

# Aboriginal Health Promotion and Chronic Care Partnership

## Resource List – January 2006

The following resource list has been compiled to assist Community Health Services, Aboriginal Community Controlled Organisations and other organisations in developing programs targeting Aboriginal and Torres Strait Islander populations. The resource list provides a number of links to data and best practice strategies on a range of health promotion, chronic disease prevention and management topics.

### Data Sources

#### **Victorian specific data**

- o Aboriginal Services Plan Key Indicators 2003-04, DHS, 2005.
- o Koori Health Counts 2003-04, DHS, 2005.

[www.health.vic.gov.au/koori](http://www.health.vic.gov.au/koori)

#### **Other useful data sources**

- o **Health Infonet.** This website provides an excellent overview of key data (in an easy to read format) on Aboriginal health data.

[http://www.healthinfonet.ecu.edu.au/html/html\\_keyfacts/keyfacts\\_faq.htm](http://www.healthinfonet.ecu.edu.au/html/html_keyfacts/keyfacts_faq.htm)

- o The Health and Welfare of Australia's Aboriginal and Torres Strait Islander Peoples 2005.

<http://www.aihw.gov.au/publications/index.cfm/title/10172>

- o Australia's Health, AIHW 2004; Australia's Welfare, AIHW 2005; Australia's Children, AIHW 2004. All three of these publications can be located on

<http://www.aihw.gov.au/>

- o Diabetes: Australian Facts 2002

<http://www.aihw.gov.au/publications/index.cfm/title/8028>

### Health Promotion/Disease Prevention - General

#### • **Integrated Health Promotion resource kit**

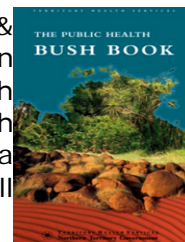
This guide provides resources to assist agencies, organisations and practitioners to apply the theory of integrated health promotion and to strengthen the development and delivery of quality integrated health promotion programs in Victoria. The guide includes toolkits, checklists and case studies to aid agencies to apply the theory of integrated health promotion. This resource will assist all organisations with the theory and practice of planning as well provide some information regarding the evaluation of programs.

[http://www.health.vic.gov.au/healthpromotion/resources\\_links/integrated.htm](http://www.health.vic.gov.au/healthpromotion/resources_links/integrated.htm)



- **Bush Book**

The Northern Territory Government produced the Bush Book – Volumes 1 & 2, for people who work with Aboriginal communities in the Northern Territory. Volume 1 Chapters 3 & 4 outline broad strategies for health promotion and methods for the planning and evaluation of health promotion projects. The theory, principles and strategies presented have a strong basis in research and practice. This resource will be useful for all organisations in the development of their AHPACP plans.



[http://www.nt.gov.au/health/healthdev/health\\_promotion/bushbook/bushbook\\_toc.shtml](http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/bushbook_toc.shtml)

- **Integrated Health Promotion website**

This web site provides a gateway to health promotion activities within the Department of Human Services and other key health promotion resources. It provides a comprehensive, starting point for exploring health promotion on the internet, and aims to facilitate and improve communication about quality health promotion practice in a range of different areas such as planning and implementing health promotion.

[www.health.vic.gov.au/healthpromotion](http://www.health.vic.gov.au/healthpromotion)

- **The Indigenous Health Promotion Resources Guide**

A publication of the Aboriginal and Islander Health Worker Journal - regularly updated and free to Journal Subscribers. The resource provides information of where to access a range of health education material for Aboriginal Health Workers (and others) to use when working with Aboriginal clients.

