Aboriginal and Torres Strait Islander peoples have long said that *racism has negative consequences for health.*
We wanted to be able to show how big an impact racism can have on wellbeing for Aboriginal and Torres Strait Islander peoples.
20% said
People act like they are afraid of me

We measured **eight types** of everyday discrimination in the Mayi Kuwayu Study:
65% of Aboriginal and Torres Strait Islander adults have experienced one or more of these types of everyday discrimination.
Experienced everyday discrimination and attributed it to their Indigeneity (everyday racial discrimination)

Experienced everyday discrimination but didn’t attribute it to their Indigeneity

We found that over **two-thirds** of those who experienced these types of everyday discrimination thought it happened because they were Aboriginal and/or Torres Strait Islander.
Experienced everyday racial discrimination

Nationally, we estimate that over 200,000 Aboriginal and Torres Strait Islander adults experience what we call everyday racial discrimination.
Experienced everyday racial discrimination

What are the impacts on **psychological distress**?
Australian Bureau of Statistics data shows over 30% of all Aboriginal and Torres Strait Islander adults — 149,000 people — experience high or very high levels of psychological distress.
psychological distress caused by everyday racial discrimination

psychological distress not caused by everyday racial discrimination

For up to 27% of this group — 41,000 people — everyday racial discrimination could have caused that psychological distress.
How does this compare with the non-Indigenous population?
13% of non-Indigenous adults experience high or very high psychological distress.
This compares to over **30%** of Aboriginal and Torres Strait Islander adults.
In a world without racism, we shouldn't see a difference in these figures.
but we see a gap of 18 percentage points.
but we see a **gap** of 18 percentage points.
the gap explained by everyday racial discrimination

the gap left over

psychological distress (non-Indigenous adults)

psychological distress (Aboriginal and Torres Strait Islander adults)

We found that just these 8 types of everyday racial discrimination could explain almost half of this gap.
Getting rid of everyday racial discrimination would almost **halve** the gap in psychological distress.
We believe that if we could eliminate the system of racism, there would be no gap at all.
That's why we're focused on ending racism.