

My Life My Lead - Opportunities for strengthening approaches to the social determinants and the cultural determinants of Indigenous health: Report on the national consultations December 2017



PRIORITY AREA 1

Culture at the centre of change

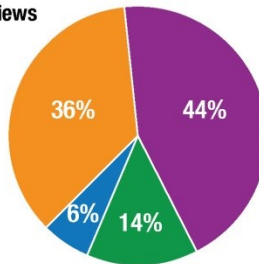


"Connection with culture, language and country (and its manifestation as cultural identity) are protective factors that provide powerful moderating effects against the impacts of racism and discrimination, and provide a foundation for stronger communities and healthier lives."

(Online submission, Aboriginal Medical Services Alliance Northern Territory)

Indigenous parent personal views on the importance of culture¹

- The most important thing (central to who you are)
- Important but not the only thing
- Something you don't know enough about
- Something you rarely think about



Stolen Generations & their immediate family & descendants: are around...²

- 50% more likely to be charged by police
- 30% less likely to be in good health
- 15% more likely to consume alcohol at risky levels
- 10% less likely to be employed

NEXT STEPS

A Strategic approach informed and underpinned by the following principles will achieve real change:

- Strong connections to culture and family are vital for good health and wellbeing;
- The best results are achieved through genuine partnerships with communities;
- The impact of trauma on poor health outcomes cannot be ignored; and
- Systemic racism and a lack of cultural capability and cultural safety remain barriers to system access and prosperity.

¹ Longitudinal Study of Indigenous Children: Indigenous parent personal views on the importance of culture, Working Group analysis, LSIC 2011

² Aboriginal and Torres Strait Healing Foundation 2017, *Bringing Them Home 20 years on: an action plan for healing*, Aboriginal and Torres Strait Healing Foundation, Canberra