh and of

1290

00:51:53,510 --> 00:51:51,359

lower quality in contrast alcohol

1291

00:51:54,710 --> 00:51:53,520

outlets are much more numerous in black

1292

00:51:57,589 --> 00:51:54,720

neighborhoods

1293

00:52:00,230 --> 00:51:57,599

location impacts health black people are

1294

00:52:02,549 --> 00:52:00,240

significantly more likely to reside near

1295

00:52:04,710 --> 00:52:02,559

sources of air pollution and a greater

1296

00:52:07,109 --> 00:52:04,720

distance from air quality monitoring

1297

00:52:08,870 --> 00:52:07,119

sites african americans are more likely

1298

00:52:11,190 --> 00:52:08,880

to live in a neighborhood in close

1299

00:52:12,069 --> 00:52:11,200

proximity to a superfund toxic waste

1300

00:52:14,470 --> 00:52:12,079

site

1301
00:52:16,870 --> 00:52:14,480
exposure to violence is also a major

1302
00:52:18,390 --> 00:52:16,880
determinant of health outcomes it is a

1303
00:52:21,270 --> 00:52:18,400
major cause of injury

1304
00:52:23,670 --> 00:52:21,280
disability and premature death there is

1305
00:52:26,069 --> 00:52:23,680
a very significant lifelong inequity in

1306
00:52:28,870 --> 00:52:26,079
exposure to violence for black versus

1307
00:52:31,109 --> 00:52:28,880
white americans black male adolescents

1308
00:52:33,510 --> 00:52:31,119
are six times more likely than whites to

1309
00:52:34,790 --> 00:52:33,520
die of homicide primarily through

1310
00:52:36,630 --> 00:52:34,800
firearms

1311
00:52:38,549 --> 00:52:36,640
these young black males are four times

1312
00:52:40,630 --> 00:52:38,559
more likely to die from a gunshot than

1313
00:52:42,710 --> 00:52:40,640

their white peers

1314

00:52:45,030 --> 00:52:42,720

the fact that social determinants affect

1315

00:52:47,589 --> 00:52:45,040

all aspects of life has also been

1316

00:52:49,910 --> 00:52:47,599

unmasked by the killing of george floyd

1317

00:52:51,910 --> 00:52:49,920

and multiple other black americans

1318

00:52:54,069 --> 00:52:51,920

healthy people 2020 states that

1319

00:52:56,630 --> 00:52:54,079

discrimination is a key issue in the

1320

00:52:59,190 --> 00:52:56,640

social and community context of social

1321

00:53:01,270 --> 00:52:59,200

determinants of health discrimination

1322

00:53:03,829 --> 00:53:01,280

which includes racism can lead to

1323

00:53:06,150 --> 00:53:03,839

chronic and toxic stress you can

1324

00:53:08,630 --> 00:53:06,160

understand how these social differences

1325

00:53:10,390 --> 00:53:08,640

lead to differences in health next slide

1326
00:53:12,790 --> 00:53:10,400
please

1327
00:53:15,270 --> 00:53:12,800
a cdc analysis shows that younger

1328
00:53:17,990 --> 00:53:15,280
african americans are living with or

1329
00:53:20,950 --> 00:53:18,000
dying of many conditions typically found

1330
00:53:23,270 --> 00:53:20,960
in white americans at older ages the

1331
00:53:25,190 --> 00:53:23,280
differences show up in african americans

1332
00:53:28,470 --> 00:53:25,200
as young as in their 20s for both

1333
00:53:32,069 --> 00:53:28,480
diseases and causes of death african

1334
00:53:34,390 --> 00:53:32,079
americans aged 35 to 64 years are 50

1335
00:53:36,710 --> 00:53:34,400
percent more likely to have high blood

1336
00:53:39,510 --> 00:53:36,720
pressure than whites when diseases start

1337
00:53:41,430 --> 00:53:39,520
early they can lead to death earlier

1338
00:53:43,990 --> 00:53:41,440

chronic diseases and some of their risk

1339

00:53:46,390 --> 00:53:44,000

factors may not may be silent or not

1340

00:53:48,309 --> 00:53:46,400

diagnosed during these early years

1341

00:53:50,710 --> 00:53:48,319

heart disease is the leading cause of

1342

00:53:54,150 --> 00:53:50,720

death for most americans but african

1343

00:53:56,549 --> 00:53:54,160

americans aged 18 to 49 are nearly twice

1344

00:53:58,870 --> 00:53:56,559

as likely to die at this earlier age

1345

00:54:00,549 --> 00:53:58,880

from heart disease than whites

1346

00:54:02,549 --> 00:54:00,559

individuals with two or more risk

1347

00:54:06,069 --> 00:54:02,559

factors such as high blood pressure high

1348

00:54:08,630 --> 00:54:06,079

cholesterol diabetes current smoking

1349

00:54:11,430 --> 00:54:08,640

physical inactivity and obesity are at

1350

00:54:13,349 --> 00:54:11,440

higher risk for stroke and heart disease

1351
00:54:15,510 --> 00:54:13,359
the prevalence of two or more of these

1352
00:54:18,390 --> 00:54:15,520
factors is not only higher in african

1353
00:54:20,309 --> 00:54:18,400
americans but is present at younger ages

1354
00:54:22,309 --> 00:54:20,319
than in white americans

1355
00:54:24,549 --> 00:54:22,319
next slide please

1356
00:54:27,829 --> 00:54:24,559
and in general for all causes among

1357
00:54:29,589 --> 00:54:27,839
black americans aged 18 to 64 the data

1358
00:54:32,309 --> 00:54:29,599
showed that they are at higher risk of

1359
00:54:34,630 --> 00:54:32,319
early death than white americans the

1360
00:54:36,950 --> 00:54:34,640
director of the cdc's office of minority

1361
00:54:39,270 --> 00:54:36,960
health and health equity was quoted as

1362
00:54:41,589 --> 00:54:39,280
saying that these findings are generally

1363
00:54:44,150 --> 00:54:41,599

consistent with previous reports that

1364

00:54:47,270 --> 00:54:44,160

use the term weathering which suggests

1365

00:54:49,750 --> 00:54:47,280

that blacks experience premature aging

1366

00:54:51,589 --> 00:54:49,760

and earlier health decline than whites

1367

00:54:54,390 --> 00:54:51,599

and that this decline in health

1368

00:54:57,109 --> 00:54:54,400

accumulates across the entire lifespan

1369

00:54:59,910 --> 00:54:57,119

and potentially across generations this

1370

00:55:02,950 --> 00:54:59,920

happens as a consequence of psychosocial

1371

00:55:06,230 --> 00:55:02,960

economic and environmental stressors

1372

00:55:08,870 --> 00:55:06,240

poverty low education unemployment

1373

00:55:11,349 --> 00:55:08,880

violence insecurity and environmental

1374

00:55:13,750 --> 00:55:11,359

exposures contribute to poor health

1375

00:55:16,630 --> 00:55:13,760

outcomes these factors affect black

1376

00:55:19,270 --> 00:55:16,640

families at multiple levels low access

1377

00:55:21,349 --> 00:55:19,280

to healthy foods inadequate access to

1378

00:55:23,670 --> 00:55:21,359

preventive health care exposure to

1379

00:55:26,549 --> 00:55:23,680

violence distrust of the justice and

1380

00:55:28,950 --> 00:55:26,559

police system unhealthy behaviors

1381

00:55:30,789 --> 00:55:28,960

substance abuse and stress

1382

00:55:32,950 --> 00:55:30,799

a greater proportion of black children

1383

00:55:35,990 --> 00:55:32,960

are born and live in the social

1384

00:55:38,230 --> 00:55:36,000

environmental and cultural milieu thus

1385

00:55:41,109 --> 00:55:38,240

they would grow and develop differently

1386

00:55:42,789 --> 00:55:41,119

socially psychologically and health-wise

1387

00:55:45,430 --> 00:55:42,799

throughout their lifespan

1388

00:55:47,589 --> 00:55:45,440

however this resultant catastrophe of

1389

00:55:49,829 --> 00:55:47,599

disparities is not the whole story of

1390

00:55:52,069 --> 00:55:49,839

black health it is also important to

1391

00:55:54,630 --> 00:55:52,079

emphasize that african americans have

1392

00:55:57,270 --> 00:55:54,640

been called upon to muster extraordinary

1393

00:56:00,069 --> 00:55:57,280

strength of mind and body for the sake

1394

00:56:02,150 --> 00:56:00,079

of psychological and physical survival

1395

00:56:04,870 --> 00:56:02,160

instances of survival and health among

1396

00:56:07,829 --> 00:56:04,880

blacks under extraordinarily adverse

1397

00:56:10,630 --> 00:56:07,839

circumstances represent the essence of

1398

00:56:12,630 --> 00:56:10,640

resilience to overlook this truth is to

1399

00:56:15,270 --> 00:56:12,640

miss an opportunity to better understand

1400

00:56:17,910 --> 00:56:15,280

not only black resilience but resilience

1401
00:56:20,069 --> 00:56:17,920
as a universal human phenomenon the

1402
00:56:21,990 --> 00:56:20,079
science that underlies it and how

1403
00:56:24,710 --> 00:56:22,000
mechanisms that preserve health in the

1404
00:56:27,990 --> 00:56:24,720
face of adversity may help end health

1405
00:56:30,789 --> 00:56:28,000
disparities and promote health equity

1406
00:56:32,870 --> 00:56:30,799
next slide please when it comes to the

1407
00:56:35,349 --> 00:56:32,880
overall health of black americans there

1408
00:56:38,069 --> 00:56:35,359
is some good news the overall death rate

1409
00:56:40,950 --> 00:56:38,079
for black people over 65 years of age in

1410
00:56:43,910 --> 00:56:40,960
the u.s has declined about 25 percent in

1411
00:56:45,829 --> 00:56:43,920
recent years african american health is

1412
00:56:47,670 --> 00:56:45,839
slowly improving and many of the

1413
00:56:51,510 --> 00:56:47,680

disparities we see in the chronic

1414

00:56:52,950 --> 00:56:51,520

diseases are largely preventable

1415

00:56:54,789 --> 00:56:52,960

through the study of these social

1416

00:56:57,190 --> 00:56:54,799

determinants we are learning how to

1417

00:56:59,990 --> 00:56:57,200

tailor interventions to more strongly

1418

00:57:02,950 --> 00:57:00,000

impact black american health to continue

1419

00:57:04,390 --> 00:57:02,960

to prove improve african-american health

1420

00:57:06,549 --> 00:57:04,400

we need to address the social

1421

00:57:09,670 --> 00:57:06,559

determinants of health and focus on

1422

00:57:11,910 --> 00:57:09,680

health in non-health sectors such as

1423

00:57:15,270 --> 00:57:11,920

faith and community organizations

1424

00:57:17,589 --> 00:57:15,280

education business transportation

1425

00:57:19,589 --> 00:57:17,599

housing to create social and economic

1426
00:57:22,230 --> 00:57:19,599
conditions that promote health starting

1427
00:57:24,549 --> 00:57:22,240
in childhood with safe neighborhoods

1428
00:57:26,390 --> 00:57:24,559
healthy food environments

1429
00:57:29,270 --> 00:57:26,400
opportunities for increased physical

1430
00:57:31,430 --> 00:57:29,280
activity etc improving community

1431
00:57:33,910 --> 00:57:31,440
resources and investing in black

1432
00:57:35,430 --> 00:57:33,920
communities to to improve access to

1433
00:57:38,230 --> 00:57:35,440
public safety

1434
00:57:40,789 --> 00:57:38,240
quality foods public recreation and

1435
00:57:42,789 --> 00:57:40,799
medical care could also

