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In this article, Ford and Airhihenbuwa work to build capacity for Critical Race Theory (CRT) among those conducting health equity research by describing their Public Health Critical Race praxis (PHCR) which tailors CRT to the field of public health. They introduce key characteristics of CRT and describe PHCR's schematic, process, four focuses, and ten principles. The four focuses of PHCR research process are: Contemporary Patterns of Racial Relations. Knowledge Production, Conceptualization & Measurement, and Action. These are paired with ten principles into a coherent schematic along with definitions and ways in which they are addressed in PHCR approaches versus conventional approaches. This article is useful because it is introductory and seeks to define terms and concepts for those who are new to CRT. Their PHCR methodology allows CRT to be tailored in a way that allows for methodologic rigor and racial equity work by challenging disciplinary conventions and modes of knowledge production that inadvertently reinforce inequities. It can serve as a clear guide for those looking to use this approach for the first time.