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.

**HEALTH PLAN VISION**

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.

**FOUNDATIONS FOR A HEALTHY LIFE**

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**The cultural 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.

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**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