

# Racism, racial profiling and health

Associate Professor Yin Paradies

Centre for Citizenship & Globalisation,

Faculty of Arts and Education, Deakin University

**Centre for Citizenship and Globalisation**



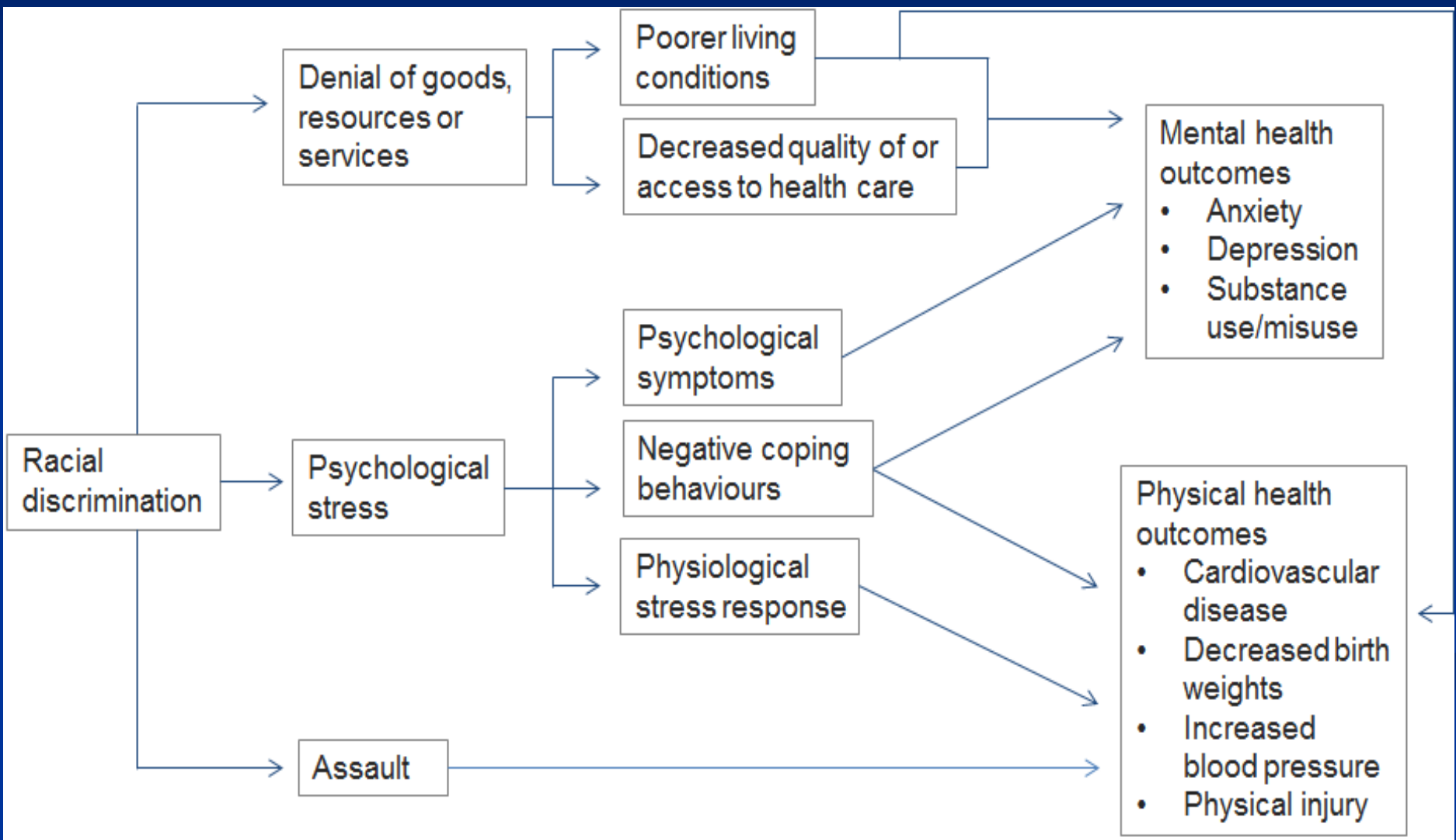
# Racism & ill-health

- Inequitable and reduced access to societal resources required for health (e.g. employment, education, housing, medical care)
- Inequitable exposure to risk factors associated with ill health (e.g. junk food, toxic substances, dangerous goods)
- Stress and negative emotional/cognitive reactions which have negative impacts on mental health as well as affecting the immune, endocrine, cardiovascular and other physiological systems

# Racism & ill-health

- Engagement in unhealthy activities (e.g. smoking, alcohol and drug use)
- Disengagement from healthy activities (e.g. sleep, exercise and taking medications)
- Physical injury via racially motivated assault

# Racism and ill-health pathways



# Racism & ill-health

- At one extreme, “The existing body of research... tends to support the notion that exposure to racism in various forms can cause psychological and emotional reactions that may rise to the level of trauma” (Carter and Forsyth 2009)
- Several studies showing a clear link between being a victim of racism and Post Traumatic Stress Disorder (Sanchez-Hucles 1999; Loo, Fairbank et al. 2005; Franklin, Boyd-Franklin et al. 2006; Pieterse, Carter et al. 2010)

# Systematic review

- 151 papers (representing 121 studies)
  - Most published in the last seven years (66%, n=80)
  - Most conducted in USA (70%, n=85) and in urban areas (74%, n=90)
- 461 reported health-related outcomes
- 46% negatively associated with reported racism

