



# Topic Talks

## Indigenous Health

Many Indigenous Australians experience poorer health than other Australians, often dying at much younger ages. While health outcomes in some areas have improved, they are not where they could be. This week, the topic in focus will be indigenous health.

### What is Indigenous Health??

Indigenous health refers to the physical, cultural, social and emotional wellbeing of Aboriginal and/or Torres Strait Islander people (Indigenous Australians)

- **It is often difficult to establish reasons behind improving or worsening health in a population for several reasons:**
- The factors that affect health are complex and are often inter-related
- The relationship between health and health determinants can work in both directions—while education and employment can affect people's health, health can also affect people's ability to participate in schooling and work
- Health is shaped throughout life—an adult's health is shaped by their life history, daily living conditions and health behaviours

### Let's talk

Suggested questions to ask yourself or your peers this week



#### How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

#### What is indigenous health like for those in your local area?

Are you aware of what the status is? Where can you find this information out? What are the implications for practice based on this information?

#### What are the local resources available to indigenous Australian in your local area?

What are your organisational / local processes / resources for Indigenous Health? How do you access them?

#### What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

# Loddon Mallee Activities and Resources



## What's on the Web?



## References:



### Tuesdays@2 Webinar Series

Tuesday 1st June 2pm : Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

**Speakers:** TBA

**Topic:** TBA

- National Reconciliation Week 27 May - 3 June. More information here <https://nrw.reconciliation.org.au/>
- [National NAIDOC](#) week 2021 4-11 July More information here <https://www.naidoc.org.au/>

### E-Learning:

- [Cardiovascular disease risk communication with Aboriginal and Torres Strait Islander peoples: toolkit for health professionals](#)
- [Chronic conditions manual: prevention and management of chronic conditions in rural and remote Australia](#)
- [Remote Area Health Corps e-Learning](#)

### Webcasts:

- Centre for Healthcare Knowledge and Innovation: Cultural Determinants of Health webinar series <https://www.thecentrehki.com.au/cdoh-webcast-series/>
- Discussing choices - Indigenous Advance Care Planning (2021) [26:41] [https://youtu.be/Nx-shnGWXHg\\_](https://youtu.be/Nx-shnGWXHg_)
- Aboriginal Palliative Care (2021) [https://healthinonet.ecu.edu.au/key-resources/resources/42612/?title=Aboriginal%20palliative%20care&contentid=42612\\_1](https://healthinonet.ecu.edu.au/key-resources/resources/42612/?title=Aboriginal%20palliative%20care&contentid=42612_1) [10:22]

### Podcasts:

- National Rural Health Alliance (2021) Build 'em up podcasts <https://ruralhealth.org.au/buildemup/>

### Web Sites:

- [AIHW: Aboriginal and Torres Strait Islander Health Performance Framework](#)
- [Australian Indigenous Healthinonet](#)

- Australian Institute of Health and Wellbeing (2020) Indigenous Health and Wellbeing. [online at] <https://www.aihw.gov.au/reports/australias-health/indigenous-health-and-wellbeing>.
- Australian Institute of Health and Wellbeing (2021) Indigenous Australians Overview [online at] <https://www.aihw.gov.au/reports-data/population-groups/indigenous-australians/overview>
- Australian Institute of Health and Welfare (2020) Aboriginal and Torres Strait Islander: Health Performance Framework 2020 summary report
- Health Direct (2020) Indigenous Health [online at] <https://www.healthdirect.gov.au/indigenous-health>