<http://www.health.vic.gov.au/healthpromotion/index.htm>



## Health Promotion – Nutrition

- **Eat Well Australia and the National Aboriginal and Torres Strait Islander Nutrition Strategy Action Plan**

Eat Well Australia aims to improve the health of all Australians through better food and nutrition. It has been designed to provide government and other sectors with a strategic framework and an agenda for action on public health nutrition. The National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP) provides a framework for action to improve Aboriginal and Torres Strait Islander health and wellbeing through better nutrition and was developed concurrently with Eat Well Australia. This resource will be useful for organisations that identify nutrition as their health promotion priority by identifying key areas for intervention.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-nphp.htm>



- **Nutrition in Aboriginal and Torres Strait Islander Peoples**

This report presents a summary of the current situation in Aboriginal and Torres Strait Islander health and nutrition through presentation of demographic and health data. It also outlines the importance of proper nutrition and addresses those nutrition-related diseases of particular relevance to the Aboriginal and Torres Strait Islander population such as obesity, Type 2 diabetes, cardiovascular disease (including high blood pressure), renal disease and dental health problems. This report will be useful to organisations that identify nutrition as their health promotion priority and either diabetes, cardiovascular disease or renal disease as their chronic disease priority as it links health promotion activities with relevant chronic diseases and offers

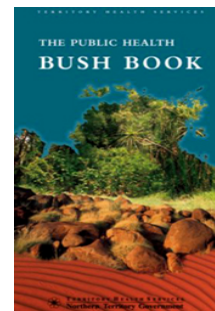


possible key areas of intervention.

<http://www.nhmrc.gov.au/publications/synopses/n26syn.htm>

- **Bush Book**

The Northern Territory Government produced the Bush Book – Volumes 1 & 2, for people who work with Aboriginal communities in the Northern Territory. Volume 2 Chapter 3 contains background information on the nutritional status of Aboriginal people in remote areas, discusses food and dietary issues and provides information on a range of activities and strategies to be used when working with individuals, groups and the community to address local food and nutrition issues. This resource will be useful for organisations that identify nutrition as their health promotion priority by providing strategies for intervention. Please note this resource was written for use in the Northern Territory and not all information will be relevant in the Victorian context.



[http://www.nt.gov.au/health/healthdev/health\\_promotion/bushbook/bushbook\\_toc.shtml](http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/bushbook_toc.shtml)

- **Oral health promotion**

This review is targeted at those health workers who need to make decisions about the type of oral health programs that should be developed and implemented. It does not provide information on how to deliver programs.

This resource will be useful for organisations that identify nutrition as their health promotion priority and subsequently seek to capture the benefits better nutrition and improve oral health at the same time.

[http://www.health.vic.gov.au/healthpromotion/quality/oral\\_health.htm](http://www.health.vic.gov.au/healthpromotion/quality/oral_health.htm)

## **Health Promotion - Physical activity**

- **Be Active Australia: A Framework for Health Sector Action for Physical Activity 2005-2010**

This framework forms the national approach to physical activity promotion and also provides a strategic approach to increasing access to physical and social environments that support people to be active. This resource is informed by the most comprehensive review of the evidence on physical activity for health in Australia.

This resource will be useful for organisations that have identified physical activity as a health promotion priority. It includes reference to chronic diseases such as cardiovascular and diabetes and also has a specific section on the health and well being of Aboriginal and Torres Strait Islander people.

[http://www.nphp.gov.au/publications/wa\\_index.htm#sigpah](http://www.nphp.gov.au/publications/wa_index.htm#sigpah)

- **Getting Australia Active: Towards better practice for the promotion of physical activity**

This document provides a comprehensive update on physical activity promotion. This document has been designed primarily for health professionals, health promotion and exercise science professionals. The report encourages critical thinking in developing programs in this area, and the development and use of best-practice approaches to physical activity promotion in Australia.

[http://www.nphp.gov.au/publications/wa\\_index.htm#sigpah](http://www.nphp.gov.au/publications/wa_index.htm#sigpah)

- **Getting Australia Active II: An update of evidence on physical activity for health 2004**

This report updates the 'Getting Active Australia' document and provides recommendations and complementary action to the earlier resource.

[http://www.nphp.gov.au/publications/wa\\_index.htm#sigpah](http://www.nphp.gov.au/publications/wa_index.htm#sigpah)

## **Health Promotion - Healthy weight**

- **Healthy Weight 2008**

Healthy Weight 2008 presents a national strategic framework for action to address the challenges of overweight and obesity in children and young people and their families. It outlines 9 strategic settings and desired outcomes. Whilst the actions around these strategic settings are broad, organisations who identify healthy weight as a health promotion priority should work towards these national objectives. This resource will assist in the planning phase of the AHPACC initiative.

