

# 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 5

## Healthy living and strong communities



*"A lettuce in Halls Creek can cost \$6 and be inedible."*

(Broome forum)

*"Hot chips are cheap and they go further."*

(Dubbo forum)

Many of the principle causes of poor health such as:



HEART DISEASE



TYPE 2 DIABETES



RENAL DISEASE

are nutrition related<sup>1</sup>

Aboriginal and Torres Strait Islander people experience **more than twice the burden of disease and injury** of non-Indigenous Australians.



This burden of disease is highest in the most socioeconomically disadvantaged areas<sup>2</sup>

### NEXT STEPS

The next step is for governments to work with Aboriginal and Torres Strait Islander communities to remove the barriers to healthy living at the community and population level, establishing the foundation for long-term, sustainable change by:

- Addressing food insecurity and improving access to healthy food across metropolitan, regional and remote communities;
- Promoting good health and targeting risk behaviours; and
- Enhancing locally-controlled and driven community development activities.

<sup>1</sup> Australian Health Ministers' Advisory Council 2017, Aboriginal and Torres Strait Islander Health Performance Framework 2017 Report, AHMAC, Canberra

<sup>2</sup> Australian Institute of Health and Welfare 2016, Australian Burden of Disease Study: impact and causes of illness and death in Aboriginal and Torres Strait Islander people 2011, Australian Burden of Disease Study series no. 6, cat. no BOD7, AIHW, Canberra