Mayi Kuwayu

The National Study of Aboriginal & Torres Strait Islander Wellbeing.

Our cultures count.

Mayi Kuwayu: Significant life events for context – conceptual model

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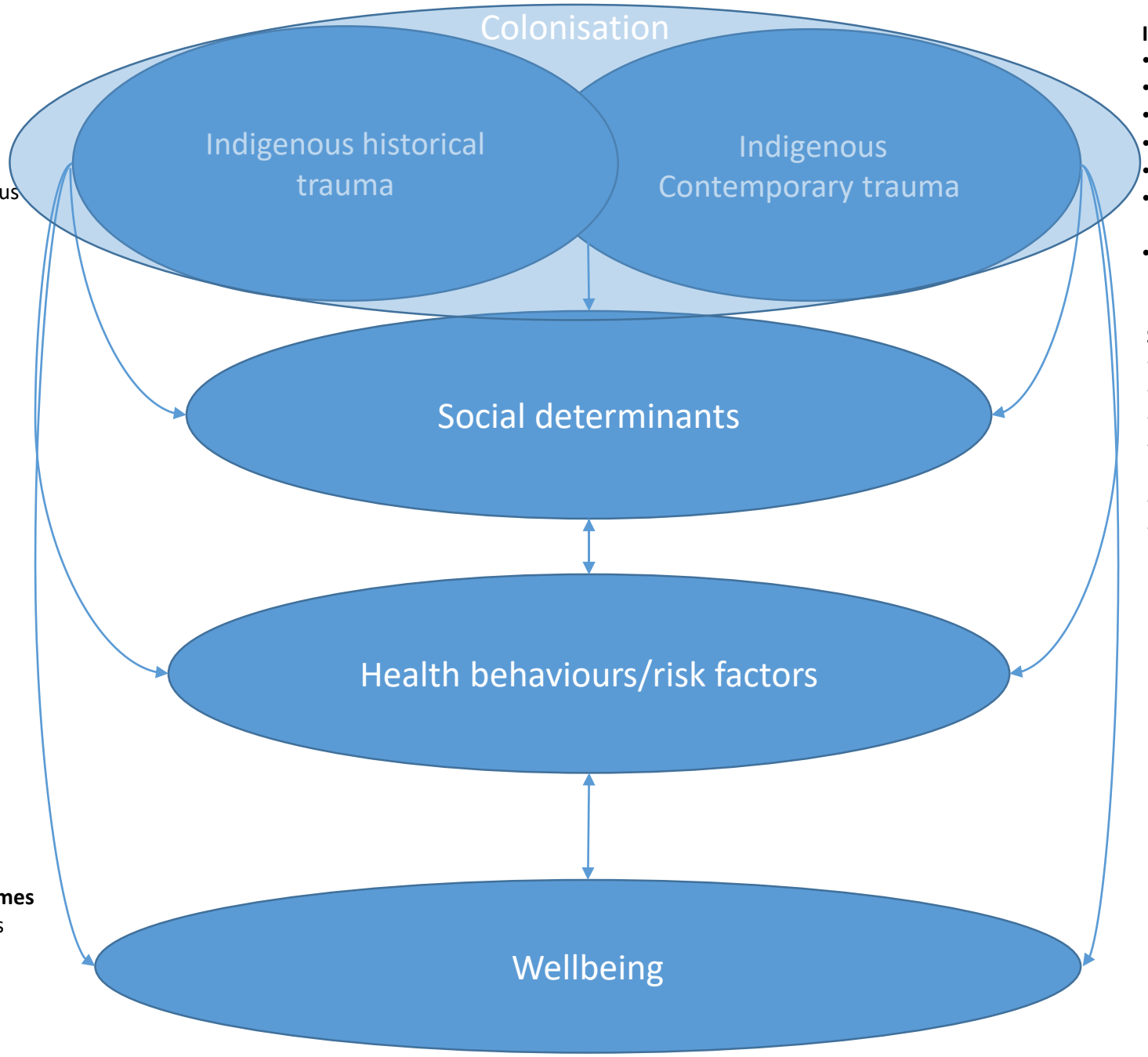


