* initiatives introduced to bring about improvements in Indigenous health and wellbeing in Australia and how they reflect the action areas of the Ottawa Charter for Health Promotion

**INITIATIVES TO IMPROVE ABORIGINAL AND TORRES STAIT ISLANDER HEALTH AND WELLBEING**

* In general have poorer health and diets
* Children ages 1-14 and 97% of adults aged 15+ have inadequate daily fruit and/or vegetable intake
* Aboriginal and Torres Strait Islander adults are more likely to smoke (44%) compared to other Australians (14.5%)
* Although Aboriginal and Torres Strait Islander are less likely to drink when they do drink they drink at riskier levels
  + 50% reporting that they had consumed more than four standard drinks on a single occasion at least once in the previous 12 months compared with 44% for other Australians
* Twice as likely to have coronary heart disease than other Australians
* 4 times as likely to die from diabetes
* Twice as likely to die from unjust
* Approximately 10 years lower life expectancy
* Higher infant mortality rate (6 per 100,000 vs 4 per 100,000)
* due to the large inequality —> the Commonwealth Government and the state and territory governments must invest in Aboriginal and Torres Strait Islander health in an attempt to address these differences.
  + - Most Aboriginal and Torres Strait Islander people (approximately 75 per cent) live in major cities and regional areas, where healthcare services typically are readily available
    - BUT these services are not always socially, culturally and geographically accessible to Aboriginal and Torres Strait Islander people.
* In 2015–16, there were 277 Australian Government-funded organisations that provided health services to Aboriginal and Torres Strait Islander people, many of which provided health-promotion activities (targeting smoking, physical activity, maternal and child health and chronic diseases). Approximately one-third of these organisations provided services in very remote areas.

***ABORIGINAL ROAD TO GOOD HEALTH***

* WHAT: The Road to Good Health program is designed to support Aboriginal Health Workers and other health professionals who work with Indigenous Australians to promote healthy lifestyles.
* BENEFITS:
  + - helps individuals to choose healthier habits to prevent type 2 diabetes and heart disease
    - run by Aboriginal Health Workers
    - it is free
    - Through the program, Aboriginal Australians will learn about how different foods affect their health
    - how to read food labels
    - how to get active and stay on track
    - how to maintain a healthy weight
    - how to purchase inexpensive healthy foods

***How ROAD TO GOOD HEALTH reflects Ottawa Charter***

* **strengthen community action**
  + - Through working with the Victorian Aboriginal Health Service (VAHS), the Life! program is able to integrate its Road to Good Health type 2 diabetes prevention program with VAHS’s six-week challenge, which strengthens community action.
* **Develop personal skills**
  + - Through the program, Aboriginal and Torres Strait Islander people are taught about  
      how different foods affect their health, how to read food labels, how to get active and stay on track, how to maintain a healthy weight and how to purchase inexpensive healthy foods, which helps to develop personal skills.
* **Create supportive environments**
  + - Through providing support for Aboriginal Health Workers and other health professionals, and running group sessions, the Life! Road to Good Health program is able to create supportive social environments.
* **Reorient health services** 
  + - The Aboriginal Road to Good Health provides support to health professionals to help Aboriginal and Torres Strait Islander people prevent type 2 diabetes and heart disease.

**National Aboriginal and Torres Strait Islander Health Plan (2013-2023)**

In 2008 the Commonwealth Government signed up to the task of working with Aboriginal and Torres Strait Islander people to achieve equality in health status and life expectancy by 2031 for Aboriginal and Torres Strait Islander people and all other Australians.

Since 2011 (as a part of Close the Gap) the Commonwealth Government has worked with Aboriginal and Torres State Islander people to develop a 10 year plan to provide direction for related health policy —> resulted in the Health plan 2013-2023

**Close the Gap campaign for Indigenous Health**

* GOAL: Improve the health and life expectancy of Australia’s Aboriginal and Torres State Isalnfer people so it is at the same standard as that of the rest of Australia’s population by 2030 (within a generation)
* COMMITMENTS
  + - Develop a comprehensive, long- term plan of action, that is targeted to need, evidence-based and capable of addressing the existing inequities in health services, in order to achieve equality of health status and life expectancy between Aboriginal and Torres Strait Islander peoples and non- Indigenous Australians by 2030.
    - To ensure primary health care services and health infrastructure for Aboriginal and Torres Strait Islander peoples which are capable of bridging the gap in health standards by 2018.
    - To ensure the full participation of Aboriginal andTorres Strait Islander peoples and their representative bodies in all aspects of addressing their health needs.
    - To work collectively to systematically address the social [factors] that impact on achieving health equality for Aboriginal andTorres Strait Islander peoples.
    - To build on the evidence base and support what works in Aboriginal andTorres Strait Islander health, and relevant international experience.
    - To support and develop Aboriginal and Torres Strait Islander community- controlled health services in urban, rural and remote areas in order to achieve lasting improvements in Aboriginal andTorres Strait Islander health and wellbeing.
    - To achieve improved access to, and outcomes from, mainstream services for Aboriginal and Torres Strait Islander peoples.
    - To respect and promote the rights of Aboriginal andTorres Strait Islander peoples, including by ensuring that health services are available, appropriate, accessible, affordable, and of good quality.
    - To measure, monitor, and report on our joint efforts, in accordance with benchmarks and targets, to ensure that we are progressively realising our shared ambitions.

