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South Africa’s total population is approximately 50 million, of which around only 1% are Indigenous groups. The various First Nations Indigenous groups in South Africa are collectively known as Khoe-San, comprising the San, and the Khoekhoe. The san groups include: the ‡Khomani San, which resides mainly in the Kalahari region, and the Khwe and ! Xun, both resides mainly in Platfontein, Kimberley. The Khoekhoe groups include: Kama which resides mainly in the Northern Cape Province, Koranna, which resides mainly in Kimberely, Free State Province. The Griqua resides in the Western, Eastern, Northern Cape, Free State, and Kwa-Zulu-Natal provinces. Last but not least, the Cape Khoeoe, residing in the Western and Eastern Cape, with growing pockets in Guateng and Free State Provinces. First Nations indigenous San and Khoekhoe people are not formally recognized in terms of national legislation; however, this is changing with the pending National Traditional Affairs Bill 2013, which is intended to be tabled before parliament in 2015.

The South African indigenous peoples experience many different diseases, mental health, and lack of healthcare. While the human societies are just starting to recognize the poor health in general population of South Africa, many does not realize the indigenous of South Africa experience worse cases. For example, one of the most commonly seen disease that primarily affects people living in poverty, Tuberculosis (TB). According to the South African causes of death report, in 2011 TB was still the leading cause of death in South Africa. TB can be cured by using the correct drug; However, most of the indigenous people lives under poverty, thus they are five to eight times more likely to contract TB than the national average. The stress of not being able to cure a family member or someone that you care about is also one of the many reasons why indigenous peoples have a higher chance of getting mental illness. Young adults in any indigenous communities around the world overwhelmingly suffer from higher instances of mental illness in the comparison to their non-indigenous counterparts. At this point, it is obvious that the indigenous of South African receive barely any medication, causing the diseases the spread and carry onto the next generations. When a mother is sick, the baby is very likely to have the disease when born. The most common causes of death for newborns are neonatal infections, perinatal asphyxia and complications deriving from prematurity. This causes many newborns to die after only a few weeks they were born. Although the South African indigenous are in a very bad situation right now, there are people in the world creating organizations to prevent the situation from getting worse. The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted by the General Assembly on the 13th of September 2007. The World Health Organization (WHO), the Pan-American Health Organization (PAHO) etc. have been promoting and taking action of the health of South African indigenous. The lives of the indigenous youth can be supported in many different ways, mentally and physically. Maybe all it takes is for someone to reach out for them and make them acknowledge that there are people out there.

South Africa is a country with variety of different habitats, and not many urban cities. The Indigenous people rely on the subsistence economy, mostly replying on nature and natural resources such as wild life of climate change. Thus when climate change worsens, it becomes harder for the Indigenous people to get their resources such as food, materials, clothing etc. Climate change is not something that can be done instantly, thus organizations such as Climate Action Network are formed to help reduce Climate change although the most important thing needed is actually for everyone to start taking actions. Unlike many other indigenous people, the South African indigenous are protected by the law on land rights. On Oct. 14 2003, the Constitutional Court of South Africa ruled that an indigenous people had both communal land ownership and mineral rights over their territory.

Out of the 50 million population of South Africa, 12 million are living under poverty; a large amount of this 12 million are the indigenous of South Africa. Living under the poverty line leads to things like no money for medication, lack of food and water, don’t have a shelter, not educated etc. However, there are organizations such as the International Work Group for Indigenous Affairs, are working on current indigenous issues caused by poverty. For example, their cultures and ways of life are under threat, in some cases to the extent of extinction. In the past 10 to 20 years, an increasing number of affected groups and communities in Africa have come to identify themselves as indigenous peoples since the discrimination and marginalization experienced by indigenous throughout the world matches their own experience. This shows that the organizations and the different solutions from over the world have been working, and encouraged the indigenous to analyze their problem and situation, and voice their concerns and seek recognition and protection for their rights.