IHT variables

- Removal from country
- Hx exposure to missions/reserves
- Hx stolen generations (parent/grandparents)
- Knowledge of Indigenous affiliation/identity

ICT variables

- No access to country
- Worry about being stolen
- grew up in foster care or children's home
- feels disconnected from culture
- lives in town camp, mission or reserve
- Stolen generation (self, siblings, children, grandchildren)
- Exposure to racism

Social determinants variables

- Exclusion from education
- Exclusion from work
- Lack of financial resources
- Exclusion from Community/sociality and imprisonment
- Excluded from ideal housing
- Environmental concerns/risks

Health behaviour variables

- Exercise
- Low risk drinking
- Smoking (Never and opportunity to cease)

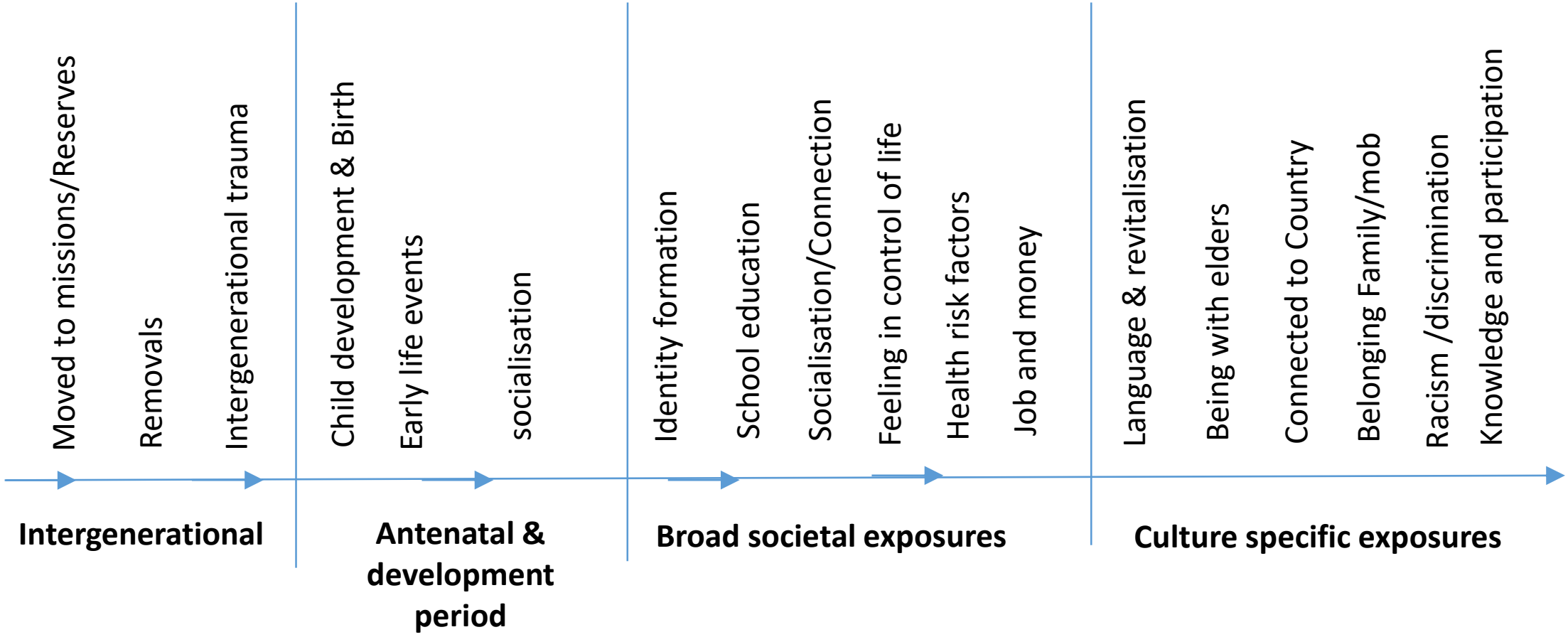
Global wellbeing outcomes

- Psychological distress
- General Health
- Control over life
- happy
- Pain

Dr diagnosed outcomes

- Heart Disease
- High blood pressure
- Diabetes
- depression
- Anxiety

What can affect peoples life chances?