1436
00:57:45,510 --> 00:57:42,799
help further dismiss diminish these

1437
00:57:48,470 --> 00:57:47,030
excuse me

1438
00:57:50,150 --> 00:57:48,480

for this reason

1439

00:57:52,390 --> 00:57:50,160

it is important to highlight the role of

1440

00:57:55,829 --> 00:57:52,400

these social determinants to inspire

1441

00:57:57,670 --> 00:57:55,839

dialogue to encourage further research

1442

00:58:00,870 --> 00:57:57,680

and to develop strategies to address

1443

00:58:04,309 --> 00:58:00,880

them and their effect on health

1444

00:58:05,910 --> 00:58:04,319

as the lead author of the 2017 cdc study

1445

00:58:08,549 --> 00:58:05,920

on the overall health of african

1446

00:58:09,829 --> 00:58:08,559

americans said where we live determines

1447

00:58:12,069 --> 00:58:09,839

our health

1448

00:58:14,390 --> 00:58:12,079

it determines our quality of housing the

1449

00:58:15,670 --> 00:58:14,400

schools we attend and our employment

1450

00:58:18,150 --> 00:58:15,680

opportunities

1451

00:58:20,549 --> 00:58:18,160

individual behaviors are important but

1452

00:58:23,190 --> 00:58:20,559

one challenge we face is that we have to

1453

00:58:29,430 --> 00:58:23,200

invest in the places where people live

1454

00:58:37,349 --> 00:58:34,390

and that's my talk so i'll go ahead and

1455

00:58:39,109 --> 00:58:37,359

go on mute and stop my video thank you

1456

00:58:41,109 --> 00:58:39,119

all right i think thank you so much

1457

00:58:43,510 --> 00:58:41,119

doctor gushaff that's very informative

1458

00:58:46,230 --> 00:58:43,520

um some of the statistics were painful

1459

00:58:47,589 --> 00:58:46,240

i'd be interested to hear about um

1460

00:58:49,510 --> 00:58:47,599

some of the solutions perhaps in our

1461

00:58:51,750 --> 00:58:49,520

questions and answers section

1462

00:58:53,109 --> 00:58:51,760

um so next up we have dr four uh who's

1463

00:58:55,349 --> 00:58:53,119

currently the medical director of the

1464

00:58:57,270 --> 00:58:55,359

nasa headquarters health unit and she's

1465

00:58:59,910 --> 00:58:57,280

a wellness advocate with over 25 years

1466

00:59:01,750 --> 00:58:59,920

of experience in occupational medicine

1467

00:59:03,829 --> 00:59:01,760

was previously the medical director for

1468

00:59:05,670 --> 00:59:03,839

the department of affairs occupational

1469

00:59:07,430 --> 00:59:05,680

health center today she's going to

1470

00:59:10,230 --> 00:59:07,440

educate us on chronic prospective

1471

00:59:13,829 --> 00:59:12,230

welcome dr board

1472

00:59:15,030 --> 00:59:13,839

good afternoon everyone i hope you can

1473

00:59:17,430 --> 00:59:15,040

hear me

1474

00:59:19,190 --> 00:59:17,440

my name is dr andrea four and i'm the

1475

00:59:20,950 --> 00:59:19,200

medical director of the nasa

1476

00:59:25,430 --> 00:59:20,960

headquarters health unit

1477

00:59:27,750 --> 00:59:25,440

um i'd like to say thank you to everyone

1478

00:59:28,870 --> 00:59:27,760

for this invitation and i am honored to

1479

00:59:31,030 --> 00:59:28,880

be here

1480

00:59:33,670 --> 00:59:31,040

and while it's important

1481

00:59:35,910 --> 00:59:33,680

to recognize these health disparities

1482

00:59:39,030 --> 00:59:35,920

it's equally important to acknowledge

1483

00:59:41,270 --> 00:59:39,040

our individual role in moving forward

1484

00:59:42,710 --> 00:59:41,280

towards health equity

1485

00:59:44,230 --> 00:59:42,720

i thought it would be worthwhile to

1486

00:59:46,630 --> 00:59:44,240

spend some time thinking about how

1487

00:59:48,870 --> 00:59:46,640

chronic stress affects us

1488

00:59:50,870 --> 00:59:48,880

and how we can change that and how we

1489

00:59:53,190 --> 00:59:50,880

can thrive

1490

00:59:55,589 --> 00:59:53,200

next slide please

1491

00:59:58,150 --> 00:59:55,599

so take care of yourself and you take

1492

01:00:01,510 --> 00:59:58,160

care of the entire community

1493

01:00:04,230 --> 01:00:01,520

next slide please

1494

01:00:06,309 --> 01:00:04,240

so the road to healing you know as we

1495

01:00:09,190 --> 01:00:06,319

think about healing

1496

01:00:10,870 --> 01:00:09,200

some questions to ask yourself are am i

1497

01:00:13,430 --> 01:00:10,880

eating well

1498

01:00:15,430 --> 01:00:13,440

am i exercising

1499

01:00:18,549 --> 01:00:15,440

what about hydration

1500

01:00:23,430 --> 01:00:21,190

each one of these factors will impact

1501
01:00:25,910 --> 01:00:23,440
healing and they work synergistically

1502
01:00:27,270 --> 01:00:25,920
and improving overall health and

1503
01:00:29,430 --> 01:00:27,280
well-being

1504
01:00:31,990 --> 01:00:29,440
so you have this foundation

1505
01:00:34,069 --> 01:00:32,000
of health but you know it's built on

1506
01:00:36,069 --> 01:00:34,079
enhancing your immune function and

1507
01:00:38,230 --> 01:00:36,079
making sure you have good white blood

1508
01:00:41,190 --> 01:00:38,240
cell counts and good respiratory

1509
01:00:43,030 --> 01:00:41,200
function and good lymphatic function so

1510
01:00:44,789 --> 01:00:43,040
this is the foundation of health and we

1511
01:00:50,870 --> 01:00:44,799
have to pay attention to each one of

1512
01:00:55,750 --> 01:00:53,190
dr sophia will talk about mental

1513
01:00:57,829 --> 01:00:55,760

resilience a bit later but first i

1514

01:01:00,150 --> 01:00:57,839

wanted to point out how our bodies

1515

01:01:02,710 --> 01:01:00,160

function as a unit

1516

01:01:05,109 --> 01:01:02,720

everything is connected

1517

01:01:07,190 --> 01:01:05,119

so you can't really separate the mind

1518

01:01:09,190 --> 01:01:07,200

and the body

1519

01:01:11,750 --> 01:01:09,200

some key points to take away from this

1520

01:01:14,870 --> 01:01:11,760

are that mind and emotions have a

1521

01:01:17,990 --> 01:01:14,880

critical impact on immune function

1522

01:01:19,829 --> 01:01:18,000

and immune performance is depressed by

1523

01:01:22,069 --> 01:01:19,839

chronic stress

1524

01:01:25,109 --> 01:01:22,079

the most common cause of low immune

1525

01:01:28,150 --> 01:01:25,119

function is nutrient deficiency

1526

01:01:29,430 --> 01:01:28,160

seventy percent of your immune system is

1527

01:01:31,109 --> 01:01:29,440

in your gut

1528

01:01:33,270 --> 01:01:31,119

so remember that

1529

01:01:36,150 --> 01:01:33,280

nutrition is key

1530

01:01:38,309 --> 01:01:36,160

seventy percent of your immune function

1531

01:01:41,030 --> 01:01:38,319

is in your gut as you can kind of see

1532

01:01:48,309 --> 01:01:41,040

from the diagram here we have a robust

1533

01:01:48,319 --> 01:01:54,870

next slide piece

1534

01:01:59,190 --> 01:01:57,430

the body has several lines of defense

1535

01:02:02,069 --> 01:01:59,200

and that's a good thing

1536

01:02:04,950 --> 01:02:02,079

for starters the macrophages and other

1537

01:02:06,710 --> 01:02:04,960

innate immune cells are really our first

1538

01:02:09,829 --> 01:02:06,720

line of defense in getting rid of

1539

01:02:13,109 --> 01:02:09,839

bacteria and damaged cells

1540

01:02:15,270 --> 01:02:13,119

but we also have adaptive immunity where

1541

01:02:17,990 --> 01:02:15,280

certain cells are primed

1542

01:02:19,270 --> 01:02:18,000

trained and capable of remembering the

1543

01:02:21,510 --> 01:02:19,280

intruders

1544

01:02:24,309 --> 01:02:21,520

this is where vaccines come into play

1545

01:02:26,069 --> 01:02:24,319

and they help us to promptly recognize a

1546

01:02:28,710 --> 01:02:26,079

foreign attack from pathogens such as

1547

01:02:31,349 --> 01:02:28,720

bacteria or viruses

1548

01:02:34,069 --> 01:02:31,359

now our b cells make antibodies

1549

01:02:35,750 --> 01:02:34,079

and sort of lock onto foreign cell

1550

01:02:37,029 --> 01:02:35,760

surfaces which marks them for

1551

01:02:39,589 --> 01:02:37,039

destruction

1552

01:02:42,950 --> 01:02:39,599

they sort of handcuff the intruder

1553

01:02:45,750 --> 01:02:42,960

and finally helper t cells both assist

1554

01:02:48,549 --> 01:02:45,760

the b cells as they produce antibodies

1555

01:02:49,990 --> 01:02:48,559

and summon killer t cells to the scene

1556

01:02:52,630 --> 01:02:50,000

of the crime

1557

01:02:54,390 --> 01:02:52,640

these cells directly attack and destroy

1558

01:02:55,670 --> 01:02:54,400

other cells that they're capable of

1559

01:02:57,670 --> 01:02:55,680

recognizing

1560

01:03:01,750 --> 01:02:57,680

so this is a multi-layered defense

1561

01:03:05,750 --> 01:03:03,829

the important thing to remember here is

1562

01:03:07,910 --> 01:03:05,760

that the immune system is made of a

1563

01:03:10,549 --> 01:03:07,920

variety of different cells that have

1564

01:03:12,390 --> 01:03:10,559

unique functions and that need your

1565

01:03:16,950 --> 01:03:12,400

support and attention

1566

01:03:23,029 --> 01:03:20,150

chronic stress depletes us in a myriad

1567

01:03:26,470 --> 01:03:23,039

of ways and is insidious in the way that

1568

01:03:28,870 --> 01:03:26,480

it exacerbates underlying illnesses

1569

01:03:31,109 --> 01:03:28,880

in fact studies have shown that chronic

1570

01:03:33,829 --> 01:03:31,119

stress raises catecholamine and

1571

01:03:36,309 --> 01:03:33,839

suppressor t cell levels which leads to

1572

01:03:38,710 --> 01:03:36,319

suppression of the immune system the

1573

01:03:40,789 --> 01:03:38,720

2020 survey done by the american

1574

01:03:43,510 --> 01:03:40,799

psychological association shows that

1575

01:03:44,870 --> 01:03:43,520

among people of color more than two and

1576

01:03:47,589 --> 01:03:44,880

five

1577

01:03:50,230 --> 01:03:47,599

or forty four percent report that

1578

01:03:52,950 --> 01:03:50,240

discrimination is a significant source

1579

01:03:54,069 --> 01:03:52,960

of stress in their life

1580

01:03:56,309 --> 01:03:54,079

in fact

1581

01:03:59,190 --> 01:03:56,319

forty eight percent of black americans

1582

01:04:01,109 --> 01:03:59,200

reported discrimination as a stressor

1583

01:04:03,109 --> 01:04:01,119

so that when we look at the effect that

1584

01:04:06,069 --> 01:04:03,119

this has on our bodies

1585

01:04:07,750 --> 01:04:06,079

it's truly eye-opening

1586

01:04:09,589 --> 01:04:07,760

now in one sense cortisol gives you the

1587

01:04:11,510 --> 01:04:09,599

energy you need to start the day but

1588

01:04:13,270 --> 01:04:11,520

when we're under chronic stress we have

1589

01:04:16,069 --> 01:04:13,280

