

## Achieving Equitable Health Outcomes in Nebraska, Session 4: Using Data to Understand Inequity in Long COVID

### Key Takeaways:

- There are pronounced racial and ethnic disparities in acute COVID cases, hospitalizations, and deaths in the US. Many of these disparities apply to Long COVID symptoms as well.
- The demographics of people employed in occupations with an increased risk for COVID-19 infection overlap with those for people with a higher risk of severe COVID-19.
- Risk factors for Long COVID include female sex, underlying co-morbid conditions, not having received a COVID-19 vaccine, and having previously had severe COVID-19.
- Among social determinants of health, socioeconomic context, political context, and socioeconomic position are structural determinants of Long COVID. Material circumstances, behaviors, biological factors, and psychosocial factors are intermediary determinants of Long COVID. All of these determinants impact health outcomes for those with Long COVID.
- A higher frequency of perceived discrimination is associated with longer duration for neurological and mood symptoms of Long COVID.
- Interdisciplinary management of care is essential to providing quality care for Long COVID.
- Prominent barriers that need to be addressed to improve access to Long COVID care include insurance coverage, transportation, financial barriers, and health literacy.

### Further Reading:

Using Data to Understand Inequity in Long COVID	<a href="#">COVID-19 Cases, Deaths, and Vaccinations by Race/Ethnicity as of Winter 2022</a> . Latoya Hill, Samantha Artiga, Nambi Ndugga. <i>Kaiser Family Foundation Website</i> . Published Mar 07, 2023; accessed Sep 21, 2023.
	Risk for Severe COVID-19 Illness Among Health Care Workers Who Work Directly with Patients. Gibson, D.M., Greene, J. <i>J GEN INTERN MED</i> <b>35</b> , 2804–2806 (2020). <a href="https://doi.org/10.1007/s11606-020-05992-y">https://doi.org/10.1007/s11606-020-05992-y</a>
	<a href="#">How the Coronavirus Outbreak Has – and Hasn’t – Changed the Way Americans Work</a> . Kim Parker, Juliana Menasce Horowitz, Rachel Minkin. <i>Pew Research Center Website</i> . Published Dec 9, 2020; accessed Sep 21, 2023.
	The Conundrum of ‘Long-COVID-19’: A Narrative Review. Garg M, Maralakunte M, Garg S, Dhooria S, Sehgal I, Bhalla AS, Vijayvergiya R, Grover S, Bhatia V, Jagia P, Bhalla A, Suri V, Goyal M, Agarwal R, Puri GD, Sandhu MS. <i>Int J Gen Med</i> . 2021;14:2491-2506 <a href="https://doi.org/10.2147/IJGM.S316708">https://doi.org/10.2147/IJGM.S316708</a>
	<a href="#">Household Pulse Survey Shows 31.1% Reported Symptoms Three Months or Longer After They Had COVID-19</a> . Brian Glassman. <i>US Census Bureau Website</i> . Published May 1, 2023; accessed Sep 21, 2023.

	Long COVID Household Pulse Survey, 2022–2023. <i>National Center for Health Statistics Website</i> . U.S. Census Bureau Data. Generated interactively from: <a href="https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm">https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm</a> .
	Racial, ethnic, and sex disparities in the incidence and cognitive symptomology of long COVID-19. Jacobs MM, Evans E, Ellis C. <i>J Natl Med Assoc</i> . 2023 Apr;115(2):233-243. doi: 10.1016/j.jnma.2023.01.016. <a href="https://pubmed.ncbi.nlm.nih.gov/36792456/">https://pubmed.ncbi.nlm.nih.gov/36792456/</a>
	Long COVID in the context of social determinants of health. Lukkahatai N, Rodney T, Ling C, Daniel B and Han H-R (2023). <i>Front. Public Health</i> 11:1098443. doi: 10.3389/fpubh.2023.1098443 <a href="https://www.frontiersin.org/articles/10.3389/fpubh.2023.1098443/full">https://www.frontiersin.org/articles/10.3389/fpubh.2023.1098443/full</a>
	Perceived discrimination as a modifier of health, disease, and medicine: empirical data from the COVID-19 pandemic. Thomason, M.E., Hendrix, C.L., Werchan, D. et al. <i>Transl Psychiatry</i> 12, 284 (2022). <a href="https://doi.org/10.1038/s41398-022-02047-0">https://doi.org/10.1038/s41398-022-02047-0</a>
	Nalbandian, A., Sehgal, K., Gupta, A. et al. Post-acute COVID-19 syndrome. <i>Nat Med</i> 27, 601–615 (2021). <a href="https://doi.org/10.1038/s41591-021-01283-z">https://doi.org/10.1038/s41591-021-01283-z</a>
	<a href="#">Americans’ Challenges with Health Care Costs</a> . Alex Montero, Audrey Kearney, Liz Hamel, Mollyann Brodie. <i>Kaiser Family Foundation Website</i> . Published Jul 14, 2022; accessed Sep 21, 2023.
	<a href="#">Communities of Color at Higher Risk for Health and Economic Challenges due to COVID-19</a> . Samantha Artiga Follow @SArtiga2 on Twitter , Rachel Garfield , and Kendal Orgera. <i>Kaiser Family Foundation Website</i> . Published Apr 7, 2020; accessed Sep 21, 2023.
Joint Commission National Patient Safety Goal	<i>R3 Report Issue 38: National Patient Safety Goal to Improve Health Care Equity</i> . The Joint Commission Website. <a href="https://www.jointcommission.org/standards/r3-report/r3-report-issue-38-national-patient-safety-goal-to-improve-health-care-equity/">https://www.jointcommission.org/standards/r3-report/r3-report-issue-38-national-patient-safety-goal-to-improve-health-care-equity/</a>
	<i>National Patient Safety Goal to Improve Health Care Equity</i> . R3 Report: Requirement, Rationale, Reference. A complimentary publication of The Joint Commission. Issue 38, December 20, 2022. <a href="https://www.jointcommission.org/-/media/tjc/documents/standards/r3-reports/r3_npsg-16.pdf">https://www.jointcommission.org/-/media/tjc/documents/standards/r3-reports/r3_npsg-16.pdf</a>
Achieving Equitable Health Outcomes in Nebraska Program	<i>Achieving Equitable Health Outcomes in Nebraska Program Homepage</i> . University of Nebraska Medical Center Website. <a href="https://www.unmc.edu/intmed/divisions/id/echo/health-equity/phase2.html">https://www.unmc.edu/intmed/divisions/id/echo/health-equity/phase2.html</a>
	<i>Achieving Equitable Health Outcomes in Nebraska Program Online Registration Form</i> . University of Nebraska Medical Center Website. <a href="https://redcap.nebraskamed.com/surveys/?s=9D448KMYJTF4JXA4">https://redcap.nebraskamed.com/surveys/?s=9D448KMYJTF4JXA4</a>