

**Transcription for What is Implicit Bias?  
Provided by the Center for Prevention MN**

Narrator: What is implicit bias?

Implicit bias is an attitude someone has, either positive or negative, without being aware of it.

They're developed over a lifetime of exposure from other people and the media, and usually, these assumptions drive people's actions.

These unconscious assumptions are often about race, gender, age, sexual orientation, and religion.

An example?

In one study, a group of doctors said they didn't have a bias toward people of color, but two-thirds were found to have an implicit bias against Black people and Latinos.

This bias showed up in how the doctor communicated with the patient and whether the doctor showed concern for the patient and this bias affected the care these patients received.

In some cases, doctors recommended different treatment plans based on the patient's race or gender, which can impact health outcomes for those patients.

We may be unaware of our own biases, but we need to work on recognizing and changing them to have a more equitable society.