## **BREAK THE CYCLE** GOOD HEALTH AND WELLNESS OUTCOMES Indigenous right to health Self-determination and Indigenous leadership INDIGENOUS SYSTEMS. INDIGENOUS SYSTEMS. Cultural safety and humility KNOWLEDGE, PRACTICES + KNOWLEDGE, PRACTICES SUBSTANTIVE EQUALITY Anti-racism HEALTH CARE COLONIALISM NEGATIVE HEALTH AND SYSTEM WELLNESS IMPACTS Systems of Built on colonial subjugation or underpinnings. oppression, and a set History of segregation, Widespread and ongoing stereotyping of beliefs intentionally racism and and racism: cultivated about the discrimination. inferiority of Less "worthy" Indigenous peoples. Drinkers/alcoholics Drug-seeking Bad parents STEREOTYPES "Frequent flyers" Negatively affects health Non-compliant outcomes. POOR OUTCOMES Less capable Higher suicidation Get "stuff for free" Higher stress Misogynist views of Reduced life expectancy Indigenous women Increased rates of chronic disease Higher infant mortality Leads to discrimination embedded in systems DISCRIMINATION and experienced at the Negatively affects point of care: access to health care: Abusive interactions Unwelcomina LESS ACCESS environments Denial of service Lower GP/NP attachment Ignoring and shunning Geographic barriers Inappropriate pain management Mistrust Medical mistakes Avoidance of health care Disdain for cultural healing

What we found

## Findings The "problem"

- 1. There is widespread stereotyping, racism and profiling of Indigenous people.
- 2. Racism limits access to medical treatment and negatively affects the health and wellness of Indigenous peoples in B.C.
- 3. Indigenous women and girls are seriously disproportionately impacted.
- 4. Public health emergencies are magnifying racism and disproportionately impacting Indigenous peoples.
- Indigenous health care workers and students face significant racism and discrimination in their work and study environments.

## **Examining "solutions"**

- 6. Current education and training programs are inadequate.
- 7. Complaints processes do not work for Indigenous peoples.
- 8. Indigenous health practices and knowledge are not integrated.
- 9. There is insufficient "hard-wiring" of Indigenous cultural safety.
- 10. Indigenous structures and roles in health decision-making need to be strengthened.
- 11. There is no accountability for eliminating Indigenous-specific racism, including system-wide data and monitoring of progress.

## Recommendations

24 Recommendations take a strong human rights approach consistent with the UN Declaration on the Rights of Indigenous People.

- **Systems:** 10 recommendations focusing on improved accountability, legislative changes, governance structures, standards, complaints processes, physical spaces, and measurement and reporting.
- Behaviours: 9 recommendations focusing on increased Indigenous leadership and health professionals, and specific efforts needed in health emergencies, mental health and wellness, and for Indigenous women.
- **Beliefs:** 4 recommendations about mandatory health professional education, better public education about Indigenous history and health, and a new School for Indigenous Medicine.

Implementation: 1 recommendation focused on a Task Team to propel implementation of Recommendations.