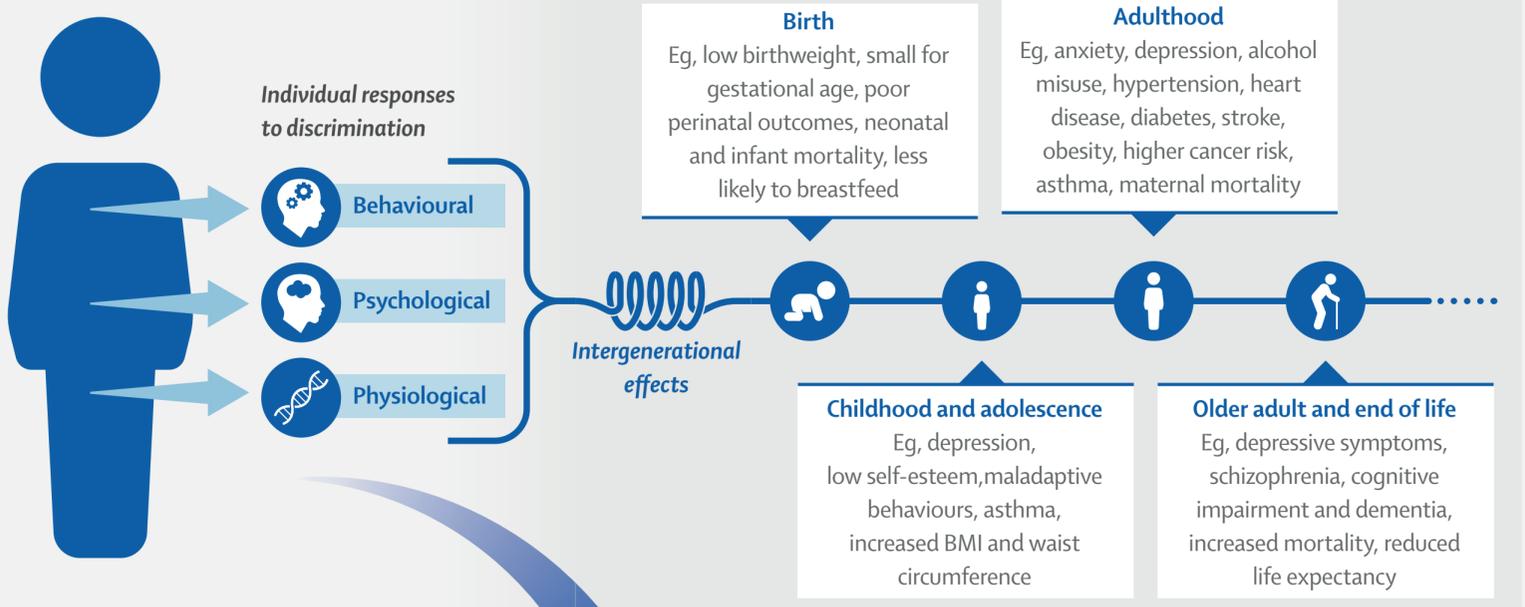


# Racism, xenophobia, discrimination, and health

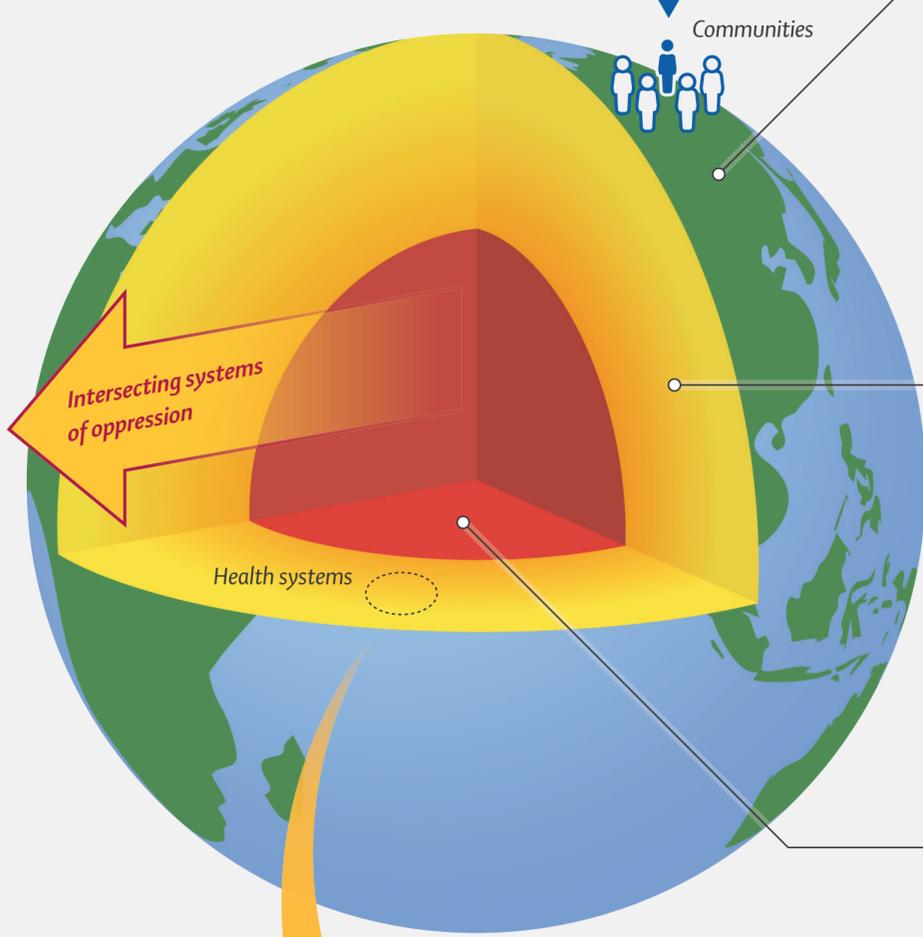
Discrimination occurs everywhere, adversely affecting mental and physical health across all ages, contributing to health inequities

