

Losing sleep because of self-doubt, negative thoughts and stress

Hypertension/high blood pressure/higher levels of stress due to living with the trauma of racism

Heart disease

Negative health-related behaviours

- Smoking
- Alcohol use
- Substance use



Psychiatric disorders

- Higher exposure to life stressors
- Depression
- PTSD
- Stress
- Anxiety
- Diminished psychological well-being /self-esteem or self-doubt

Diabetes

Obesity/over-eating

Food insecurity, lack of access to good housing and social services

The effects of racism and systemic racism on overall health