***INDIGENOUS AUSTRALIANS HEALTH PROGRAMME***

* The Indigenous Health Division is responsible for the Indigenous Australians Health Programme
* Commenced July 2014
* CORE THEMES
  + Improving access to Primary Health Care for Aboriginal and Torres Strait Islander people
  + Targeted health activities
  + Capital Works
  + Governance and System Effectiveness
* Commonwealth Government has allocated $2.413 billion over three years for the Indigenous Australians Health Programme (commencing in 2015-2016)
  + Around 60% has been allocated to primary healthcare services and targeted health activities

***TACKLING INDIGENOUS SMOKING (TIS) PROGRAM***

* National program
* Funded by Commonwealth Government ($116 million)
* Under Indigenous Health Programme
* Aims to reduce smoking rates —> most preventable cause of ill health among the population group
* Under the National Healthcare Agreement, the Council of Australian Governments (COAG) has committed to halving the daily smoking rate (of 47.7 per cent in 2008) among Aboriginal and Torres Strait Islander adults by 2018.
* Prgram was redesigned and reintroduced un 2015-2016, with an emphasis on flexible approaches to regional tobacco control
* INITATIVES
  + Regional tobacco control grants
  + National Best Practice Unit (NBPU)
  + Enhancements of existing Quitline
  + Brief intervention training program evaluation and monitoring
  + Special programs in high need areas

***HEALTHY FOR LIFE***

* Commonwealth Government program
* Announced in 2005-2006 budget —> provides to improve health
* AIM
  + Improve the health of Aboriginal and Torres Strait Islander mothers, babies and children
  + improve the quality of life for people with a chronic condition
  + over time, reduce the incidence of adult chronic disease
  + help improve men’s health.
* OBJECTIVES
  + improve the availability of child and maternal health care
  + improve the prevention, early detection and management of chronic disease
  + improve men’s health
  + improve long-term health outcomes for Aboriginal andTorres Strait Islander people
  + increase the capacity of the Aboriginal and Torres Strait Islander health workforce through the Puggy Hunter Memorial Scholarship Scheme.

***ABORIGINAL QUITLINE***

* Telephone helpline —> provides confidential support (for people based in VIC, NSW & QLD)
  + Operated 8am - 8pm Monday to Friday
* Specialised Aboriginal. Quitline advisers
  + Have specialist training to assist people to quit in a culturally appropriate way
    - * Help formulate a pplan tailored to individual needs
      * Provide information on products
      * Provide resources
      * Can also refer to local support groups

***NATIONAL TOBACCO CAMPAIGN***

* targets all smokers but often more specifically vulnerable groups
  + Aboriginal and Torres Strait Islander people
  + Cultural and linguistic diverse groups
  + Regional and rural areas
  + Pregnant women and partners
* Features - television, radio, print, outdoor and online adverts which focus on the negative health effects of smoking as well as promoting benefits of waiting
  + Examples
    - * Don’t Make Jokes Your story
      * Cough
      * Break the Chain
      * Health Benefits
      * Quit for you - Quit for two

***RED DUST HEALING***

* Targeted cultural healing program that has been written from an Aboriginal point of view
* AIM: to engage Aboriginal and Torres Strait Islander Australians in order to help them recognise and confront problems that stem predominantly from rejection and grief
* Caritas Australia initiative that was implemented in conjunction with partner agency Spread Out and Stick Together AND reduce levels of substance abuse and promote empowerment in communities
  + - Results: increased employment rates and reduced incidence of domestic violence.
* Includes individual case management plans, and draws on the tools of Red Dust Healing to provide ongoing support for participants
* Holistic learning models

***NACCHO APP***

* National Aboriginal Community Controlled Health Organisation (NACCHO)
  + Comprehensive primary healthcare provider to Aboriginal communities for over 40 years
  + Launched the first Aboriginal health app to invest in Healthy Futures for Generational Change Plan (2013 - 2030)
* AIM: To give Aboriginal youth the opportunity to improve overall health and wellbeing through active participation in sports through promoting the Sports Health Futures program
* App contains a geo locators —> helps to locate Aboriginal Community Controlled Health Organisation and provides health information online and via telephone (on a variety of topics)