[http://www.healthyactive.gov.au/docs/healthy\\_weight08.pdf](http://www.healthyactive.gov.au/docs/healthy_weight08.pdf)



## **Health Promotion - Mental health and emotional wellbeing**

- **Promoting the Emotional and Spiritual Wellbeing of Koori Communities through the Koori Communities Leadership Program**

This report records the experiences and key learnings of the Koori Communities Leadership Program. It includes a summary of the context of the VicHealth Mental Health Promotion Plan, the factors that influence the emotional and spiritual wellbeing of Indigenous populations, the significance of Indigenous leadership at a state and national level in Australia and the future directions of the Indigenous leadership programs in Victoria.

This resource will be useful for those organisations that identify mental health as their health promotion priority. Real life projects that aim to improve the mental wellbeing of the Aboriginal population are documented and thus provide information on possible interventions.

<http://www.vichealth.vic.gov.au/Content.aspx>



- **Social and Emotional Well Being Framework – Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Well Being 2004 – 2009**

This framework is a five year plan to guide the work of government and non-government agencies, that work towards improving the mental health and social and emotional well being of Aboriginal and Torres Strait Islander peoples. This resource is structured around five key strategic directions and offers possible action plans around these problem areas. This framework will be useful for organisations that have identified mental health as their health promotion activity as key priority areas of intervention are clearly stated.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-wellbeing>



## **Health Promotion - Alcohol, Tobacco and other drugs**

- **Centre for Excellence in Indigenous Tobacco Control**

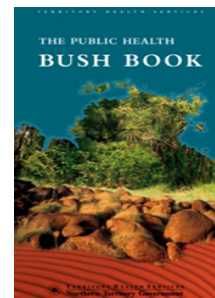
The Centre for Excellence in Indigenous Tobacco Control seeks to improve health outcomes related to tobacco consumption by building national capacity for effective indigenous tobacco control programs. The Centre recognises that sustained tobacco control programs are likely to result in long-term health gains, including a decrease in mortality rates from cardiovascular disease. This site provides links to state, national and international tobacco strategies and also provides access to a range of publications and resources.

This resource will assist organisations that have identified tobacco as their health promotion priority and also those who have identified cardiovascular disease as a chronic disease priority.

[http://www.healthinonet.ecu.edu.au/html/html\\_community/tobacco\\_community/community](http://www.healthinonet.ecu.edu.au/html/html_community/tobacco_community/community)

- **Bush Book**

The Northern Territory Government produced the Bush Book – Volumes 1 & 2, for people who work with Aboriginal communities in the Northern Territory. Volume 2 Chapter 1 outlines how drug misuse impacts on society and health and contains information on a range of strategies for working with individuals, groups and the community on alcohol and other drug issues. This resource will be useful for organisations that focus on tobacco, alcohol and other drug use as their health promotion priority by providing strategies for intervention. Please note this resource was written for use in the Northern Territory and not all information will be relevant in the Victorian context.



[http://www.nt.gov.au/health/healthdev/health\\_promotion/bushbook/bushbook\\_toc.shtml](http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/bushbook_toc.shtml)

- **Australian Drug Foundation**

The Australian Drug Foundation works in partnership with the community to prevent alcohol and other drug problems. Its website provides information for workers, professionals and others seeking information on drugs and drug prevention, provides research-based resources for health, welfare and education professionals and also provides a link to the DrugInfo Resource Centre Library. This resource will provide a broad overview for drug prevention for those organisations which identify alcohol and other drugs as their key health promotion priority.

<http://www.adf.org.au/browse.asp?ContainerID=whatwedo>

- **Koori DrugInfo website**

The Koori DrugInfo website was developed after consultation with a number of Indigenous health workers. This website provides links to databases and publications and also offers training and development and various services. This website would be useful for organisations as it provides a wide range of resources to search on a range of chronic disease and health promotion areas.

