**Indigenous Health Initiatives**

**Key Knowledge** - 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.

**Key Skills** - Evaluate initiatives in terms of their capacity to improve Indigenous health and wellbeing.

Using section 7.5 and the internet, complete the following table about at least two initiatives that have been developed to improve indigenous health and wellbeing.

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| **Program Name** | **Description of the Program (explain at least 3 features of the program).** | **How does it reflect the Action Areas of the Ottawa Charter?** | **Evaluate the Program. How likely is it that it will improve the health & wellbeing of Indigenous Australians? (Take a stance)** |
| [Aboriginal Quitline](https://www.quit.org.au/resources/aboriginal-communities/what-aboriginal-quitline/) | * Access to an Aboriginal Quitline Counsellor who provide culturally safe environments for the callers, enabling them to discuss their smoking habits and lifestyle comfortably. The service is available from 8am – 8pm from Monday to Friday. * Confidential phone service that provide safe and comfortable environments to discuss smoking habits and lifestyle. * Easily accessible website with many resources such as videos and statistics. | * **Develops personal skills:** The counsellors provide the callers with a plan for quitting that is tailored to their individual needs, as well as information on different quitting methods and products, and written and other resources. They also link the callers up with local support groups if requested. The website provides statistics and information about the causes of smoking and statistics of smoking in the Aboriginal community. * **Create supportive environments:** The Aboriginal Quitline counsellors provide culturally safe environments for the callers and enable safe environments for the caller to discuss their smoking. The phone service allows for a confidential, safe and comfortable environments for the callers. | The program will improve the health and wellbeing of Indigenous Australians as the initiative provides a culturally safe environment for the callers to discuss their smoking and other life circumstances which may contribute to their smoking. Aboriginal Quitline is culturally appropriate for Indigenous Australians as counsellors are of Aboriginal descent, giving the program a suitable form of consultation and delivery as the counsellors are able to individually relate to the callers, strengthening Indigenous culture in many Aboriginals in Australia. The counsellors ensure that interventions of the program, including different quitting methods, are culturally appropriate which may assist in increasing participation in the program and thus, improve health and wellbeing as well as decreasing smoking rates of Indigenous Australians. The program improves the health and wellbeing of Aboriginal people as it addresses a significant health issue, in this case, smoking. The program’s website provides information as to why it is important to address the issue of smoking in Indigenous Australians. Through the creation of this initiative, there have been improvements of in health and wellbeing in Aboriginal people. |
| The 2 Spirits program | * A whole community approach to improve the sexual health and wellbeing of Indigenous gay men and sistergirls through education, prevention, health promotion and community development activities. * Printed resources, campaigns, education workshops, retreats for gay men, sistergirls and people living with HIV, social support groups. * Services for family, partner and friends of Indigenous people living with HIV, gay men and sistergirls. | * Reorients health services by working in consultation with community members to identify appropriate means of addressing sexual health issues in this population. * Strengthens community action as the program has services directed at the partners, families and friends of Indigenous people living with HIV, gay men, sistergirls as well as the wider community. * Develops person skills as the program holds community forums focusing on HIV/AIDS, sexual health and wellbeing, injecting drug use, discrimination, and sexuality issues. Increases knowledge and understanding within Indigenous communities. | The program may improve Indigenous people’s health and wellbeing as it gives them the knowledge to understand themselves and others facing these sorts of issues, developing personal values and beliefs (spiritual health and wellbeing). The 2 Spirits program enables Aboriginals and Torres Strait Islanders to understand themselves better and develops confidence in them so that they are not living in shame or poor health and wellbeing, especially mentally as they would have increased stress and anxiety levels as they would have to keep their issues to themselves in order to shield themselves from perhaps abuse or discrimination. The program may not necessarily be very effective in some communities or with some individuals who remain obnoxious to the fact that HIV exists or the broader factors of sexuality. Some gay Indigenous men and sistergirls may feel too scared to even come out and thus may never really take these newly taught skills and information in and live in ignorance and fear to everything related to sexual health and wellbeing. |