

OUR HEALTH COUNTS KENORA



COMMUNITY REPORT #3: RACISM AND DISCRIMINATION, INDIGENOUS ADULTS





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OHC KENORA: KEY FINDINGS

Racism and Discrimination

Experiences of racism and discrimination are an important determinant of health and well-being for Indigenous people. Yet experiences of discrimination tend to be under-studied and under-reported^(1,2). As a result, the information presented in this report may under-estimate the true level of racism and discrimination experienced by Indigenous adults in Kenora and related homelands.

Research shows that racism negatively impacts health and well-being, and contributes to experiences of unmet health needs⁽³⁾. Those who experience discrimination in the health care system are less likely to feel safe seeking medical care and may avoid accessing services altogether ^(1,4).

The findings shared in this report, and Report #2, point to the critical need to:

- 1) Develop and implement appropriate policy and legislative changes** that require anti-Indigenous racism and cultural safety in existing policies and practices,
- 2) Allocate appropriate funding** for Indigenous health and social service delivery, and
- 3) Mandate Indigenous cultural safety training** for healthcare providers as a step to reducing discriminatory practices in care.

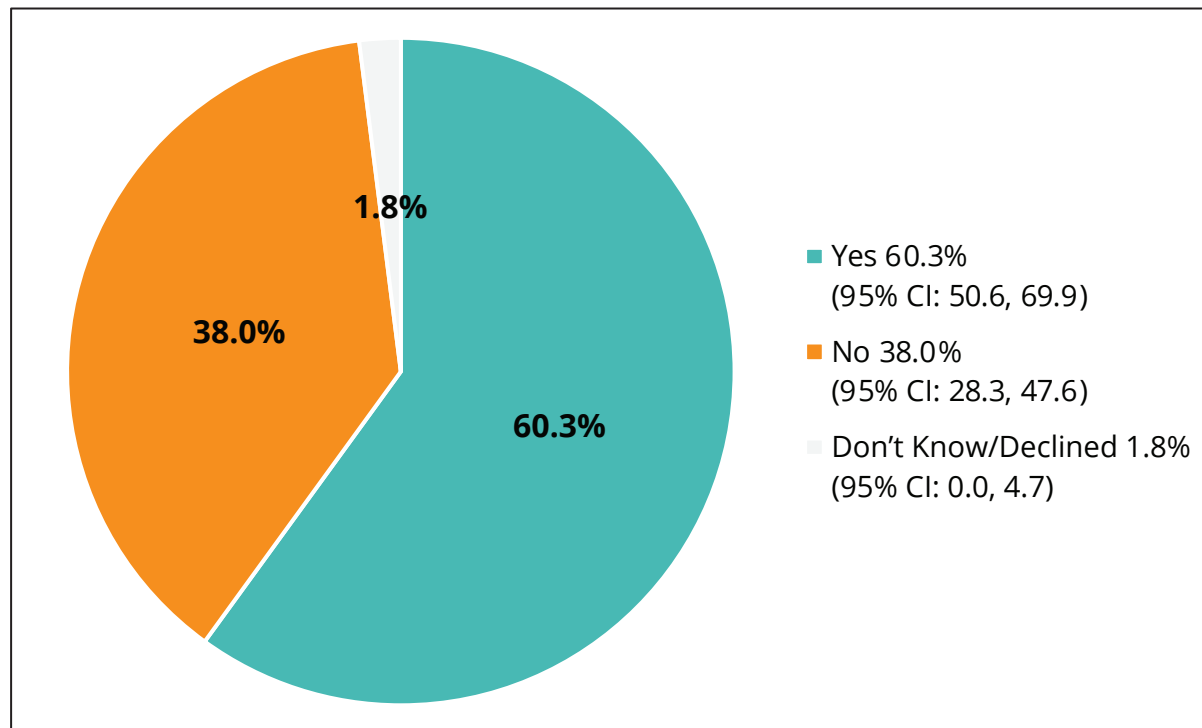


EXPERIENCES OF RACISM

3 in 5 Indigenous adults in Kenora and related homelands reported that they had been treated poorly or unfairly because of their Indigenous identity (see Figure 1).

75% of those who reported experiencing racism, had experienced it over the past year.