<http://www.kooridruginfo.adf.org.au/>

- **National Drug Strategy – Aboriginal and Torres Strait Islander Peoples Complementary Action Plan 2003 –2006**

This plan has been researched and written to complement the national strategy but be more applicable to the Aboriginal and Torres Strait Islander people. The plan includes a background and rationale covering historical and demographic issues, roles and responsibilities, health care and performance measures. They outline the key result areas giving objectives, action areas and examples of actions. Organisations should use this guide to develop their own action plans appropriate to their geographic areas.

<http://www.nationaldrugstrategy.gov.au/pdf/indigenous.htm>



## **Chronic Disease/Health - General**

- **Chronic Disease management care planning items**

This website provides information on Chronic Disease Management items, including MBS item descriptors, explanatory notes, questions and answers, an overview fact sheet. The Chronic Disease Management (CDM) items apply to treatment of people with asthma, cancer, arthritis, diabetes, heart disease, mental illness and other chronic medical conditions.

[www.health.gov.au/internet/wcms/publishing.nsf/Content/pcd-programs-epc-chronicdisease](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/pcd-programs-epc-chronicdisease).

In addition to this, information and resources on the Aboriginal and Torres Strait Islander Health Check (15-54 years) can be found at <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-epc-atsiinfo.htm>

- **Lifestyle prescriptions**

Lifestyle prescriptions are tools for GPs to use when providing lifestyle advice to patients. Advice may be about quitting smoking, increasing physical activity, eating a healthier diet, maintaining healthy weight, reducing alcohol consumption, or a combination of these. Lifescripts is a national initiative, being implemented through local divisions of general practice, promoting risk factor management in general practice and primary health care services. A Lifescripts Resource Kit has been developed which focuses on the five behavioural risk factor areas of smoking, nutrition, physical activity, alcohol and weight management. It contains a range of resources for general practice and Aboriginal Health Workers. For further information and access to resources see: <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-publth-strateg-lifescrpts-index.htm>

- **Achievements in Aboriginal and Torres Strait Islander Health – Summary Report**

The report was prepared to inform health policy and planning decision makers about the crucial factors that have contributed to successful health initiatives. The study undertook detailed case analyses of a small number of projects across primary, secondary and tertiary health sectors. This resource will provide useful advice for organisation in the planning, implementation and evaluation sections of their implementation plans. <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-achieve>



- **Building Healthy Communities.**

This is a guide for people in small rural communities who want to try new ways to make a difference to chronic disease at a local level. The guide steps through the key areas for planning, setting up, running, evaluating and finishing a chronic disease program in rural community settings. <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/rural-health-pubs-BHC.htm>



- **The Chronicle**

The chronicle is a monthly bulletin produced by the Northern Territory Government that delivers timely updates and summaries on Northern Territory and interstate projects, innovations and related chronic disease activities. The Chronicle is a key product of the Chronic Disease Network and provides relevant information on remote communities. <http://www.nt.gov.au/health/cdc/preventable/chronicle.shtml>

- **Preventing Chronic Disease: A Strategic Framework**

This publication was produced by the National Public Health Partnership. It sets out a strategic framework for the prevention and control of non-communicable chronic disease focusing on the relationship between the chronic diseases designated as National Health Priority Areas and the risk and protective factors shared by these conditions. It is intended to inform priority setting and service planning for all levels of the Australian health system.

Parts 1-3 of this document discuss background and the theoretical framework however Part 4 may be most useful to organisations as it outlines an implementation strategy including possible goals and objectives and suggests a number of priority action areas to support strategy implementation.

[http://www.nphp.gov.au/publications/a\\_z.htm - p](http://www.nphp.gov.au/publications/a_z.htm - p)



- **National Strategic Framework for Aboriginal and Torres Strait Islander Health**

This document pulls together nationally agreed strategies to address specific health problems and state policies and programs. It includes both mainstream and Indigenous specific

approaches to primary health care and population health. It also includes actions in the non-health portfolio areas that can contribute to improving the health status of Indigenous Australians.

