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Unconscious Bias: An Introduction

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What

Why is unconscious bias important?

It is clear that unconscious bias affects health outcomes of minorities in negative ways (Blair et al., 2014; Green et al., 2007; Ramirez et al., 2013; Nolan et al., 2014; Chu & Freedland, 2010). Blair and team showed that poor hypertension outcomes were associated with racial biases of clini

- Get support: Openly discuss your biases with a group you can trust. By talking about your biases you bring them conscious and can limit harmful stereotyping
- Be honest: Everyone has biases. It is part of how people function in societies. What is important is how we act on these biases

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