



PREVALENCE AND EFFECTS OF DAILY AND MAJOR EXPERIENCES OF RACIAL DISCRIMINATION AND MICROAGGRESSIONS AMONG BLACK INDIVIDUALS IN CANADA

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BACKGROUND

There is a **lack of data** on the **prevalence** and the consequences associated with different types of racial discrimination in Canada.

WHAT WE FOUND

- At least **4 in 10** participants reported experiencing daily racial discrimination at least once a week.
- **50.2% to 93.8%** of participants reported experiencing at least one form of racial micro-aggression.
- Between **46.3% and 64.2%** of participants reported experiencing major racial discrimination in various situations, including educational settings, job hiring, health services, encounters with the police and many more.



METHODS

845 Black participants between the ages of **15-40** (76.6% women; 79.7% were born in Canada).



IMPLICATIONS

- Involvement of **public health** that can implement programs to **reduce racism**
- There is a need to **strengthen protective factors** in Black communities that can mitigate the consequences of racism.
- There is a **need** for **education programs** to fight racial discrimination and racism.