

# HEALTH PLAN VISION

Aboriginal and Torres Strait Islander people enjoy long, healthy lives that are centred in culture, with access to services that are prevention-focused, culturally safe and responsive, equitable and free of racism.

## FOUNDATIONS FOR A HEALTHY LIFE

Aboriginal and Torres Strait Islander health is viewed in a holistic context that recognises not only physical health and wellbeing but also the social, emotional and cultural wellbeing of individuals, families and communities throughout the entire life course.

### The cultural determinants of health



### The social determinants of health

Culture is a foundation for Aboriginal and Torres Strait Islander health and wellbeing. It is a protective factor across the life course, and has a direct influence on broader social determinants outcomes. Gains across these broader determinants, in turn, reinforce cultural connectedness, maintenance, resurgence, nation building and pride in cultural identity.

### Life Course



Healthy babies  
and children  
(Ages 0 – 12)



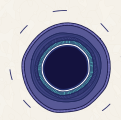
Healthy youth  
and adolescents  
(Ages 12 – 24)



Healthy adults  
(Ages 25 – 49)



Healthy ageing  
(Ages 50+)



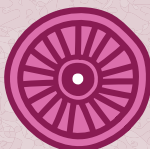
### Enablers for Change

P1



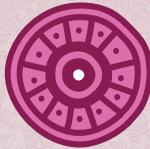
Genuine shared  
decision making and  
partnerships

P2



Aboriginal and  
Torres Strait Islander  
community controlled  
comprehensive primary  
health care

P3



Workforce

### Focusing on Prevention

P4



Health promotion

P5



Early intervention

P6



Social and emotional wellbeing  
and trauma-aware, healing-  
informed approaches

P7



Healthy environments,  
sustainability and preparedness

### Improving the Health System

P8



Identify and  
eliminate racism

P9



Access to  
person-centred and  
family-centred care

P10



Mental health and  
suicide prevention

### Culturally Informed Evidence Base

P11



Culturally informed and  
evidence-based evaluation,  
research and practice

P12



Shared access to  
data and information  
at a regional level