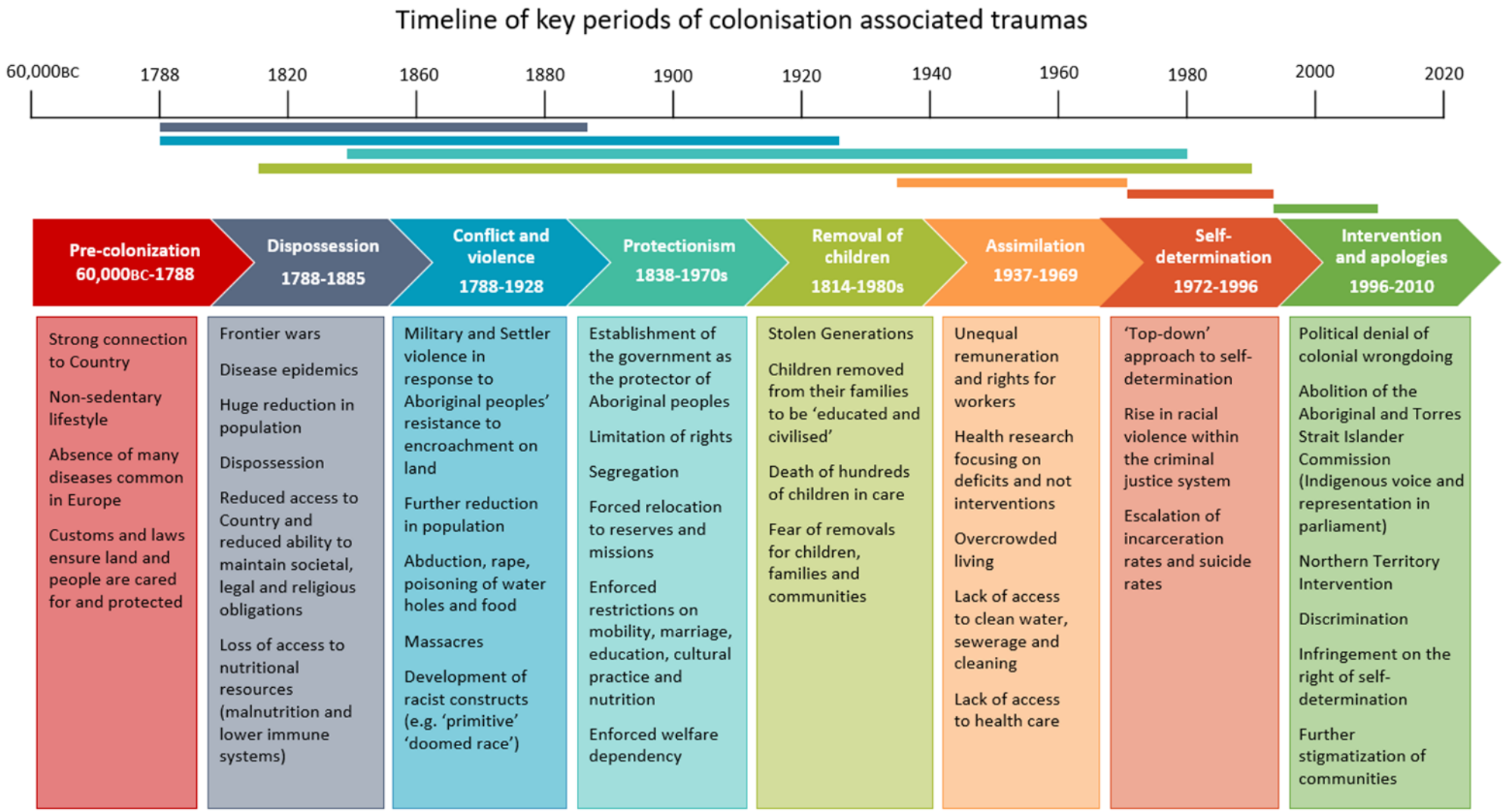


Figure 1 Timeline of colonisation (adapted from Sherwood 2013, Healing Foundation 2020