



The impact of racism on the health and wellbeing of Aboriginal Men: a culturally respectful research examination



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Aboriginal and Torres Strait Islander men have the worst health of any population in Australia. Racism has a strong and consistent association with these poor health outcomes for Indigenous peoples internationally. Our research explored the impact of racism on the health and wellbeing of Aboriginal men in a rural area health service in NSW.

The methods used aimed to ensure the safety of all involved. Focus groups were utilised to facilitate storytelling. This qualitative approach enabled us to 'hear' the stories of the men, validate their experiences and comprehend the impacts racism has had upon them.

Data collected throughout the process was rich, detailed and very distressing. It highlighted the history and maintenance of racism within health services; occurring at both institutional and interpersonal levels. Men were deeply affected by the racism targeted at, and experienced by, their families and communities.

Racism has a profound effect on the health and well-being of Aboriginal men, their families and communities. This research explodes the many myths are maintained regarding Aboriginal men. Health services need to be accountable for the interpersonal and institutional racism that exists in their organizations.

The project team presented the research to the HNE Health Aboriginal Strategic Leadership Committee (a committee of HNE Health's Board). The Aboriginal Strategic Leadership Committee requested recommendations arising from the report, and these were presented at a subsequent meeting of that committee. All recommendations were unanimously supported.

It is to the great credit of HNE Health that it has supported this research, and we join with the organisation in working together to use the research as a tool for the implementation of constructive strategies to address racism.

For the full report on this project please email HNELHD-RacismResearch@hnehealth.nsw.gov.au



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