[http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-healthstrategy.htm/\\$FILE/nsfatsihfinal.pdf](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-healthstrategy.htm/$FILE/nsfatsihfinal.pdf)

- **Office of Aboriginal and Torres Strait Islander Health publications**

This website provides links to a range of publications regarding Aboriginal and Torres Strait Islander health.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-index.htm>

- **Summary of Aboriginal and Torres Strait Islander health programs**

This document provides details of progress on the implementation of Indigenous Specific and non-specific health programs impacting upon Aboriginal and Torres Strait Islander peoples administered by the Australian Government Department of Health and Ageing.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-progsum>

- **NSW Aboriginal Chronic Care Program (ACCP) - formerly known as the NSW Aboriginal Vascular Health Program**

The aim of the Aboriginal Vascular Health Program is to work in collaboration with relevant organisations and service providers to improve the provision of high quality services and programs to promote the vascular health of Aboriginal and Torres Strait Islander people in NSW. Some objectives of the program include improving standards of clinical care for Aboriginal people with or at risk of vascular disease and supporting the implementation of local initiatives aiming to improve the provision of prevention and care programs to the Aboriginal community. This website provides general information on the program and provides descriptions of projects that have been implemented in various areas of NSW to improve vascular health of Aboriginals. It provides relevant examples of interventions addressing cardiovascular health (diabetes, cardiovascular disease and renal disease).

<http://www.health.nsw.gov.au/sd/igfs/hp/avhp/siteprojects.html>

<http://www.health.nsw.gov.au/sd/igfs/hp/avhp/>

- **National Guide to a preventative health assessment in Aboriginal and Torres Strait Islander peoples**

The National guide to a preventive health assessment in Aboriginal and Torres Strait Islander peoples is an initiative of the National Aboriginal Community Controlled Health Organisation (NACCHO). The *National guide* assists GPs and primary health care providers to provide a comprehensive preventive health assessment to Aboriginal and Torres Strait Islander children and adults. The guide assists in screening for unrecognised disease, early detection of existing disease and health promotion through risk factor reduction. The following link also provides access to the evidence base on which the National guide is based. This guide is likely to be useful for all organisations as it provides advice on a range of chronic disease.

<http://www.naccho.org.au/preventiveguide.html>



- **The Northern Territory preventable chronic disease strategy – overview and framework**

This document provides an overview of the Northern Territory Preventable Chronic Disease Strategy (PCDS). It recognises that type 2 diabetes, renal disease, hypertension, ischaemic heart disease and chronic airways disease have common underlying factors, most notably poor nutrition, inadequate environmental health conditions, alcohol misuse and tobacco smoking. The strategy outlined here is relevant to the whole population, indigenous and non-indigenous, urban and rural. This document will be useful in defining a progressive implementation agenda for a chronic disease strategy and framing implementation plans, but it will not provide organisations with comprehensive action plans.

<http://www.nt.gov.au/health/cdc/preventable/overview.shtml>

## **Chronic Disease – Cardiovascular disease and Diabetes**

- **Strengthening Cardiac Rehabilitation And Secondary Prevention For Aboriginal And Torres Strait Islander Peoples**

This guide aims to provide health services with strategies to improve uptake and access to cardiac rehabilitation services. The guide is structured around the process of cardiac rehabilitation from diagnosis of heart disease to secondary prevention and self-management. As well as providing theoretical information on cardiovascular disease, 'toolkits' 2-4 provide advice on practical interventions for health professionals and managers of health organisations. This resource will help organisations to plan key interventions if they have identified cardiovascular as a chronic disease priority area.

<http://www.nhmrc.gov.au/publications/synopses/ind1syn.htm>



- **Planning For Healthy Communities: Reducing the risk of cardiovascular disease and type 2 diabetes through healthier environments and lifestyles**

This guide describes what is known about the most effective health promotion strategies for preventing cardiovascular disease and type 2 diabetes. The guide has been designed to help practitioners, policy makers and planners to select evidence-based strategies for reducing risk factors.

Chapter 4 of this resource discusses the prevention of cardiovascular disease and offers action plans, intervention options and resources to plan for this whilst chapter 5 focuses on diabetes. Chapters 6 – 9 discuss the promotion of healthy weight, physical activity, healthy eating and a reduction in tobacco use to aide the prevention in cardiovascular disease and diabetes. Organisations that identify cardiovascular disease or diabetes as a chronic disease priority will find this resource valuable, especially as it provides links to appropriate health promotion activities.

