

Rumination and sleep dysregulation

Hypertension / high blood pressure / cardiovascular reactivity

Heart disease

Negative health-related behaviours

- Smoking
- Alcohol use
- Substance use



Psychiatric disorders

- Higher exposure to life stressors
- Depression
- PTSD
- Stress
- Anxiety
- Diminished psychological well-being /self-esteem or self-doubt

Diabetes

Obesity / over-eating

Food insecurities, access to housing and access to health services

The effects of racism and systemic racism on overall health