

# Our Health Counts London

The first inclusive, community-driven health survey for Indigenous peoples in London

## DISCRIMINATION

Experiences of discrimination and race-based violence have been demonstrated to be an important determinant of health and well-being for Indigenous people<sup>1</sup>. Yet experiences of discrimination, racism, and violence tend to be under-studied<sup>2</sup>. In addition, such experiences tend to be under-reported<sup>2</sup> so the information presented may under-estimate the true level of racism and violence experienced by Indigenous adults in London.

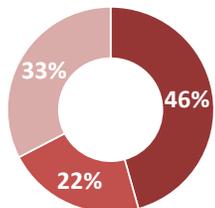
### Experiences of Racism

**64% of Indigenous adults in London, 15 years and older, reported experiencing racism.**

This is consistent with the findings of Our Health Counts Hamilton, where over half of Indigenous adults reported experiencing racism.<sup>3</sup>

**3 in 5** Indigenous adults in London that reported experiencing racism experienced it over the past year.

Of those who reported experiencing racism:



**46%** reported experiencing racism **1-3 times** over the past year  
**22%** reported experiencing racism **4-5 times** over the past year  
**33%** reported experiencing racism **6 or more times** over the past year

**27%** of parents of Indigenous children in London strongly agree or agree that racism is a problem in their child's life.

**72%** of Indigenous adults in London believe racism towards Indigenous people is an issue in London.

In the past year, **77%** of parents of Indigenous children talked to their child about discrimination towards Indigenous people. Most talked to them 6 times or more.

### Racism in Health Care

**Over 1 in 4** adults in London have been treated unfairly by health care professionals because of their Indigenous identity.

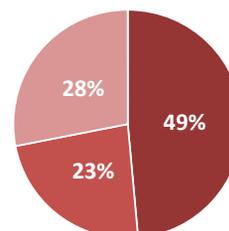
**67%** of Indigenous adults said that experiences of racism from health care professionals prevented, stopped or delayed them from returning to health services.

For more information on racism in health care, see the Access to Health Care Factsheet.

### Impact on Wellbeing & Self-Esteem

**28%** of Indigenous adults in London who reported experiencing racism said it affected their overall health/wellbeing.

**Over half** of Indigenous adults in London who reported experiencing racism stated that this had a negative impact on their self-esteem.



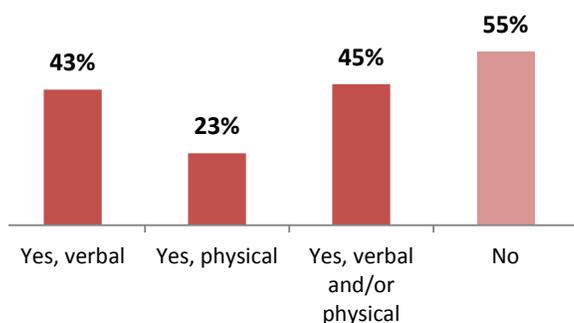
■ Little to no effect  
■ Some effect  
■ Strong or very strong effect

## Ethnically/Racially Motivated Attacks

**45%** of Indigenous adults in London reported experiencing ethnically or racially motivated attacks in their lifetime.

**16%** of Indigenous adults in London reported experiencing ethnically or racially motivated attacks in the past 12 months.

Lifetime prevalence of ethnically or racially motivated attacks



## Experiences Of Discrimination

**25%** of Indigenous adults in London reported experiencing discrimination because of their **gender**.

**9%** of Indigenous adults reported experiencing discrimination because of their **sexual orientation**.

**40%** of Indigenous adults believe homophobia is a problem in the London Indigenous community.

### Definitions

Population based estimates were created using respondent driven sampling (see Project Overview and Methods Factsheet)

Indigenous adults: persons 15 years or older self-identifying as Indigenous, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of London; Ethnically or racially motivated attacks: verbal or physical abuse to your person or property.

### Sources

1. Veenstra (2009); 2. Allan & Smylie (2015); 3. Smylie et al. (2011)

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[www.welllivinghouse.com](http://www.welllivinghouse.com)

Funding for this publication was provided by the Ministry of Health and Long-Term Care (MOHLTC). The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the MOHLTC