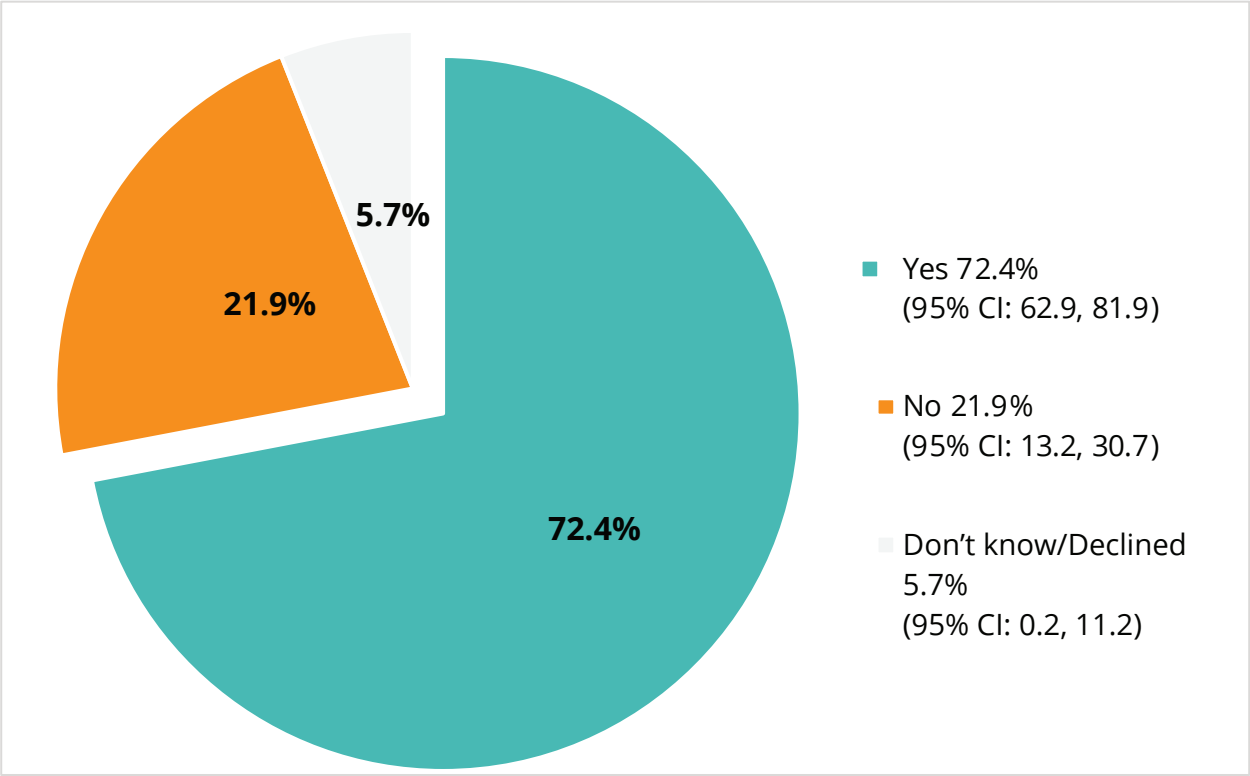
Figure 1: Have you ever been treated poorly or unfairly because you are Indigenous?



EXPERIENCES OF RACISM

Racism in Kenora is a concern: **72%** of Indigenous adults living in Kenora and related homelands reported that racism towards Indigenous people was a problem (see Figure 2).

Figure 2: Do you think racism towards Indigenous people is a problem in Kenora?



RACISM IN HEALTH CARE

It is well-documented that discrimination toward Indigenous people is an ongoing concern – both in Kenora, and across Canada.

Racism, stereotyping, and discrimination are widespread, and remain common within the healthcare system. This has a negative impact on the health and wellness of Indigenous peoples as it limits access to treatment and timely care, and results in misdiagnoses and unprofessional treatment.^(5,6)

Almost 2 in 5 Indigenous adults in Kenora and related homelands reported that they had been **treated unfairly by a health care professional** because of their Indigenous identity.



37% of Indigenous adults in Kenora and related homelands, who reported experiencing racism from health care professionals **said it prevented, stopped, or delayed them from returning to services.**

**For more information on racism in health care, visit the
Our Health Counts Community Report #2: Health Care Access**

IMPACT ON OVERALL WELL-BEING

Almost 1 in 3 Indigenous adults living in Kenora and related homelands who reported experiencing racism, said it affected their overall health and well-being.

OTHER EXPERIENCES OF DISCRIMINATION

Almost 1 in 5 Indigenous adults in Kenora and related homelands reported experiencing discrimination because of their gender.

17% of Indigenous adults in Kenora and related homelands have experienced discrimination from others because of an emotional or mental health problem. This discrimination often prevented or delayed them from getting the care or support that they needed (**64%**).

3% of Indigenous adults in Kenora and related homelands reported experiencing discrimination because of their sexuality.

26% of Indigenous adults in Kenora and related homelands believe homophobia is a problem in the Indigenous community in Kenora.



RECOMMENDATIONS MOVING FORWARD

Given the racism and discrimination that Indigenous peoples face within the local health care system, and in the broader Kenora area, we call on the city of Kenora, provincial, and federal governments to work in partnership with urban Indigenous peoples and organizations to:

- **Mandate anti-racism and Indigenous Cultural Safety training** in all service delivery, including health care, education, and social services.
- **Develop and implement appropriate policy and legislative changes that require anti-Indigenous racism and cultural safety** in existing policies and practices.
- Actively work to **recruit and retain Indigenous health care providers and professionals** in the region.

These findings point to the ongoing – and still unaddressed need – for **mainstream providers and organizations to be held accountable, and to work together** to effect positive change.

Drawing from the *In Plain Sight: Addressing Indigenous-Specific Racism and Discrimination in B.C. Health Care Report*^(6,7), we further recommend:

The local government, in collaboration and cooperation with Indigenous peoples in Kenora and related homelands, develop appropriate policy foundations and implement legislative changes to require antiracism, cultural safety, and cultural humility in existing laws, policies, regulations and practices, ensuring that these efforts align with the UN Declaration on the Rights of Indigenous Peoples.

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