

Trends in Health Inequities in London, Ontario

Health inequities in London are similar to trends seen across Canada but also have unique features, especially when it comes to discrimination, hate, and racism.



Discrimination and Health Impacts

- About **60% of Indigenous Peoples** and about **40% of immigrants and racialized people** in London reported experiencing discrimination in the past three years. This is probably higher as many people don't report for fear of how they'll be treated when they do.
- Among White Londoners, about 40% reported discrimination based on gender, age, disability or other factors.
- Indigenous Peoples reported experiencing discrimination in more places than other groups, including when looking for work, at work, and while using public services.
- People experiencing homelessness and people who use drugs, especially if they are also racialized, report facing stigma and discrimination when accessing health services.
- While each of us has multiple identities, such as "young woman with a disability" or "older gay man," people who are Indigenous, Black or otherwise racialized generally feel the discrimination and hate they experience is because of what others think of their ethnicity.

*Daily
discrimination
can create a lot
of distress &
impacts overall
health.*

What Discrimination Looks and Feels Like



- People who look visibly different in London commonly experience verbal threats and comments; Indigenous Peoples reported facing more, and more severe, comments, and verbal and physical threats.
- All groups identified men as the main offenders, though women also made these comments and threats. Whether men or women, those who verbalized hate and threats are often middle-aged and White.
- Discrimination can also be less obvious. For example, the way we talk about and look (or don't) at people who are different, or the way we write policies can give the idea that some people don't deserve access to resources and services.
- These experiences lead to feelings of distress, discouragement, exclusion, and being powerless. Indigenous Peoples in London reported the most severe experiences, and therefore the most serious distress.

Rising Hate Crimes and Discrimination



Reported hate crimes and incidents in London have surged, with reports going up 56% overall from 2020 to 2021, and 39% more in 2023. Some hate-related crimes and incidents seem to increase during certain time periods (e.g., Pride month) or after certain local or global events (e.g., COVID, conflicts elsewhere in the world). It is important to remember that the reported number of crimes and incidents don't show the full reality. Some people experiencing hate crimes or incidents don't report it because they don't feel safe to do so, or because they think nothing will change anyway.

In London, those most impacted by hate crimes and incidents include members of the 2SLGBTQ+, Black, Muslim, Jewish, South Asian, and Middle Eastern communities:

- Hate crimes against the Muslim community increased 263% from 2022 to 2023, representing 15% of all reports in 2023.
- The LGBTQ2+ community experienced over 25% of the hate crimes reported to authorities in 2023.
- The Jewish community faced a 24% increase in 2023, representing 14% of all reports that year.
- South Asian Londoners saw a 7% increase of hate crimes/incidents in 2023, accounting for 8% of reports.
- Black Londoners reported a 5% decrease in 2023, however, crimes/incidents against this group still represented over 20% of all reports.

How Poverty, Housing & Food Instability Make Inequities Worse

Not being able to get enough money, food and a safe place to live makes the effects of discrimination, hate and racism worse, as people struggling with poverty are less able to access resources and opportunities (for education, jobs, etc.) that could help against the negative impacts of biased systems and services. The struggle to meet basic needs also affects peoples' ability to seek out healthcare when they need it. This can lead to a cycle of disadvantage that makes it even harder to gain economic security, get a job or education and protect good health.

Statistics from this document were obtained from online reports by [London Community Foundation](#), [London Police Service](#), and the [London & Middlesex Local Immigration Partnership](#).

At least
35%
of Indigenous people in London live below the poverty line, about twice as many as non-Indigenous Londoners.

55%

of newcomers to London (and 36% who arrived recently) report living below the poverty line.

35%

of racialized people in London live in poverty.

income

housing

- The rental vacancy rate in London was only 1.7% in early 2024, with very limited affordable housing; roughly 1,700 to 2,100 people are currently (in 2024) experiencing homelessness in London.
- Many people spend over 30% of their income on housing.
- Indigenous households are especially hard hit, with 26.5% living in inadequate, unsuitable, or unaffordable housing.