<http://www.health.vic.gov.au/healthpromotion/quality/cd.htm>



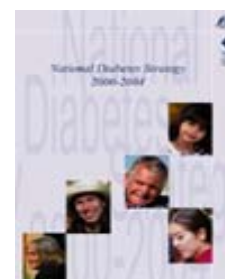
### **National Diabetes Strategy and National Diabetes Strategy and Implementation Plan, 1998.**

The **National Diabetes Strategy** (NDS) aims to contribute towards the improvement of the general level of health in Australia by reducing the personal and public burden of diabetes nationally. The NDS website provides access to the NDS implementation plan and the key initiatives of the strategy. The strategy focuses of five key goals and provides broad action statements to attain these targets.

The **National Diabetes Strategy and Implementation Plan (1998)** outlines specific strategies with supporting evidence.

These documents will provide advice to organisations that have identified diabetes as a chronic disease priority as it outlines broad action strategies for intervention and management of diabetes.

<http://www.health.gov.au/internet/wcms/publishing.nsf/content/health-pq-diabetes-nds.htm>



- **Review of the epidemiology, aetiology, pathogenesis, and preventability of diabetes in Aboriginal and Torres Strait Islander populations.** De Courten M, Hodge A, Dowse G et al. Canberra. Commonwealth Department of Health and Family Services, 1998. This document is accessible in hard copy only.

- **Screening for diabetic retinopathy**

This planning and resource guide outlines the steps to implement a community-based diabetic retinopathy screening program. It includes a background on diabetic retinopathy, the need for and methods of screening and the steps to plan a diabetic retinopathy screening program.

This resource provides specific advice on one aspect of diabetes management. Organisations who identify that diabetes is a chronic disease priority should also use other broader

documents to complete their planning.

[http://iris.medoph.unimelb.edu.au/new/pub\\_03/screening\\_for\\_diabetic\\_retinopathy.pdf](http://iris.medoph.unimelb.edu.au/new/pub_03/screening_for_diabetic_retinopathy.pdf)

- **Diabetes and physical activity position statement**

This resource is a joint position statement of the International Diabetes Institute and Diabetes Australia-Victoria on the role of physical activity in the risk reduction and management of diabetes. There is strong evidence that people who are physically active are at less risk of developing type 2 diabetes than those who lead sedentary lifestyles.

This resource would be useful for organisations that identify diabetes as a chronic disease priority and physical activity as a health promotion priority.

[http://www.dav.org.au/PDFs/IDI\\_DAV\\_PA\\_position\\_statement\\_011203\\_FINAL.PDF](http://www.dav.org.au/PDFs/IDI_DAV_PA_position_statement_011203_FINAL.PDF)

## **Chronic Disease – Kidney Disease**

- **Chronic Kidney Disease in Australia 2005.**

Chronic kidney disease has numerous impacts on both individual health and health services. With risk factors that are highly prevalent in Australia, including diabetes and high blood pressure, the number of Australians at risk of chronic kidney disease is increasing. Indigenous Australians in particular are at high risk. The information within will be relevant to policy makers, the wider community and anyone with an interest in chronic kidney disease.

<http://www.aihw.gov.au/publications/index.cfm/title/10137>

- **Consultation Draft National Chronic Kidney Disease Strategy.**

This document is currently being finalised. In the interim, AHPACC Partnership agencies have electronic access to the Consultation Draft document by double clicking on the icon below.



"Consultation Draft  
CKD Strat.pdf"

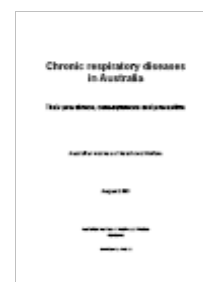
## **Chronic Disease - Respiratory disease**

- **Chronic Respiratory Diseases in Australia – Their prevalence, consequence and prevention**

This report is a concise summary of the prevalence and consequences of a selection of respiratory diseases affecting Australians. Chapters 5 and 6 of this report also contain an overview of chronic respiratory diseases risk factors and prevention strategies.