chronically elevated levels of

1590

01:04:19,190 --> 01:04:16,079

adrenaline and cortisol our white blood

1591

01:04:20,710 --> 01:04:19,200

cell formation and function is inhibited

1592

01:04:22,069 --> 01:04:20,720

and this is what we use to fight off

1593

01:04:23,750 --> 01:04:22,079

illnesses

1594

01:04:26,230 --> 01:04:23,760

you know chronic stress leads to blood

1595

01:04:29,109 --> 01:04:26,240

sugar problems fat accumulation

1596

01:04:32,150 --> 01:04:29,119

compromise immune function bone loss

1597

01:04:34,470 --> 01:04:32,160

and memory loss among other factors next

1598

01:04:36,549 --> 01:04:34,480

slide please

1599

01:04:38,230 --> 01:04:36,559

so there's a fine line

1600

01:04:40,470 --> 01:04:38,240

there's a fine line here because in

1601
01:04:43,829 --> 01:04:40,480
short spurts stress hormones like

1602
01:04:46,630 --> 01:04:43,839
cortisol can limit inflammation but over

1603
01:04:48,549 --> 01:04:46,640
time increased cortisol levels lead to

1604
01:04:49,829 --> 01:04:48,559
increased inflammation throughout the

1605
01:04:51,510 --> 01:04:49,839
body

1606
01:04:53,029 --> 01:04:51,520
and this can lead to lymphocyte

1607
01:04:55,270 --> 01:04:53,039
depletion

1608
01:04:58,950 --> 01:04:55,280
increased risk of infection

1609
01:05:01,589 --> 01:04:58,960
and even chronic diseases like diabetes

1610
01:05:04,789 --> 01:05:01,599
what we have here is

1611
01:05:07,750 --> 01:05:04,799
a recent article that essentially

1612
01:05:08,950 --> 01:05:07,760
points to the link between chronic

1613
01:05:10,630 --> 01:05:08,960

stress

1614

01:05:13,109 --> 01:05:10,640

and inflammation

1615

01:05:15,670 --> 01:05:13,119

and and being at increased risk for

1616

01:05:18,789 --> 01:05:15,680

viruses as a result of this next slide

1617

01:05:23,829 --> 01:05:22,069

a poor diet can alter immune responses

1618

01:05:25,910 --> 01:05:23,839

so we need to consistently make the

1619

01:05:29,349 --> 01:05:25,920

effort to give our bodies the raw

1620

01:05:31,829 --> 01:05:29,359

materials it needs and it requires to

1621

01:05:34,710 --> 01:05:31,839

heal and to thrive

1622

01:05:36,870 --> 01:05:34,720

so nutrients support the immune system

1623

01:05:38,710 --> 01:05:36,880

by working as antioxidants to protect

1624

01:05:41,190 --> 01:05:38,720

healthy cells

1625

01:05:43,430 --> 01:05:41,200

they support the growth and the activity

1626

01:05:45,349 --> 01:05:43,440

of immune cells and they also help in

1627

01:05:50,069 --> 01:05:45,359

the production of antibodies next slide

1628

01:05:53,910 --> 01:05:51,510

not only

1629

01:05:55,430 --> 01:05:53,920

does vitamin d play a vital role in

1630

01:05:57,750 --> 01:05:55,440

immune function

1631

01:05:59,829 --> 01:05:57,760

but most of us are probably not getting

1632

01:06:01,829 --> 01:05:59,839

enough vitamin d

1633

01:06:04,150 --> 01:06:01,839

the national health and nutrition

1634

01:06:07,270 --> 01:06:04,160

examination survey looked at the

1635

01:06:09,910 --> 01:06:07,280

prevalence of vitamin d deficiency as

1636

01:06:12,309 --> 01:06:09,920

defined by a level less than or equal to

1637

01:06:15,270 --> 01:06:12,319

20 nanograms per milliliter

1638

01:06:17,270 --> 01:06:15,280

and it was discovered that 41.6 percent

1639

01:06:19,029 --> 01:06:17,280

of people are deficient

1640

01:06:21,789 --> 01:06:19,039

in vitamin d

1641

01:06:24,230 --> 01:06:21,799

the highest rate was seen in blacks at

1642

01:06:26,950 --> 01:06:24,240

82.1 percent

1643

01:06:29,829 --> 01:06:26,960

and if you'll notice you need good liver

1644

01:06:33,349 --> 01:06:29,839

and kidney function to make increasingly

1645

01:06:35,990 --> 01:06:33,359

potent forms of vitamin d

1646

01:06:40,470 --> 01:06:36,000

next slide please

1647

01:06:41,829 --> 01:06:40,480

so in addition to promoting calcium

1648

01:06:43,910 --> 01:06:41,839

resorption which you're probably all

1649

01:06:45,510 --> 01:06:43,920

familiar with the evidence shows that

1650

01:06:48,630 --> 01:06:45,520

vitamin d plays

1651

01:06:49,829 --> 01:06:48,640

a role in the regulation of t cells

1652

01:06:53,190 --> 01:06:49,839

b cells

1653

01:06:55,910 --> 01:06:53,200

macrophages dendritic cells and more

1654

01:06:58,950 --> 01:06:55,920

and this means that there are vitamin d

1655

01:07:01,109 --> 01:06:58,960

receptors in activated human immune

1656

01:07:03,589 --> 01:07:01,119

system cells

1657

01:07:05,589 --> 01:07:03,599

the level should be a minimum of 20

1658

01:07:09,430 --> 01:07:05,599

nanograms per milliliter

1659

01:07:11,910 --> 01:07:09,440

but ideally 30 to 50 nanograms per

1660

01:07:15,670 --> 01:07:11,920

milliliter according to the endocrine

1661

01:07:17,829 --> 01:07:15,680

society next slide please

1662

01:07:20,870 --> 01:07:17,839

this is a recent article that comes out

1663

01:07:23,190 --> 01:07:20,880

of the journal of internal and emergency

1664

01:07:25,829 --> 01:07:23,200

medicine and what shows is that vitamin

1665

01:07:26,710 --> 01:07:25,839

d deficiency is associated with higher

1666

01:07:30,390 --> 01:07:26,720

risk

1667

01:07:32,470 --> 01:07:30,400

for sars covi2 infection and covet 19

1668

01:07:36,230 --> 01:07:32,480

severity

1669

01:07:38,710 --> 01:07:37,270

these

1670

01:07:40,549 --> 01:07:38,720

are the building blocks for a healthy

1671

01:07:42,549 --> 01:07:40,559

immune system

1672

01:07:44,470 --> 01:07:42,559

so now here's your part

1673

01:07:46,470 --> 01:07:44,480

for your homework i'm going to ask you

1674

01:07:48,549 --> 01:07:46,480

to check your grocery carts and be

1675

01:07:51,270 --> 01:07:48,559

intentional about that

1676

01:07:53,829 --> 01:07:51,280

you'll notice that this is real food

1677

01:07:56,950 --> 01:07:53,839

i want to challenge you to add at least

1678

01:07:58,710 --> 01:07:56,960

two of these to every meal for the next

1679

01:07:59,750 --> 01:07:58,720

two weeks and see if you notice a

1680

01:08:01,510 --> 01:07:59,760

difference

1681

01:08:05,589 --> 01:08:01,520

because i believe that you will next

1682

01:08:05,599 --> 01:08:08,789

next slide please

1683

01:08:13,670 --> 01:08:11,430

i feel that we have a unique opportunity

1684

01:08:15,430 --> 01:08:13,680

to re-examine our lives

1685

01:08:17,829 --> 01:08:15,440

and decide the best way forward for

1686

01:08:20,149 --> 01:08:17,839

ourselves and our communities

1687

01:08:22,870 --> 01:08:20,159

the potential long-term consequences of

1688

01:08:25,749 --> 01:08:22,880

persistent stress and trauma are

1689

01:08:27,910 --> 01:08:25,759

particularly serious for our children

1690

01:08:29,189 --> 01:08:27,920

this pandemic has made it that much

1691

01:08:31,430 --> 01:08:29,199

worse

1692

01:08:33,590 --> 01:08:31,440

but we can act now

1693

01:08:36,470 --> 01:08:33,600

we're stronger together and we can shape

1694

01:08:38,390 --> 01:08:36,480

a future that welcomes supports and

1695

01:08:40,070 --> 01:08:38,400

celebrates the best versions of

1696

01:08:41,829 --> 01:08:40,080

ourselves

1697

01:08:43,430 --> 01:08:41,839

i'll leave you with a quote from maya

1698

01:08:45,349 --> 01:08:43,440

angelou

1699

01:08:47,669 --> 01:08:45,359

do the best you can

1700

01:08:49,510 --> 01:08:47,679

until you know better

1701

01:08:51,110 --> 01:08:49,520

then when you know better

1702

01:08:57,269 --> 01:08:51,120

do better

1703

01:09:01,510 --> 01:08:59,269

thank you so much doctor for excellent

1704

01:09:03,269 --> 01:09:01,520

presentation again a reminder to all our

1705

01:09:06,309 --> 01:09:03,279

participants if you have any questions

1706

01:09:07,749 --> 01:09:06,319

for um the presentations our panelists

1707

01:09:10,390 --> 01:09:07,759

please feel free to put them in the chat

1708

01:09:12,630 --> 01:09:10,400

and we'll get to some q a after our last

1709

01:09:14,709 --> 01:09:12,640

presentation and so for this third and

1710

01:09:16,630 --> 01:09:14,719

final presentation we'll have dr sills

1711

01:09:18,390 --> 01:09:16,640

taylor uh dr teal is a licensed

1712

01:09:20,390 --> 01:09:18,400

professional counselor who's certified

1713

01:09:22,470 --> 01:09:20,400

nationally and is also a consular

1714

01:09:23,910 --> 01:09:22,480

educator she currently serves as an

1715

01:09:26,229 --> 01:09:23,920

assistant professor for the school of

1716

01:09:28,390 --> 01:09:26,239

behavioral science at liberty university

1717

01:09:30,789 --> 01:09:28,400

and dr taylor's also a proud veteran who

1718

01:09:32,470 --> 01:09:30,799

served in the navy and so today dr kipp

1719

01:09:34,870 --> 01:09:32,480

will educate us on mental health

1720

01:09:37,510 --> 01:09:34,880

wellness and african-american community

1721

01:09:38,789 --> 01:09:37,520

welcome dr taylor

1722

01:09:41,669 --> 01:09:38,799

much

1723

01:09:43,189 --> 01:09:41,679

and so um i i i'm sorry to do this y'all

1724

01:09:44,870 --> 01:09:43,199

but i have to say hi to my parents in

1725

01:09:46,309 --> 01:09:44,880

philadelphia i think they had a hard

1726

01:09:48,709 --> 01:09:46,319

time getting going i was like i'm gonna

1727

01:09:51,829 --> 01:09:48,719

be on nasa tv so i have to say hi to my

1728

01:09:56,630 --> 01:09:53,669

so the first thing i wanted to talk to

1729

01:09:58,790 --> 01:09:56,640

you about go to the next slide

1730

01:10:02,070 --> 01:09:58,800

is i just want to look at some stats um

1731

01:10:04,310 --> 01:10:02,080

earlier um dr oga um talked about this

1732

01:10:07,510 --> 01:10:04,320

that when you look at african americans

1733

01:10:10,709 --> 01:10:07,520

um we're 13.4 percent of the u.s

1734

01:10:14,149 --> 01:10:10,719

population but then um of the u.s

1735

01:10:15,669 --> 01:10:14,159

population 16 of 16

1736

01:10:17,750 --> 01:10:15,679

have reported um

1737

01:10:20,390 --> 01:10:17,760

mental illness over the past year so

1738

01:10:22,709 --> 01:10:20,400

that's seven million people and when you

1739

01:10:25,430 --> 01:10:22,719

look at it it's the combined populations

1740

01:10:28,390 --> 01:10:25,440

of chicago houston and philadelphia put

1741

01:10:30,310 --> 01:10:28,400

together of people who reported um

1742

01:10:33,990 --> 01:10:30,320

some form of mental illness go to the

1743

01:10:39,110 --> 01:10:36,390

now these are some of the stats um that

1744

