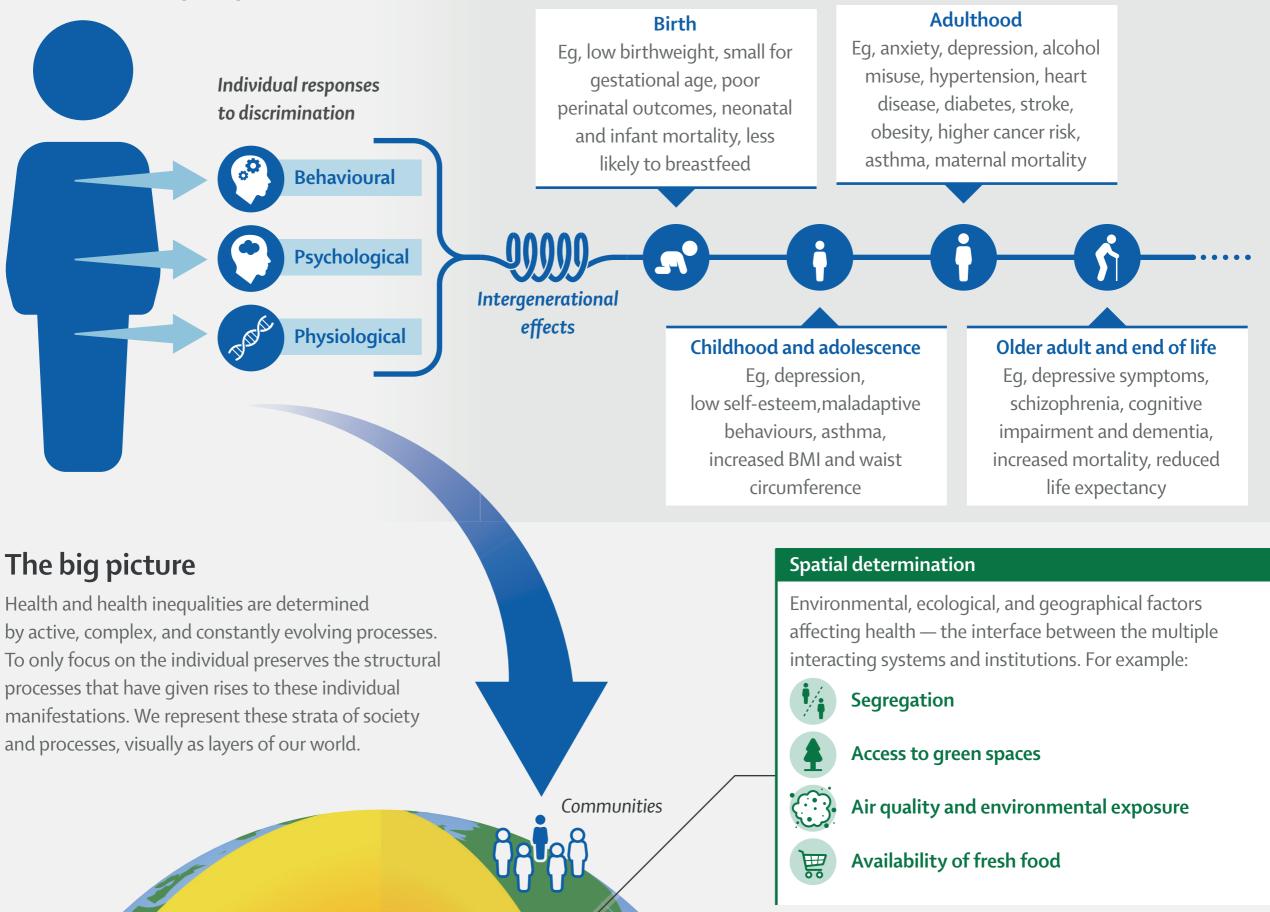
# Racism, xenophobia, discrimination, and health

Discrimination occurs everywhere, adversely affecting mental and physical health across all ages, contributing to health inequities

## An individual perspective

### Adverse affects on health outcomes are experienced across the life course



Institutions and systems

Intersecting systems of oppression

Health systems

Racism and discrimination **affect every institution and system** upholding established power imbalances. For example:

- Healthcare
- Housing

Education

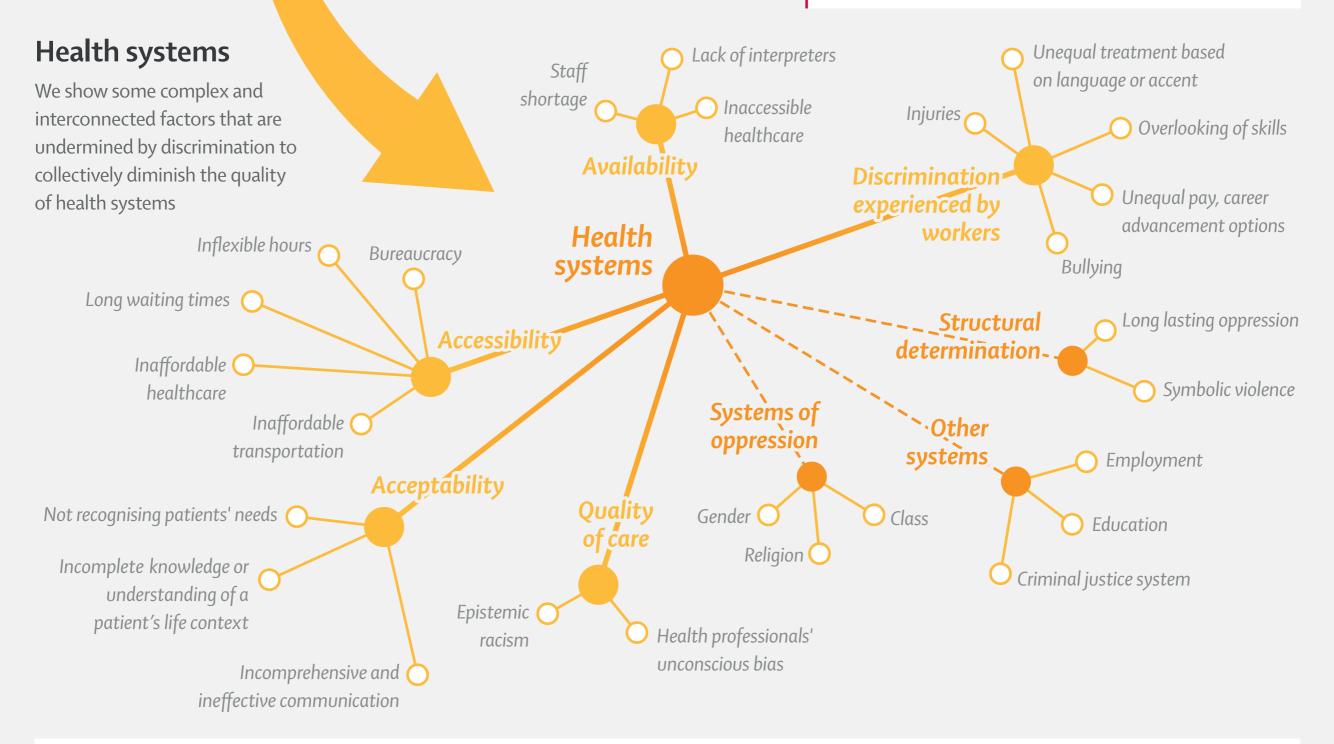
Legislation and carceral systems

#### Structural discrimination

At the core of society are **two processes that define and influence all others**:

- **Separation** the process by which some humans see themselves as being different from others
- Hierarchical power defining society according to categories, such as race and caste.
  Affording privilege, capabilities, and capital according to categories

Examples at this level include **historical context**, **neocolonialism and racial capitalism** 



### Six key principles

The challenge of addressing discrimination is not simple. However, the Series suggests six key principles to address the health harms it causes:

Decolonisation
Reparative and transformative justice
Understanding intersections between multiple axes of discrimination
Active promotion of racial equity by opposing racism
Increasing diversity and inclusion
Human rights-based approaches

### Read the full Lancet series for more details

The *Lancet* Series on racism, xenophobia, discrimination, and health. *The Lancet* 2022. Published online Dec 8. www.thelancet.com/series/racism-xenophobia-discrimination-health

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