This resource will be useful for organisations who have identified respiratory disease as chronic disease priority as it will help in the planning of policies and strategies.

<http://www.aihw.gov.au/publications/phe/crdapcp/crdapcp.pdf>



- **Review of Public Health Interventions for Asthma**

This evidence-based review consolidates the findings of a literature review of public health interventions for asthma care. The three key sections look at a summary of key findings from the literature review, an outline of interventions that impact of environmental aspects and an outline of interventions for the control and management of asthma. This resource will assist agencies to systematically plan and develop local community based asthma interventions.

<http://www.health.vic.gov.au/nhpa/asth-resc.htm>



## **General Health Information**

- **National Strategic Framework for Aboriginal and Torres Strait Islander Health**

This plan details information on existing and planned action by the Commonwealth Government. It describes programs and policy approaches which are the Commonwealth's primary responsibility based around nine key result areas. This resource will provide an overview of Commonwealth Government strategies and organisations should familiarise themselves with these objectives. This resource may also provide organisations with intervention actions in a range of areas.

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-oatsih-pubs-implement>



- **Go For Your Life – Information for Professionals website**

This site provides resources and tools for professionals in the areas of healthy eating, active living and active communities. This page contains information relating to what is defined as a healthy weight and materials available to address the management of overweight and obesity and related issues. This website will provide organisations with general information about healthy weight and also provide ideas and examples for possible interventions.

[http://www.goforyourlife.vic.gov.au/hav/articles.nsf/professionals/practitioners\\_home?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/professionals/practitioners_home?open)



- **Australian Indigenous Health InfoNet**

This website provides a wide range of issues of relevance to Indigenous health, many of which lie outside the direct responsibility of the health sector. These include cultural, social, historical and economic issues, as well as those relating to the physical environment. Published, unpublished and specially developed material about Indigenous health is also available.

This resource will be valuable to all organisations as under the health page, it provides links to information regarding cardiovascular disease, respiratory disease, renal disease, diabetes, nutrition, mental health and alcohol and tobacco use.

<http://www.healthinfonet.ecu.edu.au/>

- **Health Education Resource Database**

This website provides links to information on existing resources that will assist with the prevention and management of a number of health issues affecting the community. The resources listed here have either been designed specifically for Aboriginal people, or could easily be adapted to use with Aboriginal people. Specific resources are available for alcohol, diabetes, heart health, renal disease, nutrition, respiratory disease and emotional wellbeing. This website would be useful for most organisations as it covers many key health promotion and chronic disease priority areas.

[http://www.nt.gov.au/health/healthdev/health\\_promotion/publications/resource\\_database.shtml](http://www.nt.gov.au/health/healthdev/health_promotion/publications/resource_database.shtml)

- **DHS Koori Health Website**

The Department of Human Services Koori Health website provides general information on the aboriginal community and provides links to a range of publications and resources regarding Koori health. Specific resources that may be useful are outlined below.

<http://www.health.vic.gov.au/koori/>

- **Improving Care for Aboriginal and Torres Strait Islander Patients (ICAP) website**

ICAP is an extension and enhancement of the Koori Hospital Liaison (KHLO) Program, established in 1982. The ICAP builds on the work done by KHLOs across Victoria to improve the access of Aboriginal and Torres Strait Islander people in Victoria to mainstream health services. The ICAP encourages the following approaches:

- A cultural change in health services leading to improved identification and health care for Aboriginal patients.
- All health services with Aboriginal patients need to identify, and undertake, initiatives to improve identification and quality of care for Aboriginal patients.
- Aboriginal patients are everybody's business in a health service, not the sole responsibility

of designated Aboriginal liaison staff.

- Relationships with Aboriginal People and Organisations - From the perspective of mainstream health services, this is the key to improving cultural safety and being able to make appropriate referrals, both to the primary health system and post discharge. Further information is available on the ICAP website.