01:10:43,110 --> 01:10:39,120

came from a study that was done by samssa

1745

01:10:46,470 --> 01:10:43,120

um in 2018 and these statistics um

1746

01:10:49,669 --> 01:10:46,480

are are really looking at overall mental

1747

01:10:51,750 --> 01:10:49,679

wellness um for black americans and so

1748

01:10:53,910 --> 01:10:51,760

um these were coming from like a

1749

01:10:56,149 --> 01:10:53,920

self-report so more than likely um

1750

01:10:58,310 --> 01:10:56,159

african-americans are to feel sadness or

1751
01:11:01,350 --> 01:10:58,320
hopelessness and worthlessness when

1752
01:11:04,310 --> 01:11:01,360
compared to um white americans

1753
01:11:07,669 --> 01:11:04,320
um 16 percent of african-americans have

1754
01:11:09,590 --> 01:11:07,679
reported some form of mental illness and

1755
01:11:11,110 --> 01:11:09,600
when it makes reference to serious

1756
01:11:13,990 --> 01:11:11,120
mental illness

1757
01:11:16,630 --> 01:11:14,000
some of the diagnoses are schizophrenia

1758
01:11:19,669 --> 01:11:16,640
bipolar disorder major depressive

1759
01:11:21,189 --> 01:11:19,679
disorder and then anxiety and so those

1760
01:11:23,510 --> 01:11:21,199
are some of the main

1761
01:11:26,229 --> 01:11:23,520
areas that people kind of report and

1762
01:11:28,790 --> 01:11:26,239
then also what falls under mental health

1763
01:11:31,030 --> 01:11:28,800

is substance abuse and so in terms of

1764

01:11:34,550 --> 01:11:31,040

binge drinking smoking cigarettes the

1765

01:11:37,590 --> 01:11:34,560

use of illicit drugs and pain and pain

1766

01:11:39,510 --> 01:11:37,600

medication um abuse

1767

01:11:41,910 --> 01:11:39,520

that was found to be very high in the

1768

01:11:44,390 --> 01:11:41,920

african-american community as well

1769

01:11:45,669 --> 01:11:44,400

and so what's interesting too is that

1770

01:11:47,430 --> 01:11:45,679

suicide

1771

01:11:49,430 --> 01:11:47,440

is up in african-american communities

1772

01:11:51,189 --> 01:11:49,440

some of the stats reported is that

1773

01:11:53,350 --> 01:11:51,199

suicide thoughts and plans and attempts

1774

01:11:55,510 --> 01:11:53,360

were also arising among african-american

1775

01:11:59,030 --> 01:11:55,520

young adults while still lower than

1776

01:12:01,270 --> 01:11:59,040

overall u.s population um

1777

01:12:04,229 --> 01:12:01,280

ages 18 to 25 9

1778

01:12:06,550 --> 01:12:04,239

which is 439 000 approximately of

1779

01:12:10,070 --> 01:12:06,560

african-americans 18 years or older has

1780

01:12:14,950 --> 01:12:10,080

serious thoughts of suicide

1781

01:12:19,189 --> 01:12:16,950

so when you look at african americans

1782

01:12:22,470 --> 01:12:19,199

mental health and stigma it's really

1783

01:12:25,189 --> 01:12:22,480

making reference to the fact that many

1784

01:12:27,030 --> 01:12:25,199

are are not um seeking assistance with

1785

01:12:29,110 --> 01:12:27,040

mental health issues so many african

1786

01:12:31,110 --> 01:12:29,120

americans hold negative beliefs

1787

01:12:33,270 --> 01:12:31,120

regarding on psychological openness the

1788

01:12:35,510 --> 01:12:33,280

willingness to talk about mental health

1789

01:12:37,350 --> 01:12:35,520

issues and then help seeking behaviors

1790

01:12:39,510 --> 01:12:37,360

the willingness to go out and actually

1791

01:12:41,910 --> 01:12:39,520

seek mental health there's this

1792

01:12:44,149 --> 01:12:41,920

perceived stigma and some of the reasons

1793

01:12:45,990 --> 01:12:44,159

um that uh

1794

01:12:48,070 --> 01:12:46,000

that mental this help mental health

1795

01:12:49,910 --> 01:12:48,080

stigma comes into place is because i

1796

01:12:53,510 --> 01:12:49,920

guess within the african-american

1797

01:12:56,149 --> 01:12:53,520

community us even talking about um

1798

01:12:58,070 --> 01:12:56,159

mental mental wellness like going out

1799

01:12:59,350 --> 01:12:58,080

and seeking these um assistance with

1800

01:13:02,790 --> 01:12:59,360

mental health

1801
01:13:05,110 --> 01:13:02,800
um is seen as almost as a luxury and so

1802
01:13:06,870 --> 01:13:05,120
this study was conducted it's a study on

1803
01:13:09,510 --> 01:13:06,880
african-american men and women's

1804
01:13:12,149 --> 01:13:09,520
attitudes towards mental illness and

1805
01:13:13,830 --> 01:13:12,159
perceptions of stigma and the primary

1806
01:13:16,630 --> 01:13:13,840
aim of the study was to examine

1807
01:13:18,870 --> 01:13:16,640
african-american men and women's um

1808
01:13:21,030 --> 01:13:18,880
beliefs and attitudes and so it was a

1809
01:13:24,149 --> 01:13:21,040
self-reported study and then some of the

1810
01:13:26,709 --> 01:13:24,159
outcomes were um that when they found

1811
01:13:29,350 --> 01:13:26,719
that people were asked about whether or

1812
01:13:30,229 --> 01:13:29,360
not they would seek um you know seek

1813
01:13:33,270 --> 01:13:30,239

help

1814

01:13:36,709 --> 01:13:33,280

it was again a repeat that less than two

1815

01:13:39,430 --> 01:13:36,719

percent of of psychological association

1816

01:13:41,390 --> 01:13:39,440

members uh for for the american

1817

01:13:44,229 --> 01:13:41,400

psychological association were

1818

01:13:46,229 --> 01:13:44,239

african-american and so then it's this

1819

01:13:49,750 --> 01:13:46,239

thought that there's not a lot of

1820

01:13:52,550 --> 01:13:49,760

culturally competent uh mental health um

1821

01:13:56,870 --> 01:13:52,560

workers out there and so if you go to

1822

01:14:01,510 --> 01:13:59,270

many african americans are over

1823

01:14:02,390 --> 01:14:01,520

represented in jails and prisons and

1824

01:14:04,709 --> 01:14:02,400

then

1825

01:14:08,390 --> 01:14:04,719

when you look at um african-americans as

1826

01:14:10,790 --> 01:14:08,400

only being 13 of the u.s population but

1827

01:14:13,110 --> 01:14:10,800

nearly 40 percent of those that are in

1828

01:14:16,470 --> 01:14:13,120

prison um it makes sense when you look

1829

01:14:18,070 --> 01:14:16,480

at the numbers actually are um a hundred

1830

01:14:21,270 --> 01:14:18,080

thousand um

1831

01:14:24,709 --> 01:14:21,280

black males are incarcerated and so some

1832

01:14:27,830 --> 01:14:24,719

of the reasons that uh we aren't even

1833

01:14:29,669 --> 01:14:27,840

accessing uh mental health is that

1834

01:14:32,229 --> 01:14:29,679

there's a lack of insurance or being

1835

01:14:34,790 --> 01:14:32,239

underinsured um

1836

01:14:38,229 --> 01:14:34,800

versus looking at white americans and

1837

01:14:41,910 --> 01:14:38,239

then also um when we talk about um the

1838

01:14:44,070 --> 01:14:41,920

stigma associated with seeking uh mental

1839

01:14:45,510 --> 01:14:44,080

health services is there's a trust a

1840

01:14:47,910 --> 01:14:45,520

general distrust

1841

01:14:49,990 --> 01:14:47,920

of um the health care system

1842

01:14:53,350 --> 01:14:50,000

a lack of providers um in our

1843

01:14:56,070 --> 01:14:53,360

communities that can offer competent

1844

01:14:56,870 --> 01:14:56,080

care at least that's the perception and

1845

01:14:59,750 --> 01:14:56,880

so

1846

01:15:01,990 --> 01:14:59,760

uh when we look at like a historically

1847

01:15:03,910 --> 01:15:02,000

that there's been a dehumanization of

1848

01:15:05,910 --> 01:15:03,920

african americans and a lot of

1849

01:15:07,990 --> 01:15:05,920

oppression particularly when you talk

1850

01:15:09,750 --> 01:15:08,000

about um some of the things that have

1851

01:15:13,030 --> 01:15:09,760

been happening in the last several years

1852

01:15:16,870 --> 01:15:13,830

so

1853

01:15:19,110 --> 01:15:16,880

what has come out of a lot of um

1854

01:15:21,430 --> 01:15:19,120

this need for african americans to

1855

01:15:23,669 --> 01:15:21,440

receive mental health is there so many

1856

01:15:26,310 --> 01:15:23,679

organizations that have created

1857

01:15:29,030 --> 01:15:26,320

resources simply to treat african

1858

01:15:31,910 --> 01:15:29,040

americans and so i just wanted to share

1859

01:15:33,270 --> 01:15:31,920

um some of the resources with you now if

1860

01:15:35,590 --> 01:15:33,280

you go to the next slide i want to

1861

01:15:36,870 --> 01:15:35,600

describe some of these um resources as

1862

01:15:39,669 --> 01:15:36,880

well

1863

01:15:41,990 --> 01:15:39,679

um this information um came from nami

1864

01:15:43,830 --> 01:15:42,000

which is the national alliance on mental

1865

01:15:46,310 --> 01:15:43,840

illness and what they do is they put

1866

01:15:49,350 --> 01:15:46,320

resources out so that

1867

01:15:50,390 --> 01:15:49,360

persons can go and seek um you know seek

1868

01:15:52,709 --> 01:15:50,400

help

1869

01:15:55,189 --> 01:15:52,719

these various organizations

1870

01:15:57,350 --> 01:15:55,199

um have created space particularly for

1871

01:15:59,669 --> 01:15:57,360

african americans and so one of the

1872

01:16:01,990 --> 01:15:59,679

organizations is the black emotional

1873

01:16:04,870 --> 01:16:02,000

mental health collective being and so

1874

01:16:07,030 --> 01:16:04,880

what they do is they help people to get

1875

01:16:09,990 --> 01:16:07,040

access to services and so you can

1876

01:16:12,790 --> 01:16:10,000

contact beam and what beam will do is

1877

01:16:15,510 --> 01:16:12,800

they will um help in terms of actually

1878

01:16:18,070 --> 01:16:15,520

locating services in your area another

1879

01:16:20,070 --> 01:16:18,080

organization is blackman hill and so

1880

01:16:22,550 --> 01:16:20,080

what they're trying to do is basically

1881

01:16:25,270 --> 01:16:22,560

target mental health um

1882

01:16:28,229 --> 01:16:25,280

services towards african-american men

1883

01:16:30,870 --> 01:16:28,239

and finding um low-cost or no-cost

1884

01:16:32,870 --> 01:16:30,880

mental health resources in your area the

1885

01:16:35,350 --> 01:16:32,880

black mental health alliance it helps

1886

01:16:37,830 --> 01:16:35,360

you to find a black therapist black

1887

01:16:39,750 --> 01:16:37,840

mental wellness another database that

1888

01:16:42,470 --> 01:16:39,760

will kind of help you find um

1889

01:16:44,310 --> 01:16:42,480

information really about mental illness

1890

01:16:45,910 --> 01:16:44,320

i think one of the biggest um just

1891

01:16:48,310 --> 01:16:45,920

adding this in there one of the biggest

1892

01:16:50,709 --> 01:16:48,320

