

Mayi Kuwayu: Significant life events for context – conceptual model

The National Study of Aboriginal & Torres Strait Islander Wellbeing.

Our cultures count.





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IHT variables · Removal from country Hx exposure to missions/reserves • Hx stolen generations Indigenous historical (parent/grandparents) trauma Knowledge of Indigenous affiliation/identity Social determinants Health behaviours/risk factors Global wellbeing outcomes Psychological distress General Health Wellbeing Control over life happy Pain

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)

Dr diagnosed outcomes

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

What can affect peoples life chances?

period

Knowledge and participation Moved to missions/Reserves Birth Socialisation/Connection & revitalisation ntergenerational trauma -eeling in control of life Belonging Family/mob Racism /discrimination Connected to Country ∞ Child development dentity formation Health risk factors School education Being with elders Job and money Early life events socialisation -anguage Removals **Antenatal &** Intergenerational **Broad societal exposures Culture specific exposures** development

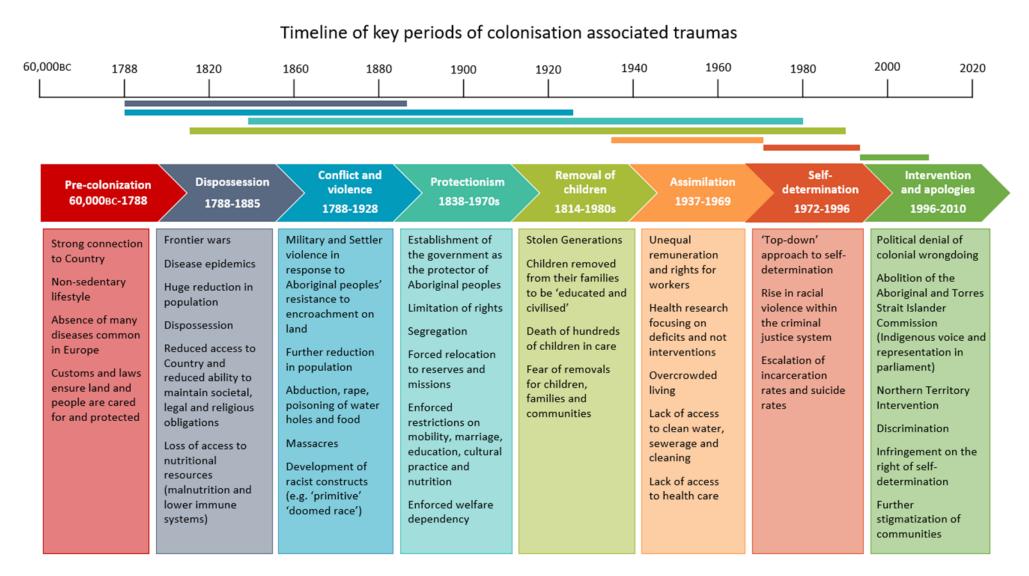


Figure 1 Timeline of colonisation (adapted from Sherwood 2013, Healing Foundation 2020