<http://www.health.vic.gov.au/koori/icap/index.htm>

- **Principles of Recording Aboriginal Status in Victoria**

It is recognised that data including Aboriginal Status is collected for service planning and purchasing, policy development and research purposes, to monitor and address the health and welfare issues faced by Aboriginal people as a group. Every Aboriginal and Torres Strait Islander person should be given the opportunity on all occasions of service to identify him or herself as Aboriginal and/or Torres Strait Islander. This document outlines an appropriate protocol for collecting data on Aboriginal and Torres Strait Islander status.

<http://www.health.vic.gov.au/koori/status.pdf>

## **Planning**

- **NSW Health Aboriginal Health Impact Statement and Guidelines**

This document was developed by the NSW Government to ensure that staff incorporate the health needs and interests of Aboriginal people in the development of new health policies and programs. It includes a checklist of 13 questions about Aboriginal health covering areas such as development, content, implementation and evaluation of policy and programs.

This resource should be useful to all organisations in ensuring that Aboriginal and Torres Strait Islander people are adequately consulted during the development of their initiatives.

[http://www.health.nsw.gov.au/pubs/a/pdf/ab\\_impact\\_state\\_book.pdf](http://www.health.nsw.gov.au/pubs/a/pdf/ab_impact_state_book.pdf)



## **Cultural Awareness**

- **Strengthening Cardiac Rehabilitation And Secondary Prevention For Aboriginal And Torres Strait Islander Peoples**

This guide aims to provide health services with strategies to improve uptake and access to cardiac rehabilitation services. The guide is structured around the process of cardiac rehabilitation from diagnosis of heart disease to secondary prevention and self-management.

This resource also has a 'toolkit' that contains information to assist health professionals who have limited experience in working with Aboriginal and Torres Strait Islander people. It focuses on communicating in a culturally respectful way and cultural mentors and supporting intercultural service delivery. This resource will provide valuable information for mainstream organisations.

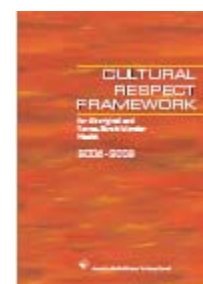
<http://www.nhmrc.gov.au/publications/synopses/ind1syn.htm>



- **Cultural Respect Framework for Aboriginal and Torres Strait Islander Health 2004-2009 Australian Health Ministers' Advisory Council**

This guide has been developed as a guiding principle in policy construction and service delivery for utilisation by jurisdictions as they implement initiatives. The Framework aims to influence the corporate health governance, organisational management and delivery of the Australian health care system to adjust policies and practices to be culturally respectful and aware. This resource will provide valuable information for mainstream organisations.

<http://www.health.vic.gov.au/koori/pubs.htm>



- **Communicating Positively: A guide to appropriate Aboriginal terminology**

This guide was produced by the NSW government. Its purpose is to provide staff with background information and guidance on appropriate word usage when working with Aboriginal people and communities and when developing policy and programs to improve health outcomes for Aboriginal people. Whilst developed for staff in NSW this resource provides valuable information for all people who work with Aboriginal and Torres Strait Islander populations.

<http://www.health.nsw.gov.au/pubs/2004/aboriginalterminology.html>



- **Communication Guide**

The Department of Human Services is developing a Communication Guide to assist non-Aboriginal people to use appropriate terms and language when referring to, writing about or speaking with Aboriginal people. This guide is currently unavailable but will be accessible through the following website once it is complete.

<http://www.health.vic.gov.au/koori/icap/glossary.htm>

## **Evaluation**

- **Evaluation and dissemination guide**

This guide forms part of the health promotion home page of the Victorian Government Health Information website. It provides information on the importance of evaluation, appropriate levels of evaluation and extensive resources to help in the evaluation process. It also provides links to a range of useful documents such as 'Planning for effective health promotion evaluation' and 'Measuring health promotion impacts: A guide to impact evaluation in integrated health promotion.' This resource would be useful for all organisations when planning the evaluation of their initiatives.

[http://www.health.vic.gov.au/healthpromotion/hp\\_practice/eval\\_dissem.htm#planning](http://www.health.vic.gov.au/healthpromotion/hp_practice/eval_dissem.htm#planning)