misnomers that i've that i've heard as

1893

01:16:52,070 --> 01:16:50,719

african-american is that oh that's other

1894

01:16:54,149 --> 01:16:52,080

people's stuff

1895

01:16:56,070 --> 01:16:54,159

um that a lot of the

1896

01:16:58,709 --> 01:16:56,080

mental illnesses that doesn't affect us

1897

01:17:00,590 --> 01:16:58,719

and it's just not true

1898

01:17:03,350 --> 01:17:00,600

there's a high percentage of

1899

01:17:06,470 --> 01:17:03,360

african-americans with schizophrenia

1900

01:17:07,990 --> 01:17:06,480

with major mental illnesses um and in

1901

01:17:10,310 --> 01:17:08,000

particular what's interesting too is

1902

01:17:13,030 --> 01:17:10,320

personality disorders a lot of people

1903

01:17:15,350 --> 01:17:13,040

may not have familiarity with the term

1904

01:17:17,910 --> 01:17:15,360

of talking about personality disorders

1905

01:17:19,830 --> 01:17:17,920

but it's a very pervasive mental health

1906

01:17:23,030 --> 01:17:19,840

issue that has that impacts

1907

01:17:26,070 --> 01:17:23,040

relationships including narcissism

1908

01:17:28,310 --> 01:17:26,080

including people being histrionic um

1909

01:17:31,669 --> 01:17:28,320

those who are border have borderline

1910

01:17:33,750 --> 01:17:31,679

personality disorder but it's not um

1911

01:17:35,189 --> 01:17:33,760

other ethnicities it's uh it's very

1912

01:17:36,229 --> 01:17:35,199

pervasive in the african-american

1913

01:17:39,669 --> 01:17:36,239

community

1914

01:17:41,510 --> 01:17:39,679

um wars um lawrence henson foundation um

1915

01:17:44,790 --> 01:17:41,520

they've lost the cove um launched a

1916

01:17:46,790 --> 01:17:44,800

covenant 19 free uh by virtual therapy

1917

01:17:48,630 --> 01:17:46,800

support so what they're trying to do is

1918

01:17:51,910 --> 01:17:48,640

get mental health professionals to

1919

01:17:53,990 --> 01:17:51,920

provide um low cost or no cost services

1920

01:17:56,630 --> 01:17:54,000

to those who may need support simply

1921

01:17:59,590 --> 01:17:56,640

because of covet 19. i'm brother you're

1922

01:18:01,830 --> 01:17:59,600

on my mind which is omega sci fi i'm

1923

01:18:05,669 --> 01:18:01,840

fraternity incorporated um they've

1924

01:18:07,510 --> 01:18:05,679

created um an online wellness kit and

1925

01:18:09,030 --> 01:18:07,520

actually i was going to share this as a

1926

01:18:11,990 --> 01:18:09,040

handout because these are all hyperlinks

1927

01:18:14,229 --> 01:18:12,000

so you can go to these resources ebony's

1928

01:18:16,350 --> 01:18:14,239

mental health resources by state will

1929

01:18:19,110 --> 01:18:16,360

help you to reach out and find

1930

01:18:23,110 --> 01:18:19,120

african-american therapists um in your

1931

01:18:25,189 --> 01:18:23,120

area in the next slide please

1932

01:18:28,229 --> 01:18:25,199

hurdle is another organization as well

1933

01:18:30,950 --> 01:18:28,239

as melanin and mental health and then

1934

01:18:31,830 --> 01:18:30,960

ourselves black all these organizations

1935

01:18:34,709 --> 01:18:31,840

here

1936

01:18:38,390 --> 01:18:34,719

all will help you get connected or even

1937

01:18:41,110 --> 01:18:38,400

provide resources information um about

1938

01:18:42,870 --> 01:18:41,120

various areas pertaining to mental

1939

01:18:45,750 --> 01:18:42,880

health and wellness

1940

01:18:47,510 --> 01:18:45,760

and i'd encourage all of you who all are

1941

01:18:49,830 --> 01:18:47,520

at nasa

1942

01:18:53,110 --> 01:18:49,840

that i'm one of the clinicians and so i

1943

01:18:56,149 --> 01:18:53,120

provide mental health services um to

1944

01:18:58,630 --> 01:18:56,159

nasa langley and then nasa headquarters

1945

01:19:01,590 --> 01:18:58,640

but um each one of the

1946

01:19:04,149 --> 01:19:01,600

nasa uh outlets all have

1947

01:19:06,229 --> 01:19:04,159

uh mental health providers that you can

1948

01:19:09,270 --> 01:19:06,239

access and the services of no cost to

1949

01:19:12,709 --> 01:19:09,280

you if you are a civil service employee

1950

01:19:14,630 --> 01:19:12,719

if in fact you um are a contractor then

1951

01:19:17,910 --> 01:19:14,640

what we can do is help you get connected

1952

01:19:20,310 --> 01:19:17,920

to a mental health resource um that with

1953

01:19:22,229 --> 01:19:20,320

your company uh one of the very

1954

01:19:24,630 --> 01:19:22,239

interesting things that i heard when i

1955

01:19:28,630 --> 01:19:24,640

was listening to the astronaut speak is

1956

01:19:31,030 --> 01:19:28,640

that is talking about um self-care and

1957

01:19:32,870 --> 01:19:31,040

mental health wellness in terms of their

1958

01:19:34,149 --> 01:19:32,880

mission and i think that's a mission for

1959

01:19:36,390 --> 01:19:34,159

all of us

1960

01:19:39,510 --> 01:19:36,400

to access mental health care

1961

01:19:40,950 --> 01:19:39,520

um and then also talk about it uh one of

1962

01:19:43,669 --> 01:19:40,960

the things i did when i was doing my

1963

01:19:45,669 --> 01:19:43,679

dissertation was part of it was um

1964

01:19:48,149 --> 01:19:45,679

looking at the talking cure like the

1965

01:19:50,070 --> 01:19:48,159

real benefit and actually talking to one

1966

01:19:52,149 --> 01:19:50,080

another and connecting with people

1967

01:19:54,870 --> 01:19:52,159

because it really isn't say magic and

1968

01:19:56,950 --> 01:19:54,880

mental health services but what it is is

1969

01:19:58,550 --> 01:19:56,960

people being able to talk and connect

1970

01:20:01,350 --> 01:19:58,560

with another person whether it's a

1971

01:20:03,189 --> 01:20:01,360

therapist or talking to a spiritual uh

1972

01:20:04,950 --> 01:20:03,199

leader in your community or just simply

1973

01:20:07,030 --> 01:20:04,960

talking to a good friend

1974

01:20:09,030 --> 01:20:07,040

i think um although

1975

01:20:10,149 --> 01:20:09,040

formal reaching out for mental health

1976

01:20:12,070 --> 01:20:10,159

services

1977

01:20:13,830 --> 01:20:12,080

um may not have always been a thing

1978

01:20:17,110 --> 01:20:13,840

within the african-american community

1979

01:20:19,430 --> 01:20:17,120

but i do believe that we have um we've

1980

01:20:21,270 --> 01:20:19,440

been reaching out to spiritual leaders

1981

01:20:23,430 --> 01:20:21,280

but in particular having those

1982

01:20:26,550 --> 01:20:23,440

conversations within barber shops and

1983

01:20:28,790 --> 01:20:26,560

beauty salons and you know just talking

1984

01:20:31,350 --> 01:20:28,800

uh when we're caring you know for one

1985

01:20:33,270 --> 01:20:31,360

another collectively i found that a lot

1986

01:20:36,709 --> 01:20:33,280

of times when people were doing hair

1987

01:20:39,189 --> 01:20:36,719

being able to go and talk to someone but

1988

01:20:42,070 --> 01:20:39,199

that same talking you know

1989

01:20:44,870 --> 01:20:42,080

has been a support i imagine in our

1990

01:20:46,950 --> 01:20:44,880

community i i found it to be a support

1991

01:20:49,830 --> 01:20:46,960

and so i just encourage you all to keep

1992

01:20:51,750 --> 01:20:49,840

talking uh to seek mental wellness and

1993

01:20:54,229 --> 01:20:51,760

then reach out if you need support from

1994

01:20:55,910 --> 01:20:54,239

another person because uh mental

1995

01:20:57,830 --> 01:20:55,920

wellness is an imperative for our

1996

01:21:00,390 --> 01:20:57,840

community

1997

01:21:02,470 --> 01:21:00,400

so that's it thank you so much for uh

1998

01:21:06,070 --> 01:21:02,480

for listening and allowing me to share

1999

01:21:10,550 --> 01:21:08,550

thank you so much dr taylor um at this

2000

01:21:13,430 --> 01:21:10,560

point in time we'll continue to a

2001

01:21:16,310 --> 01:21:13,440

15-minute q a session with our three

2002

01:21:18,870 --> 01:21:16,320

doctors doctor membership dr dr taylor

2003

01:21:21,669 --> 01:21:18,880

as well as our astronaut victor lover so

2004

01:21:23,910 --> 01:21:21,679

just give a moment for everyone to

2005

01:21:26,149 --> 01:21:23,920

come online

2006

01:21:29,270 --> 01:21:26,159

and oh we actually sorry we have to

2007

01:21:32,070 --> 01:21:29,280

adjust the time to eight minute panel um

2008

01:21:34,629 --> 01:21:32,080

but we will go ahead and get started

2009

01:21:36,550 --> 01:21:34,639

um so starting with the social

2010

01:21:38,950 --> 01:21:36,560

determinants of health one of the

2011

01:21:40,629 --> 01:21:38,960

questions that we received was that what

2012

01:21:42,790 --> 01:21:40,639

actions can be taken to improve the

2013

01:21:45,910 --> 01:21:42,800

impacts of social factors on health in

2014

01:21:46,709 --> 01:21:45,920

the african-american community

2015

01:21:48,709 --> 01:21:46,719

well

2016

01:21:50,629 --> 01:21:48,719

i know that there are more studies being

2017

01:21:52,709 --> 01:21:50,639

done um like i mentioned um i talked

2018

01:21:54,070 --> 01:21:52,719

about resilience i know morehouse and

2019

01:21:55,870 --> 01:21:54,080

emory are doing a study on

2020

01:21:58,390 --> 01:21:55,880

cardiovascular resistance on

2021

01:22:00,470 --> 01:21:58,400

cardiovascular health and resilience in

2022

01:22:02,629 --> 01:22:00,480

the african-american community and one

2023

01:22:04,070 --> 01:22:02,639

of the things that they found was that

2024

01:22:05,430 --> 01:22:04,080

neighborhoods

2025

01:22:07,510 --> 01:22:05,440

that are right next to each other but

2026

01:22:09,350 --> 01:22:07,520

one neighborhood hat is higher

2027

01:22:10,870 --> 01:22:09,360

in measures of social

2028

01:22:12,709 --> 01:22:10,880

cohesion

2029

01:22:14,709 --> 01:22:12,719

get you know knowing each other knowing

2030

01:22:16,310 --> 01:22:14,719

your neighbor sharing basically

2031

01:22:17,990 --> 01:22:16,320

everything that dr stills taylor was

2032

01:22:19,910 --> 01:22:18,000

talking about

2033

01:22:22,149 --> 01:22:19,920

actually have more resilience when it

2034

01:22:25,510 --> 01:22:22,159

comes to cardiovascular health than

2035

01:22:28,470 --> 01:22:25,520

others so i think this whole

2036

01:22:30,550 --> 01:22:28,480

all of it as i said is social um is

2037

01:22:33,270 --> 01:22:30,560

really taking care of the whole person i

2038

01:22:34,790 --> 01:22:33,280

think victor glover talked about it also

2039

01:22:36,790 --> 01:22:34,800

you know it's your whole community and

2040

01:22:39,270 --> 01:22:36,800

