



# Clare Xanthos

**Clare Xanthos** is a British researcher and writer, known for her work on racial equity and social justice. She has lived and worked in several countries, including the United Kingdom, United States, Barbados, and Nigeria. Xanthos earned her Ph.D. in Social Policy from the London School of Economics and has held significant positions, such as Senior Researcher at the Morehouse School of Medicine in Atlanta, Georgia. She co-edited the book "Social Determinants of Health among African American Men" in 2012, and in recent years has contributed to various media publications, including Medium, Daily Kos, The Good Men Project, and An Injustice! Her work aims to engage in courageous conversations, shed light on injustices, and empower marginalized communities.

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## Early Life

Clare Xanthos was born in Stoke-on-Trent, United Kingdom, to a white mother of English and Greek descent and a Black father from Nigeria. Her parents married in Ibadan, Nigeria, and she spent her early years living in multiple countries, including the USA, Nigeria, and the UK. From ages 1 to 5, she lived in Amherst, Massachusetts, where she recalls her carefree early childhood. She has fond memories of life in Nigeria from ages 5 to 11, during which she attended Hillcrest, an international Christian school, for three years between 1978 and 1980.<sup>[1]</sup> <sup>[2]</sup> Xanthos' family then relocated to Birkenhead, near Liverpool, UK, where her adolescent years were marked by significant challenges due to the racial hostility in Birkenhead and racialized bullying at the all-girls school she attended in Liverpool.<sup>[3]</sup> Her experiences with systemic anti-Blackness and monoracism inspired a lifelong commitment to equity and social justice, along with an unwavering sense of fair play.<sup>[1]</sup> This mission has evolved into her current focus: dismantling the epistemic erasure of Black biracial individuals and amplifying their unique social realities.<sup>[4]</sup>

## Career

Xanthos is a researcher and writer with a focus on racial equity, social justice, and cultural identity. She has lived and worked in several countries, including the United States, Barbados, and Nigeria.

During her time as a Senior Researcher at the Morehouse School of Medicine, Xanthos co-edited the book "Social Determinants of Health among African American Men,"<sup>[5]</sup> published in 2012, and is the lead author of an article of the same name.<sup>[6]</sup> The article offers a comprehensive analysis of how various social factors, particularly racial discrimination, affect the health outcomes of African American men. This work highlights the impact of these social determinants and challenges the prevailing victim-blaming explanation of racial health disparities, a narrative that wrongfully categorizes Black men as "'hard to reach," oversimplifying the complexities of their health experiences. Xanthos' article reframes this misdirected blame by drawing attention to the structural injustices that affect the well-being of this demographic. In addition to her writing and editorial contributions at Morehouse, she also coordinated the Community Health Leadership Program at the Satcher Health Leadership Institute.<sup>[7]</sup>

Earlier in her career, Xanthos earned a Ph.D. in Social Policy from the London School of Economics. Her research and writing aim to engage in courageous conversations, shed light on injustices, and empower marginalized communities. Her current work represents a focused evolution of this mission, specifically centering the double marginalization of Black biracial individuals.<sup>[4]</sup> As such, she is

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<b>Born</b>	December 9, 1969 Stoke-on-Trent, United Kingdom
<b>Nationality</b>	British
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dedicated to bringing attention to topics often overlooked or disregarded by mainstream media, challenging prevailing narratives to highlight the perspectives of those who are disenfranchised and voiceless.

## Selected Academic Works

- "Social Determinants of Health among African American Men" (2012) <sup>[5]</sup>
- "Social Determinants of Health among African American Men" (2010) <sup>[6]</sup>
- "The Secret Epidemic: Exploring the Mental Health Crisis Affecting Adolescent African-American Males" (2008) <sup>[8]</sup>
- "Racializing Mental Illness: Understanding African-Caribbean Schizophrenia in the UK" (2008) <sup>[9]</sup>

## Media Publications

Xanthos has contributed to various media publications, including Medium, Daily Kos, The Good Men Project, and An Injustice. Her journalistic work addresses critical issues such as racial equity, social justice, and cultural identity, providing insightful commentary and analysis.

## References

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  2. <https://vocal.media/theSwamp/bob-geldof-song-controversy-brings-back-bullying-memories>
  3. As a Black Biracial child, I struggled with racial bullying when my family relocated to Liverpool, UK in the 1980s. | by Clare Xanthos, PhD | Medium
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