## An individual perspective



## The big picture

Health and health inequalities are determined by active, complex, and constantly evolving processes. To only focus on the individual preserves the structural processes that have given rise to these individual manifestations. We represent these strata of society and processes, visually as layers of our world.



### Spatial determination

Environmental, ecological, and geographical factors affecting health — the interface between the multiple interacting systems and institutions. For example:

- Segregation
- Access to green spaces
- Air quality and environmental exposure
- Availability of fresh food

### Institutions and systems

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

- Healthcare
- Housing
- Education
- Legislation and carceral systems

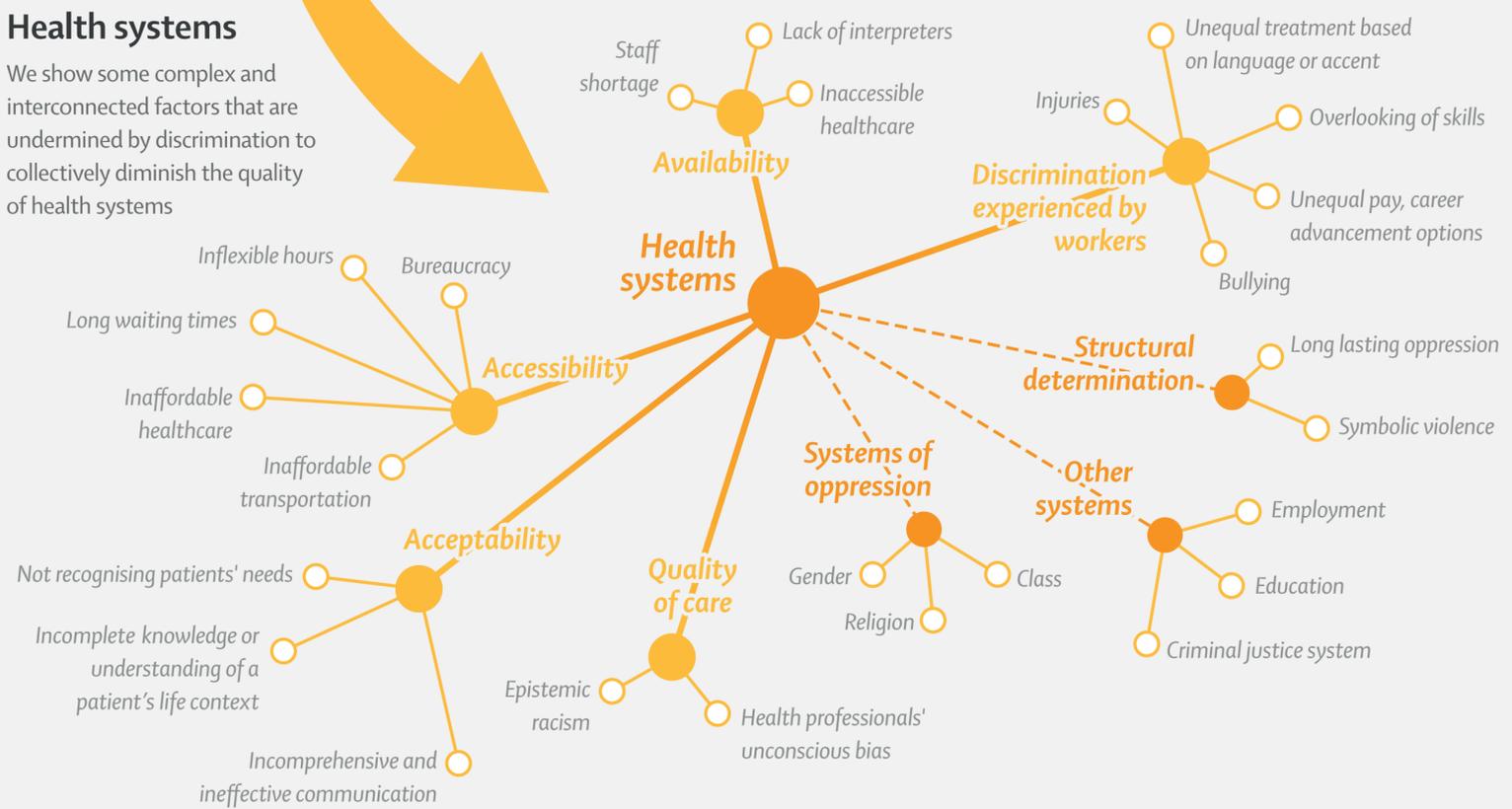
### Structural discrimination

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**

## Health systems

We show some complex and interconnected factors that are undermined by discrimination to collectively diminish the quality of health systems



## 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:

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



Read the full *Lancet* series for more details