(Priest et al. in press)

# Systematic review

- Mental health outcomes most commonly reported
  - 51% of all outcomes
- Negative mental health most consistent association
  - 76% significantly associated in positive direction
- Positive mental health outcome
  - 62% significantly associated in negative direction
- Behaviour problems/delinquent behaviours
  - 70% significant positive associations

(Priest et al. in press)

# Migrant/refugee youth health

- Years 11 & 12 students in a 2009 study who experienced racism had worse health, with females more likely to have decreased health as a result of racism (Mansouri et al. 2012)
- Among 97 refugee youth (aged 11-19), those who had experienced discrimination had worse physical health (Correa-Velez et al. 2010)
- Among 47 Middle Eastern and Asian children and young people aged 7-15 years, experiences of racism were associated with withdrawn social behaviours, greater emotional problems, and indirect aggression (Runions et al. 2011)



# Police racism and health

- For NZ youth that reported being treated unfairly by the police because of their ethnicity 4% (n=330):
- 84% (n=278) rated their general health as excellent/very good/good vs. 93% (n=7006)
- 21% (n=67) experienced depressive symptoms vs. 10% (n=732)
- 24% (n=72) smoked cigarettes at least weekly vs. 6% (n=468)
- 57% (n=178) engaged in binge drinking in the last 4 weeks vs. 32% (n=2397)

(Crengle et al. 2012)

# What is implicit race bias?

- Implicit bias is a form of subtle bias that occurs automatically, with little conscious control, sometimes despite well-intentioned efforts to be nonracist. It occurs more often in high pressure and ambiguous situations.
- For example, the sight of a dark-skinned person may trigger beliefs about aggressiveness or criminality, which act as filters through which that person's actions are interpreted
- Implicit bias affects most people in societies across the world, including, but by no means limited, to police officers

(Nier et al. 2011)

# 6 RACIAL DISPARITIES IN NYPD STOP & FRISK

Don't Want to Get Stopped by the NYPD?

# STOP BEING BLACK

There were

**601,285**

stops in 2010:

**52%**

Black people

**9%**

White people

Top reason for  
being stopped:

**32%**

"furtive movements"

Number of stops with Black  
people including: up against the  
wall /on the ground/ had a gun,  
baton or pepper spray drawn

**28,359**

How many of  
these were  
NOT arrested  
afterwards?

**76%**

Percentage of  
all Black people  
stopped that  
did NOT have  
any contraband  
on them:

**98%**

**32,375**

Stops with Black people  
were for: having a  
"suspicious bulge"

**(ONE)**

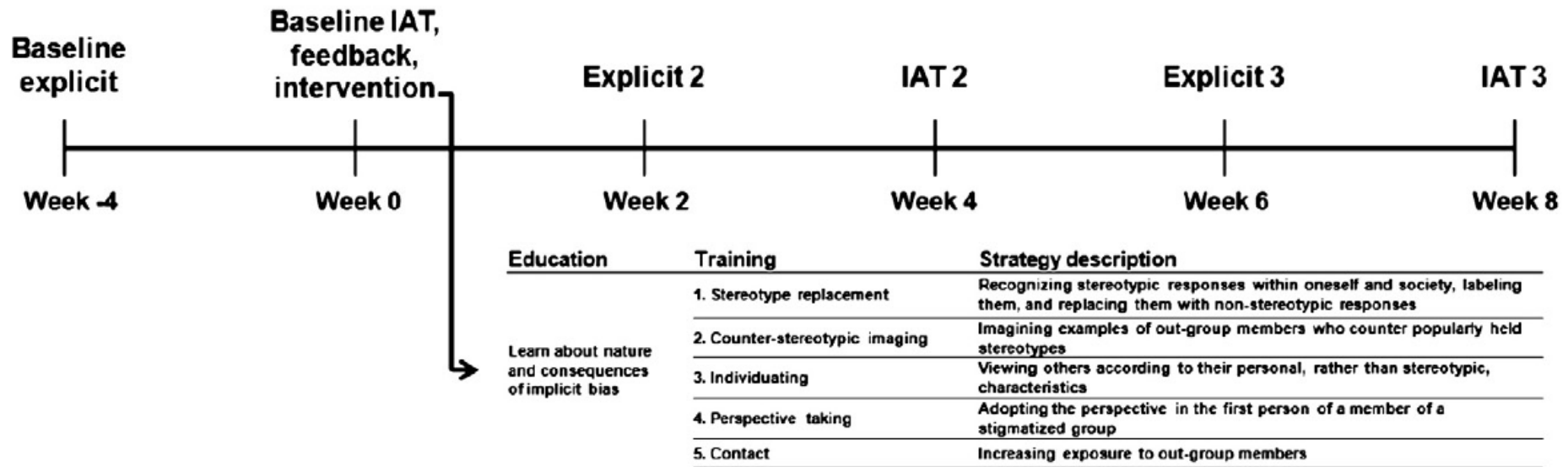
found  
to have  
a pistol.



[racismstillexists.tumblr.com](http://racismstillexists.tumblr.com)

# Reducing implicit race bias

■ A 12-week study among 91 psychology students showed dramatic reductions in implicit race bias through awareness of implicit bias, concern about the effects of that bias, and the application of specific strategies



(Devine et al. 2012)

# Questions

[yin.paradies@deakin.edu.au](mailto:yin.paradies@deakin.edu.au)