where you grow and we really need to

2041

01:22:41,030 --> 01:22:39,280

start i believe with the communities

2042

01:22:43,350 --> 01:22:41,040

and helping them

2043

01:22:46,390 --> 01:22:43,360

stay resilient as dr sils taylor was

2044

01:22:47,669 --> 01:22:46,400

discussing as well in addition to

2045

01:22:49,590 --> 01:22:47,679

obviously

2046

01:22:51,910 --> 01:22:49,600

eating if they have the resources eating

2047

01:22:53,510 --> 01:22:51,920

right staying healthy exercising all

2048

01:22:55,910 --> 01:22:53,520

those things

2049

01:22:58,149 --> 01:22:55,920

does that help

2050

01:23:00,870 --> 01:22:58,159

absolutely thank you so much

2051

01:23:03,030 --> 01:23:00,880

um we had a question regarding nutrition

2052

01:23:05,430 --> 01:23:03,040

so what is what are strategies that can

2053

01:23:07,910 --> 01:23:05,440

be implemented on a daily basis to

2054

01:23:12,629 --> 01:23:07,920

improve our nutrition to include our gut

2055

01:23:15,830 --> 01:23:14,709

well i think one of the important things

2056

01:23:18,550 --> 01:23:15,840

to do

2057

01:23:21,350 --> 01:23:18,560

um you know as as victor was saying is

2058

01:23:25,110 --> 01:23:21,360

to really is to simplify your life

2059

01:23:26,390 --> 01:23:25,120

and you know and to recognize that um

2060

01:23:27,590 --> 01:23:26,400

if you're going to be healthy if your

2061

01:23:30,390 --> 01:23:27,600

children are going to be healthy you

2062

01:23:32,950 --> 01:23:30,400

have to plan so it does take effort it

2063

01:23:35,590 --> 01:23:32,960

takes consistent effort in terms of

2064

01:23:38,229 --> 01:23:35,600

coming up with grocery lists and doing

2065

01:23:39,990 --> 01:23:38,239

meal planning and you know making

2066

01:23:41,750 --> 01:23:40,000

certain that we're not always going for

2067

01:23:43,910 --> 01:23:41,760

the easy thing you know i'm a working

2068

01:23:45,750 --> 01:23:43,920

mom too so i know how it is you know

2069

01:23:48,550 --> 01:23:45,760

after work and trying to grab something

2070

01:23:51,030 --> 01:23:48,560

before piano lessons or whatever but if

2071

01:23:53,430 --> 01:23:51,040

you take the time you know to

2072

01:23:56,470 --> 01:23:53,440

make a healthy snack you know my kid is

2073

01:23:58,950 --> 01:23:56,480

into hummus and carrots or just whatever

2074

01:24:00,390 --> 01:23:58,960

and and if you if you buy whole foods

2075

01:24:02,149 --> 01:24:00,400

they'll have to eat whole foods because

2076

01:24:03,590 --> 01:24:02,159

that's what's in the house don't let

2077

01:24:05,270 --> 01:24:03,600

them drive your car to the store right

2078

01:24:07,030 --> 01:24:05,280

so you know

2079

01:24:09,189 --> 01:24:07,040

a lot so it does take but it is it's a

2080

01:24:12,310 --> 01:24:09,199

lot of it's planning it is planning and

2081

01:24:14,229 --> 01:24:12,320

it's consistency and it's effort but

2082

01:24:16,550 --> 01:24:14,239

like i said i think the idea is and but

2083

01:24:19,270 --> 01:24:16,560

make it you know make it simple you

2084

01:24:21,590 --> 01:24:19,280

don't have to have elaborate meals and

2085

01:24:23,750 --> 01:24:21,600

snacks in order to be healthy

2086

01:24:25,590 --> 01:24:23,760

um and the other thing is you know it is

2087

01:24:27,750 --> 01:24:25,600

difficult sometimes to get a variety of

2088

01:24:30,149 --> 01:24:27,760

foods or you know we've had deliveries

2089

01:24:32,870 --> 01:24:30,159

deliveries that were inconsistent and so

2090

01:24:35,350 --> 01:24:32,880

i do personally take supplements i

2091

01:24:37,910 --> 01:24:35,360

haven't always taken my whole life but i

2092

01:24:41,030 --> 01:24:37,920

take a multivitamin with iron now i take

2093

01:24:43,270 --> 01:24:41,040

vitamin d i take iron you know i take

2094

01:24:45,030 --> 01:24:43,280

zinc these are things that i've done

2095

01:24:47,830 --> 01:24:45,040

since the beginning of the pandemic you

2096

01:24:49,669 --> 01:24:47,840

know and i feel well i've been well so

2097

01:24:51,830 --> 01:24:49,679

you know ideally we'd like to have this

2098

01:24:53,189 --> 01:24:51,840

wonderful food supply across the united

2099

01:24:55,430 --> 01:24:53,199

states but we don't

2100

01:24:58,229 --> 01:24:55,440

and so there may be times when you do

2101

01:25:01,830 --> 01:24:58,239

have to you know you have to take a

2102

01:25:03,910 --> 01:25:01,840

supplement and and kind of you know um

2103

01:25:05,990 --> 01:25:03,920

and support yourself in that way but for

2104

01:25:08,709 --> 01:25:06,000

now i think that it makes sense i do it

2105

01:25:09,669 --> 01:25:08,719

for myself i do it for my kids

2106

01:25:11,350 --> 01:25:09,679

you know

2107

01:25:13,189 --> 01:25:11,360

um and so i think that like i said to

2108

01:25:14,550 --> 01:25:13,199

the extent that you want to dedicate

2109

01:25:17,110 --> 01:25:14,560

yourself to

2110

01:25:21,030 --> 01:25:17,120

right to being well it it takes some

2111

01:25:24,950 --> 01:25:22,950

oh absolutely that's a great point and

2112

01:25:27,830 --> 01:25:24,960

uh you spoke on the pandemics that's

2113

01:25:29,910 --> 01:25:27,840

actually a great subway uh to our mental

2114

01:25:31,990 --> 01:25:29,920

health uh aspect that we've heard about

2115

01:25:33,830 --> 01:25:32,000

so both during the pandemic as well as

2116

01:25:36,229 --> 01:25:33,840

in space flight there's a fair amount of

2117

01:25:38,390 --> 01:25:36,239

isolation uh so what strategies would

2118

01:25:40,550 --> 01:25:38,400

you all recommend for maintaining one's

2119

01:25:44,550 --> 01:25:40,560

mental health while rather in periodic

2120

01:25:48,550 --> 01:25:46,629

i think that we need to find various

2121

01:25:49,669 --> 01:25:48,560

ways to connect so

2122

01:25:51,750 --> 01:25:49,679

um

2123

01:25:53,350 --> 01:25:51,760

right now because of the uh because of

2124

01:25:55,189 --> 01:25:53,360

the pandemic

2125

01:25:57,669 --> 01:25:55,199

and we're kind of working separately

2126
01:25:59,270 --> 01:25:57,679
there are still ways for us to have some

2127
01:26:01,750 --> 01:25:59,280
kind of social interaction that then

2128
01:26:03,510 --> 01:26:01,760
we're built for connection i mean really

2129
01:26:05,430 --> 01:26:03,520
face-to-face connection and so a lot of

2130
01:26:09,270 --> 01:26:05,440
the therapy work that i do now is

2131
01:26:11,669 --> 01:26:09,280
telehealth but um trying to connect um

2132
01:26:14,470 --> 01:26:11,679
even if it's in small groups but i think

2133
01:26:16,629 --> 01:26:14,480
that talking having conversation um it

2134
01:26:19,350 --> 01:26:16,639
doesn't necessarily have to be physical

2135
01:26:21,430 --> 01:26:19,360
you know connection but having zooms i

2136
01:26:24,470 --> 01:26:21,440
mean having family zooms my family

2137
01:26:26,390 --> 01:26:24,480
actually started having a family zoom in

2138
01:26:28,550 --> 01:26:26,400

prayer line that's something that that

2139

01:26:31,669 --> 01:26:28,560

my family is doing and so just finding

2140

01:26:39,669 --> 01:26:31,679

some kind of way to connect um

2141

01:26:43,830 --> 01:26:41,590

great point mr glover would you like to

2142

01:26:46,709 --> 01:26:43,840

comment on isolation and mental health

2143

01:26:53,110 --> 01:26:50,070

absolutely i i think uh you know that

2144

01:26:55,189 --> 01:26:53,120

it's been mentioned before i think uh uh

2145

01:26:57,110 --> 01:26:55,199

sophia just mentioned it but you know we

2146

01:26:59,030 --> 01:26:57,120

we're social primates you know for all

2147

01:27:00,790 --> 01:26:59,040

you biology folks and ecology folks out

2148

01:27:02,310 --> 01:27:00,800

there we're social primates and you

2149

01:27:04,070 --> 01:27:02,320

cannot get away from that so in this

2150

01:27:07,270 --> 01:27:04,080

period where we you know we use this

2151
01:27:08,950 --> 01:27:07,280
term social distancing and i like to say

2152
01:27:10,790 --> 01:27:08,960
physical distancing right we should be

2153
01:27:13,030 --> 01:27:10,800
socially close still so using all the

2154
01:27:15,189 --> 01:27:13,040
different resources uh that we're

2155
01:27:17,350 --> 01:27:15,199
probably all too familiar with now like

2156
01:27:19,750 --> 01:27:17,360
this one you know but also i think about

2157
01:27:21,430 --> 01:27:19,760
this you know for for example

2158
01:27:23,669 --> 01:27:21,440
uh this sunday when i go to church you

2159
01:27:25,350 --> 01:27:23,679
know i i i'm going to physically go to

2160
01:27:27,350 --> 01:27:25,360
church but i'm going to wear my mask and

2161
01:27:29,590 --> 01:27:27,360
i'm going to keep as much distance as i

2162
01:27:32,470 --> 01:27:29,600
can just so you know in thinking about

2163
01:27:33,910 --> 01:27:32,480

how we can connect physically you know

2164

01:27:35,350 --> 01:27:33,920

you need to be intentional like with

2165

01:27:37,350 --> 01:27:35,360

everything else like with the eating

2166

01:27:38,790 --> 01:27:37,360

healthy you have to shop healthy to eat

2167

01:27:40,550 --> 01:27:38,800

healthy and you have to set up

2168

01:27:43,189 --> 01:27:40,560

conditions in your life that allow you

2169

01:27:44,870 --> 01:27:43,199

to interact in a healthy fashion given

2170

01:27:46,870 --> 01:27:44,880

whatever your you know current state of

2171

01:27:48,550 --> 01:27:46,880

health is so my entire family is

2172

01:27:50,310 --> 01:27:48,560

vaccinated and boosted and so for us

2173

01:27:51,910 --> 01:27:50,320

it's important for us to go to church

2174

01:27:53,910 --> 01:27:51,920

and do that emotional and spiritual

2175

01:27:55,350 --> 01:27:53,920

well-being but we do it safely in mass

2176

01:27:58,149 --> 01:27:55,360

we keep our distance we use hand

2177

01:27:59,910 --> 01:27:58,159

sanitizers and we're not hugging and

2178

01:28:01,910 --> 01:27:59,920

socializing between the pews as much as

2179

01:28:04,470 --> 01:28:01,920

we would uh you know outside the

2180

01:28:06,709 --> 01:28:04,480

pandemic but it's finding ways to to do

2181

01:28:08,629 --> 01:28:06,719

things smartly and thinking about the

2182

01:28:10,229 --> 01:28:08,639

risks that there are so and the last

2183

01:28:11,510 --> 01:28:10,239

thing i'll say you know i think most of

2184

01:28:13,750 --> 01:28:11,520

us are probably already thinking about

2185

01:28:15,910 --> 01:28:13,760

