

Our Health Counts Toronto

An inclusive community-driven health survey for Indigenous peoples in Toronto

Discrimination

Experiences of discrimination and race-based violence have been demonstrated to be an important determinant of health and well-being for Indigenous people.¹ Yet experiences of discrimination, racism, and violence tend to be under-studied.² In addition, such experiences tend to be under-reported² so the information presented may under-estimate the true level of racism and violence experienced by Indigenous adults in the City of Toronto.

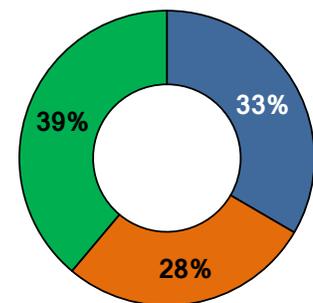
Experiences of Racism

54% of Indigenous adults in the City of Toronto, 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.³

Over half

of adults in Toronto that reported experiencing racism, experienced it over the past year.

- 33% reported experiencing racism 1-3 times over the past year
- 28% reported experiencing racism 4-5 times over the past year
- 39% reported experiencing racism 6 or more times over the past year



84% of Indigenous adults in Toronto believe racism towards Indigenous people is an issue in Toronto.

33% of parents of Indigenous children in Toronto strongly agree or agree that racism is a problem in their child's life.

In the past year, **86%** 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 Toronto reported that they were treated unfairly by health care professionals because of their Indigenous identity.

71% of Indigenous adults who reported experiencing racism from health care professionals said it prevented, stopped or delayed them from returning to health services.

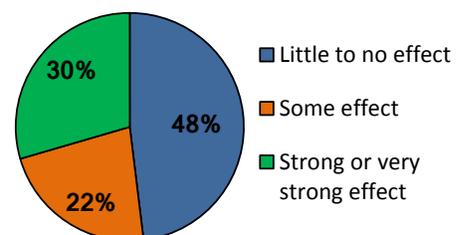
For more information on racism in health care, see the Access to Health Care Services Fact Sheet.

Impact on Wellbeing & Self-Esteem

A slightly higher number of Indigenous adults in Toronto who reported experiencing racism said it affected their overall health/wellbeing compared to Indigenous adults in Hamilton.

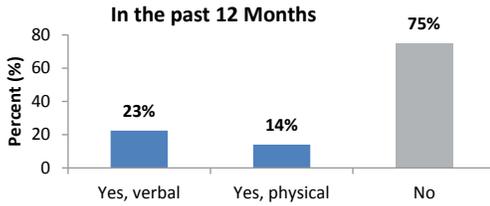
31% (Toronto) vs. **21%³** (Hamilton)

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



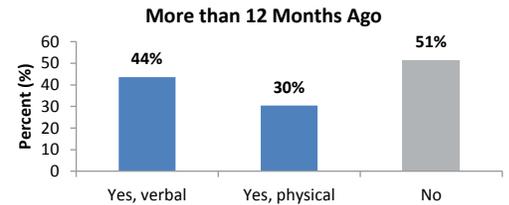
Discrimination

Ethnically/Racially Motivated Attacks



25% of Indigenous adults in Toronto reported [experiencing ethnically or racially motivated attacks in the past 12 months](#).

48% of Indigenous adults reported [experiencing ethnically or racially motivated attacks more than 12 months ago](#).



Experiences Of Discrimination

27% of Indigenous adults in the City of Toronto reported [experiencing discrimination because of their gender](#).

9% of adults reported [experiencing discrimination because of their sexual orientation](#).

46% of Indigenous adults [believe homophobia is a problem in the Toronto Indigenous community](#).

Policy Implications

Implement TRC Call to Action 23:

We call upon all levels of government to provide cultural safety training for all healthcare professionals.

Implement TRC Call to Action 57:

We call upon federal, provincial, territorial, and municipal governments to provide education to public servants on the history of Indigenous peoples, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Indigenous rights, Indigenous law, and Indigenous–Crown relations. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

Additional Recommendations:

City of Toronto, provincial and federal policy makers work in partnership with urban Indigenous peoples and organizations to:

- Provide education and training, including anti-racism and cultural safety training across a range of disciplines, including people working in education/schools, health and social services, police and justice systems.
- Provide Indigenous culture-based programming that build sense of pride in identity and self-esteem.
- Provide funding to schools, colleges and universities to develop courses on the history of Indigenous peoples, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Indigenous rights, Indigenous law, and Indigenous–Crown relations. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

Definitions

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 Toronto. Ethnically or racially motivated attacks: verbal or physical abuse to your person or property

Population based estimates were created using respondent driven sampling (see Methods and Design Factsheet for more details)

Sources

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