



## **SBM Calls for Change in Response to Acts of Hate against Asian Americans and Pacific Islanders**

April 1, 2021

The Society of Behavioral Medicine (SBM) is appalled by the escalating acts of hatred and violence toward Asian Americans and Pacific Islanders. We condemn the highly publicized killings of six Asian American women in Georgia (Soon Chung Park, Hyun Jung Grant, Suncha Kim, Yong Ae Yue, Xiaojie Tan and Daoyou Feng) on March 16, the [nearly 4,000 other hate-related incidents reported in the past year](#) (an increase of 150% in major U.S. cities), and all the other actions and events that go unreported but are felt just as strongly in individual lives, families, and communities.

We therefore stand in solidarity with many other medical, psychological, and public health professional societies in calling out anti-Asian racism, hate, and their negative impact on the mental, behavioral, and physical health of Asian Americans, Pacific Islanders, and other racial/ethnic groups that have been targets of violent and traumatic events. Racism is associated with depression, anxiety, substance abuse, post-traumatic stress disorder, and cardiovascular disease. There is evidence that repeated micro-aggressions, as well as major traumas, contribute to poor mental health. [We said it this summer](#) and unfortunately we must say it again: Enough is enough!

SBM urges its members and partner organizations to collectively lift our voices and demand better.

- We must champion the value of all racial/ethnic groups, call out hatred and racism wherever we see it, and make inclusion more than just a buzzword.
- We must be innovative in our efforts to diversify our society and our field, and in our efforts to improve the health of diverse populations, intentionally including those with relevant lived experiences as we develop solutions and make decisions.
- We must seek opportunities to influence policies and practices that promote social justice and health equity, and we start by recommending lawmakers pass the COVID-19 Hate Crimes Act.

We also direct members and others to the following resources:

- <https://www.rhd.org/anti-asian-racism-resources/>
- <https://movementhub.org/>
- <https://aapaonline.org/>