those things the last thing i i want to

2186

01:28:17,510 --> 01:28:15,920

say about this and i don't know if i

2187

01:28:19,669 --> 01:28:17,520

mentioned it in the recorded comments

2188

01:28:23,430 --> 01:28:19,679

but in this time where there are so many

2189

01:28:26,629 --> 01:28:23,440

pressures physical economic social we

2190

01:28:28,870 --> 01:28:26,639

have to be very good about being

2191

01:28:31,590 --> 01:28:28,880

concerned about and giving grace to

2192

01:28:33,510 --> 01:28:31,600

ourselves we can't give it to anyone

2193

01:28:35,830 --> 01:28:33,520

else if we cannot give ourselves some

2194

01:28:37,110 --> 01:28:35,840

grace so be you know when you hit that

2195

01:28:38,790 --> 01:28:37,120

point where you say look i need to get

2196

01:28:40,470 --> 01:28:38,800

up from this machine and take a walk you

2197

01:28:42,229 --> 01:28:40,480

know these kids like come here corinne

2198

01:28:43,430 --> 01:28:42,239

come here come here come here come here

2199

01:28:44,709 --> 01:28:43,440

hurry up

2200

01:28:46,790 --> 01:28:44,719

when you need to walk away from the

2201
01:28:48,550 --> 01:28:46,800
babies walk away when you need to walk

2202
01:28:50,870 --> 01:28:48,560
away from the computer video screens

2203
01:28:52,629 --> 01:28:50,880
walk away and then take your minute and

2204
01:28:54,310 --> 01:28:52,639
then come back and get into it but you

2205
01:28:57,189 --> 01:28:54,320
need to understand your limits knowing

2206
01:28:59,270 --> 01:28:57,199
your limits actually isn't confining you

2207
01:29:00,709 --> 01:28:59,280
it's freeing you so knowing your limits

2208
01:29:02,950 --> 01:29:00,719
and then operating within those limits

2209
01:29:05,110 --> 01:29:02,960
no one is asking for us to be super

2210
01:29:06,709 --> 01:29:05,120
human in these in these trying times we

2211
01:29:08,709 --> 01:29:06,719
got to know our limits and then operate

2212
01:29:10,149 --> 01:29:08,719
within them and and give yourself some

2213
01:29:11,750 --> 01:29:10,159

grace because that helps you understand

2214

01:29:12,950 --> 01:29:11,760

how to give other people grace thanks

2215

01:29:15,830 --> 01:29:12,960

babe i just want you to say hi real

2216

01:29:20,070 --> 01:29:17,189

yeah i completely agree those

2217

01:29:22,310 --> 01:29:20,080

limitations are so important for for all

2218

01:29:24,470 --> 01:29:22,320

the aspects of health and so with just a

2219

01:29:26,229 --> 01:29:24,480

few minutes left i'd love for you all if

2220

01:29:27,669 --> 01:29:26,239

each of you could just share one tip or

2221

01:29:29,830 --> 01:29:27,679

something that someone could implement

2222

01:29:31,110 --> 01:29:29,840

today to either reduce stress improve

2223

01:29:33,189 --> 01:29:31,120

their physical health improve their

2224

01:29:43,430 --> 01:29:33,199

mental health just a takeaway to leave

2225

01:29:49,270 --> 01:29:46,070

i'll just say um one thing that i um do

2226

01:29:51,350 --> 01:29:49,280

is i try to um to surround myself with

2227

01:29:54,550 --> 01:29:51,360

with positivity and whether that's

2228

01:29:56,790 --> 01:29:54,560

having a positive affirmations um but

2229

01:30:02,629 --> 01:29:56,800

finding um some kind of way to to have

2230

01:30:06,470 --> 01:30:04,870

yeah i agree with that i mean one of the

2231

01:30:08,950 --> 01:30:06,480

things that i do

2232

01:30:11,590 --> 01:30:08,960

every day is

2233

01:30:14,790 --> 01:30:11,600

i journal every day every morning

2234

01:30:16,870 --> 01:30:14,800

i um i set a goal for my day in terms of

2235

01:30:19,750 --> 01:30:16,880

how i want to be in the world

2236

01:30:21,110 --> 01:30:19,760

and i make sure that you know

2237

01:30:23,990 --> 01:30:21,120

when i am

2238

01:30:25,750 --> 01:30:24,000

you know in the office i'm engaged i'm

2239

01:30:28,470 --> 01:30:25,760

talking to people i'm connecting with

2240

01:30:31,110 --> 01:30:28,480

people in a real way because that really

2241

01:30:34,470 --> 01:30:31,120

it really char it charges me it charges

2242

01:30:35,990 --> 01:30:34,480

my battery so when i come to work i'm on

2243

01:30:38,310 --> 01:30:36,000

and i enjoy it

2244

01:30:39,669 --> 01:30:38,320

so um i know that we've transitioned a

2245

01:30:41,750 --> 01:30:39,679

lot of people are working from home and

2246

01:30:44,229 --> 01:30:41,760

they like that but when i'm in the

2247

01:30:45,830 --> 01:30:44,239

office i enjoy being in the office so i

2248

01:30:47,830 --> 01:30:45,840

think that no matter where you are you

2249

01:30:49,110 --> 01:30:47,840

have to make sure that you're engaged

2250

01:30:51,590 --> 01:30:49,120

every day

2251
01:30:53,910 --> 01:30:51,600
and that you know that you have a plan

2252
01:30:56,709 --> 01:30:53,920
be your best that day and if you fall

2253
01:30:57,910 --> 01:30:56,719
off start again the next day

2254
01:30:59,830 --> 01:30:57,920
yeah

2255
01:31:01,990 --> 01:30:59,840
and and i would say it's not

2256
01:31:04,550 --> 01:31:02,000
not so much falling off but i would

2257
01:31:07,830 --> 01:31:04,560
totally agree with both of what these

2258
01:31:10,470 --> 01:31:07,840
lovely women said um one is yeah give

2259
01:31:12,870 --> 01:31:10,480
yourself that ability to you know think

2260
01:31:14,629 --> 01:31:12,880
of all the positivity in your life make

2261
01:31:16,870 --> 01:31:14,639
sure you do it at night before you go to

2262
01:31:18,550 --> 01:31:16,880
bed and reflect back on your day and

2263
01:31:21,110 --> 01:31:18,560

come up with one there's going to be

2264

01:31:23,030 --> 01:31:21,120

something that was positive that day and

2265

01:31:24,229 --> 01:31:23,040

remind yourself that you did that and i

2266

01:31:26,550 --> 01:31:24,239

think um

2267

01:31:28,709 --> 01:31:26,560

victor glover mentioned it earlier

2268

01:31:31,270 --> 01:31:28,719

one thing one thing at a time you know

2269

01:31:33,270 --> 01:31:31,280

what today i really couldn't cook a

2270

01:31:35,350 --> 01:31:33,280

really great dinner for my kids but we

2271

01:31:37,750 --> 01:31:35,360

were able to go out for a brief walk or

2272

01:31:39,430 --> 01:31:37,760

or whatever it was you know um just that

2273

01:31:41,510 --> 01:31:39,440

one thing that you did and you need to

2274

01:31:44,470 --> 01:31:41,520

focus on that and really

2275

01:31:48,070 --> 01:31:44,480

you know let yourself be a human um

2276

01:31:52,550 --> 01:31:50,790

and then if i can just uh remind

2277

01:31:54,470 --> 01:31:52,560

all of us right it's something i'm

2278

01:31:56,550 --> 01:31:54,480

constantly trying to practice myself is

2279

01:31:58,550 --> 01:31:56,560

that we are whole people we are three

2280

01:32:00,709 --> 01:31:58,560

dimensional people we don't get to just

2281

01:32:02,870 --> 01:32:00,719

be our physical selves our mental or

2282

01:32:05,110 --> 01:32:02,880

intellectual selves or our emotional

2283

01:32:08,629 --> 01:32:05,120

selves we are all of those things all

2284

01:32:10,870 --> 01:32:08,639

the time and so if you can do one thing

2285

01:32:13,590 --> 01:32:10,880

in each of those dimensions for yourself

2286

01:32:15,669 --> 01:32:13,600

that that can help you feel better

2287

01:32:17,750 --> 01:32:15,679

physically going on a walk you know you

2288

01:32:19,430 --> 01:32:17,760

you hear uh people talk about that

2289

01:32:21,270 --> 01:32:19,440

emotional like you know you get this

2290

01:32:23,030 --> 01:32:21,280

wash of positivity well that's actually

2291

01:32:24,790 --> 01:32:23,040

some chemical things going on like it's

2292

01:32:27,110 --> 01:32:24,800

physiological these ladies can explain

2293

01:32:28,709 --> 01:32:27,120

it better than i can but you know

2294

01:32:30,070 --> 01:32:28,719

there's also a lot of research out there

2295

01:32:31,669 --> 01:32:30,080

that says one of the healthiest things

2296

01:32:33,990 --> 01:32:31,679

you can do for your brain

2297

01:32:35,830 --> 01:32:34,000

you know brain health neuroscience says

2298

01:32:38,629 --> 01:32:35,840

moving your body is the best it's not

2299

01:32:41,270 --> 01:32:38,639

ginkgo biloba it's not exo or crossword

2300

01:32:43,910 --> 01:32:41,280

puzzles is physical activity uh but then

2301

01:32:46,550 --> 01:32:43,920

also you know it's it's fitness is a is

2302

01:32:48,470 --> 01:32:46,560

defined as an organism's ability to

2303

01:32:50,550 --> 01:32:48,480

respond to its environment it isn't you

2304

01:32:52,709 --> 01:32:50,560

know posing on the beach in big muscles

2305

01:32:55,030 --> 01:32:52,719

but if you think about being fit

2306

01:32:57,510 --> 01:32:55,040

mentally physically and spiritually and

2307

01:32:59,510 --> 01:32:57,520

emotionally it's doing one simple thing

2308

01:33:02,149 --> 01:32:59,520

over a long period of time it's not this

2309

01:33:04,950 --> 01:33:02,159

new diet for two weeks or this new

2310

01:33:06,629 --> 01:33:04,960

workout machine or reading that one book

2311

01:33:08,310 --> 01:33:06,639

by that great i mean it's a great book

2312

01:33:09,669 --> 01:33:08,320

if you want to read it but that one book

2313

01:33:11,750 --> 01:33:09,679

isn't going to make a difference but if

2314

01:33:13,830 --> 01:33:11,760

you have healthy habits that feed you

2315

01:33:15,510 --> 01:33:13,840

intellectually that feed you emotionally

2316

01:33:17,830 --> 01:33:15,520

and spiritually and that are feeding you

2317

01:33:19,590 --> 01:33:17,840

and helping you physically little things

2318

01:33:25,189 --> 01:33:19,600

over a long period of time are going to

2319

01:33:29,910 --> 01:33:27,030

so you thank you guys so much those are

2320

01:33:32,149 --> 01:33:29,920

excellent takeaways dr um um

2321

01:33:34,229 --> 01:33:32,159

dr ford dr taylor astronaut glover thank

2322

01:33:36,149 --> 01:33:34,239

you so much for participating now i'm

2323

01:33:37,830 --> 01:33:36,159

going to take it over to sushi the nasa

2324

01:33:40,070 --> 01:33:37,840

associate administrator for diversity

2325

01:33:42,310 --> 01:33:40,080

equity and opportunity

2326

01:33:46,149 --> 01:33:42,320

in inclusion for a few closing remarks

2327

01:33:49,270 --> 01:33:47,990

my goodness what a wonderful program

2328

01:33:51,910 --> 01:33:49,280

this has been the speakers have been

2329

01:33:53,669 --> 01:33:51,920

just so informative and inspiring i'm

2330

01:33:55,270 --> 01:33:53,679

personally just energized and uplifted

2331

01:33:56,790 --> 01:33:55,280

by this program

2332

01:33:59,030 --> 01:33:56,800

you know black history month is such an

2333

01:34:00,550 --> 01:33:59,040

important annual observance

2334

01:34:02,629 --> 01:34:00,560

it provides us an opportunity to

2335

01:34:04,390 --> 01:34:02,639

preserve and expand our awareness of

2336

01:34:06,070 --> 01:34:04,400

african-american history

2337

01:34:08,070 --> 01:34:06,080

and this includes to understand the

2338

01:34:09,830 --> 01:34:08,080

severe discrimination

2339

01:34:11,990 --> 01:34:09,840

the violence and the injustices that

2340

01:34:13,510 --> 01:34:12,000

african-americans have suffered

2341

01:34:15,270 --> 01:34:13,520

and it also gives us an opportunity to

2342

01:34:16,950 --> 01:34:15,280

celebrate the extraordinary and

2343

01:34:18,790 --> 01:34:16,960

inspiring resilience

2344

01:34:20,310 --> 01:34:18,800

the achievements and the societal

2345

01:34:22,390 --> 01:34:20,320

contributions that african americans

2346

01:34:23,830 --> 01:34:22,400

have also accomplished

2347

01:34:25,669 --> 01:34:23,840

this annual observance gives us an

2348

01:34:28,870 --> 01:34:25,679

opportunity to further reinforce our

2349

01:34:31,830 --> 01:34:28,880

commitment to an even better future with

2350

01:34:33,990 --> 01:34:31,840

advanced diversity equity inclusion and

2351

01:34:36,470 --> 01:34:34,000

accessibility the eia

2352

01:34:38,390 --> 01:34:36,480

and even in times of great societal

2353

01:34:40,149 --> 01:34:38,400

unrest and we've had such challenging

2354

01:34:43,030 --> 01:34:40,159

times recently

2355

01:34:44,229 --> 01:34:43,040

i remain so optimistic about our future

2356

01:34:46,070 --> 01:34:44,239

our administrator and deputy

2357

01:34:47,430 --> 01:34:46,080

administrator in fact our entire senior

2358

01:34:49,270 --> 01:34:47,440

leadership team

2359

01:34:51,910 --> 01:34:49,280

is placing such a tremendous priority on

2360

01:34:53,669 --> 01:34:51,920

deia

2361

01:34:55,109 --> 01:34:53,679

in fact the administrator held his first

2362

01:34:57,189 --> 01:34:55,119

executive council meeting of the year

2363

01:34:59,109 --> 01:34:57,199

yesterday and i'm happy to report to you

2364

01:35:01,510 --> 01:34:59,119

that the one topic for the entire two

2365

01:35:03,270 --> 01:35:01,520

hours of the meeting was d-e-i-a

2366

01:35:05,750 --> 01:35:03,280

pretty awesome

2367

01:35:07,669 --> 01:35:05,760

i'm also optimistic because my children

2368

01:35:09,350 --> 01:35:07,679

have grown up in a generation i believe

2369

01:35:10,629 --> 01:35:09,360

is better informed about and committed

2370

01:35:12,149 --> 01:35:10,639

to deia

2371

01:35:13,430 --> 01:35:12,159

and i believe this is a generation that

2372

01:35:15,669 --> 01:35:13,440

is also much more accustomed to

2373

01:35:17,510 --> 01:35:15,679

inclusiveness and diversity

2374

01:35:18,950 --> 01:35:17,520

i know this isn't true everywhere across

2375

01:35:21,669 --> 01:35:18,960

our country and

2376

01:35:23,350 --> 01:35:21,679

we have a lot more progress to make

2377

01:35:25,669 --> 01:35:23,360

my eyes were really opened up in recent

2378

01:35:26,629 --> 01:35:25,679

years about how much more progress we

2379

01:35:28,550 --> 01:35:26,639

need to make

2380

01:35:30,870 --> 01:35:28,560

but i really sincerely believe this

2381

01:35:32,629 --> 01:35:30,880

generation is more advanced

2382

01:35:34,229 --> 01:35:32,639

my kids and the kids in the communities

2383

01:35:35,990 --> 01:35:34,239

near where i live all spend time

2384

01:35:37,590 --> 01:35:36,000

together in groups and groups composed

2385

01:35:38,790 --> 01:35:37,600

of different friends

2386

01:35:40,229 --> 01:35:38,800

they're particularly connected to the

2387

01:35:41,669 --> 01:35:40,239

diversity of friends because they're

2388

01:35:42,870 --> 01:35:41,679

always on their cell phones and social

2389

01:35:44,550 --> 01:35:42,880

media

2390

01:35:47,030 --> 01:35:44,560

and in fact they're in groups so much

2391

01:35:49,669 --> 01:35:47,040

that they even date in groups they don't

2392

01:35:51,590 --> 01:35:49,679

even do one-on-one dating

2393

01:35:53,669 --> 01:35:51,600

i coached youth youth sports for 20

2394

01:35:55,189 --> 01:35:53,679

years including aau basketball and i've

2395

01:35:56,870 --> 01:35:55,199

seen kids from different places and of

2396

01:35:58,950 --> 01:35:56,880

different backgrounds come together in

2397

01:36:00,229 --> 01:35:58,960

aaU and other leagues

2398

01:36:01,830 --> 01:36:00,239

and they play and they compete together

2399

01:36:03,669 --> 01:36:01,840

and they they establish friendships and

2400

01:36:05,590 --> 01:36:03,679

they stay in touch

2401
01:36:07,830 --> 01:36:05,600
and it's all free of racial and other

2402
01:36:09,830 --> 01:36:07,840
biases so i know this generation will

2403
01:36:12,229 --> 01:36:09,840
grow up to advance and demand an even

2404
01:36:14,070 --> 01:36:12,239
more inclusive accessible and equitable

2405
01:36:15,270 --> 01:36:14,080
world for diversity of people

2406
01:36:17,189 --> 01:36:15,280
i love the theme of our special

2407
01:36:18,950 --> 01:36:17,199
observance this year black health and

2408
01:36:20,709 --> 01:36:18,960
wellness because the approach we're

2409
01:36:22,950 --> 01:36:20,719
taking at nasa on deia includes a

2410
01:36:25,510 --> 01:36:22,960
strategic focus on connection to our

2411
01:36:27,510 --> 01:36:25,520
agency's missions as well as connection

2412
01:36:28,950 --> 01:36:27,520
of our people to each other and this is

2413
01:36:31,430 --> 01:36:28,960

all to empower the health and wellness

2414

01:36:33,109 --> 01:36:31,440

of our missions in our workforce

2415

01:36:34,870 --> 01:36:33,119

and this focus on connection to mission

2416

01:36:36,550 --> 01:36:34,880

and people is in turn critical for the

2417

01:36:38,149 --> 01:36:36,560

overall health and wellness of

2418

01:36:39,350 --> 01:36:38,159

individuals

2419

01:36:41,030 --> 01:36:39,360

in fact i'd like to tell you about a

2420

01:36:42,629 --> 01:36:41,040

pair of longitudinal studies really

2421

01:36:45,510 --> 01:36:42,639

quickly by harvard medical school that

2422

01:36:46,629 --> 01:36:45,520

has been ongoing for over 80 years if

2423

01:36:48,229 --> 01:36:46,639

you know anything about

2424

01:36:49,910 --> 01:36:48,239

longitudinal studies you'll know this is

2425

01:36:52,390 --> 01:36:49,920

phenomenal because

2426
01:36:54,149 --> 01:36:52,400
most longitudinal studies the end

2427
01:36:56,390 --> 01:36:54,159
because they run out of funding or the

2428
01:36:58,550 --> 01:36:56,400
researchers or the subjects die

2429
01:37:00,790 --> 01:36:58,560
this study is in its second generation

2430
01:37:02,629 --> 01:37:00,800
of people and the studies are known as

2431
01:37:04,390 --> 01:37:02,639
the grant and gluck studies you've

2432
01:37:06,550 --> 01:37:04,400
identified the single biggest factors to

2433
01:37:07,750 --> 01:37:06,560
health longevity and wellness and what

2434
01:37:09,510 --> 01:37:07,760
do you think they are

2435
01:37:11,669 --> 01:37:09,520
they're everything that astronaut glover

2436
01:37:12,870 --> 01:37:11,679
and our doctor spoke about today these

2437
01:37:14,310 --> 01:37:12,880
studies have found that the single

2438
01:37:16,229 --> 01:37:14,320

biggest causal factor for health and

2439

01:37:18,470 --> 01:37:16,239

longevity is the quality of social

2440

01:37:21,510 --> 01:37:18,480

networks and the biggest causal factor

2441

01:37:22,950 --> 01:37:21,520

for mental wellness is purpose

2442

01:37:24,950 --> 01:37:22,960

these studies reinforce the importance

2443

01:37:26,550 --> 01:37:24,960

of deia the importance of people

2444

01:37:28,229 --> 01:37:26,560

connecting with and taking care of each

2445

01:37:30,149 --> 01:37:28,239

other while working together towards a

2446

01:37:32,870 --> 01:37:30,159

higher common purpose

2447

01:37:35,590 --> 01:37:32,880

so our astronauts including victor and

2448

01:37:37,189 --> 01:37:35,600

dr mkhitaryan dr sills taylor and dr

2449

01:37:38,550 --> 01:37:37,199

four spoke to the critical importance of

2450

01:37:40,149 --> 01:37:38,560

social connection

2451
01:37:42,070 --> 01:37:40,159
talking and knowing checking on and

2452
01:37:44,709 --> 01:37:42,080
taking care of others making sure that

2453
01:37:47,189 --> 01:37:44,719
victor is smiling and eating

2454
01:37:48,550 --> 01:37:47,199
so he can stay that healthy and well ike

2455
01:37:50,470 --> 01:37:48,560
and the importance of our communities

2456
01:37:52,709 --> 01:37:50,480
including our gathering spots like the

2457
01:37:54,310 --> 01:37:52,719
communal barbershops

2458
01:37:55,750 --> 01:37:54,320
so our program today is so appropriate

2459
01:37:57,910 --> 01:37:55,760
and spot on in connecting health and

2460
01:37:58,950 --> 01:37:57,920
wellness to deia through black history

2461
01:38:00,629 --> 01:37:58,960
month

2462
01:38:02,310 --> 01:38:00,639
i'd like to thank nasa's

2463
01:38:04,310 --> 01:38:02,320

african-american employee resource group

2464

01:38:06,629 --> 01:38:04,320

collaboration team and all of our

2465

01:38:08,470 --> 01:38:06,639

african-american ergs across the agency

2466

01:38:10,229 --> 01:38:08,480

for putting putting together and hosting

2467

01:38:12,390 --> 01:38:10,239

this event today and for all you do to

2468

01:38:13,990 --> 01:38:12,400

support and advance eeia and to take

2469

01:38:14,870 --> 01:38:14,000

care of the health and wellness of all

2470

01:38:16,709 --> 01:38:14,880

of us

2471

01:38:18,470 --> 01:38:16,719

i'm so grateful for each of you today

2472

01:38:19,990 --> 01:38:18,480

participating in this program and i hope

2473

01:38:21,669 --> 01:38:20,000

you enjoyed this program

2474

01:38:23,669 --> 01:38:21,679

i also hope you'll focus on your health

2475

01:38:26,229 --> 01:38:23,679

and wellness and continue contributing

2476

01:38:28,070 --> 01:38:26,239

to our agency's collective dei efforts

2477

01:38:30,790 --> 01:38:28,080

to empower the health and wellness of

2478

01:38:51,510 --> 01:38:30,800

our agency and everyone thank you so

2479

01:38:51,520 --> 01:39:17,130

nasa celebrates black history month