Initiatives to address Indigenous health and wellbeing

1. Be Deadly, Get Healthy program
2. Aboriginal Road to Good Health program
3. Aboriginal Quitline
4. Delivering Deadly Services Initiative

Council of Australian Governments (COAG)

COAG set measurable targets to monitor improvement in Indigenous health and wellbeing. This includes:

- Closing the gap in life expectancy
- Halving the gap in mortality rates for Indigenous children
- Halving the gap for Indigenous students in reading, writing and numeracy
- Halving the gap for Indigenous students in Year 12 attainment or equivalent

The 2 Spirits Program

- The program reorients health services by working in consultation with community members to identify appropriate means of addressing sexual health issues in the population.
- The program also has services directed at friends, family and partners of Indigenous people living with HIV, which strengthens community action.

Layla.
AUSTRALIAN DIETARY GUIDELINES

1. To achieve & maintain a healthy weight, be physically active & choose amounts of nutritious food & drinks to meet energy needs.

2. Enjoy a wide range of nutritious foods from the 5 food groups everyday.

3. Limit intake of foods containing saturated fats, added salt, added sugars & alcohol.

4. Encourage, support & promote breastfeeding.

5. Care for your food; prepare & store it safely.

AUSTRALIAN GUIDE TO HEALTHY EATING
objectives:
- Act as a source of scientific info on key nutrition issues.
- Produce & disseminate material on nutrition to policy makers, the media, educators, the food industry & consumers.
- Act as consultants to govt. departments, the food industry & consumer groups as required on issues related to food & nutrition.
CHALLENGES IN BRINGING ABOUT DIETARY CHANGE

Willpower - related to self-control.

Attitudes and Beliefs - if an individual has not tried a variety of healthier food options, they may believe they are bland or tasteless.

Education, nutrition knowledge and cooking skills - little or lack of knowledge about cooking nutritious meals can lead people to consume unhealthy meals.

Health & wellbeing factors - health and well being experienced by an individuals can also influence the foods they consume.

Food security - when all people, at all times, have access to sufficient, safe & nutritious food to meet their dietary needs for an achieve & healthy life.

Family, culture, society & religion - early food experiences most people have is with family. Being apart of a culture or religion could mean traditional foods.

Personal preference - may prefer certain foods to others.

Time constraints & convenience - meals are planned with consideration of the time available and the convenience of the foods to be consumed.

Food marketing & media - food industry actively markets its goods to consumers in a variety of ways - newspapers, advertisements, magazines, television.
CHARACTERISTICS OF HIGH, MIDDLE + LOW INCOME COUNTRIES

ECONOMIC
- Low - high levels of poverty
- High - low average incomes
- Good - bad global trade opportunities
- Range of industries

SOCIAL
- History of colonisation
- Low - high birth rates and population growth
- Low - high levels of education
- Developed/undeveloped social security systems
- Developed/undeveloped health systems
- Access to technology
- Legal systems
- High - low levels of gender equality
- Employment levels

ENVIRONMENT
- Access to safe water + sanitation
- Food security
- Adequate - not adequate housing
- Adequate - not adequate infrastructure
- Levels of carbon dioxide emissions
LIFE EXPECTANCY

- lower income countries experience more severe fluctuations in life expectancy than high income countries, such as Australia.
- EG) African countries experienced a significant decrease in life expectancy in the 1990's due to the aids epidemic.

MORTALITY AND MORBIDITY

- There are huge differences in mortality rates between countries with different income levels. Mortality and morbidity rates are higher in lower income countries.

BURDEN OF DISEASE

- The rates of communicable diseases, non-communicable diseases and injuries are higher in middle and low income countries when compared to high income countries, like Australia.
- lower income countries experience a greater burden of disease and higher rates of DALY.

Similarities & differences between high & low income countries

(health status & burden of disease)
FACTORS

THAT CONTRIBUTE TO SIMILARITIES AND DIFFERENCES IN HEALTH STATUS

ACCESS TO SAFE WATER

Safe water is required for consumption, food prep and cooking, washing and hygiene, agriculture and production.

ACCESS TO SAFE SANITATION

Sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and faeces, but can also refer to the maintenance of hygienic conditions through services such as garbage disposal.

POVERTY

- less than $1.90 USD a day
- Those living on less than 50% of their country's average income.

INEQUALITY

Equality is a basic human right.

DISCRIMINATION

Being free from discrimination is a basic human right.
- Race
- Religion
- Gender identity
- Sex
- Sexual orientation
FACTORS that contribute to similarities & differences in health status & BOD

global distribution & marketing of...

tobacco:
• Companies target low- & middle-income countries (which now make up 80% of the world’s smokers).
  This is due to:
  - high focus on marketing in these countries
  - intervention of govs. in high-income countries.

alcohol:
• Companies also target low- & middle-income countries.
  This leads to higher morbidity/mortality by:
  - again, a high focus on marketing in these countries.

processed foods:
• More marketing in low- & middle-income countries making people neglect healthier traditional diets.
• Processed foods may be cheaper for those of low S.E.S.
DIMENSIONS OF SUSTAINABILITY
Environmental, Social and Economic

SUSTAINABILITY is defined as meeting the needs of the present without compromising the ability of future generations to meet their own needs.

ECONOMIC SUSTAINABILITY: means ensuring that average incomes in all countries are adequate to sustain a decent standard of living and continue to rise in line with inflation and living costs in the future.

Economic sustainability promotes health and wellbeing by:
- ensuring that all people can earn a decent income. This allows people to purchase health-promoting resources including food, shelter, education and basic healthcare. This promotes physical health by providing energy and the means to prevent and treat many common conditions.

SOCIAL SUSTAINABILITY: creating an equitable society that meets the needs of all citizens and can be maintained indefinitely.

Women and girls must be able to access the same opportunities as men and boys in relation to education, employment, leadership and decision making. Gender equality means more educated people working productively, which promotes economic sustainability.

ENVIRONMENTAL SUSTAINABILITY: relates to ensuring the natural environment is used in a way that will preserve resources into the future.

Environmental sustainability requires humans to minimize their waste where possible and appropriately treat the waste products that are produced to reduce the impact on the environment. Adequate waste removal and maintaining environmental purity has a number of benefits for health by:
- ensuring sustainable access to clean water
- providing nutrient-rich soil
HUMAN DEVELOPMENT AND HDI

HUMAN DEVELOPMENT

- Creating an environment in which people can develop their full potential and lead productive, creative lives according to their need and interests. It is about expanding people’s choice and enhancing capability, having access to knowledge, health and a decent standard of living.

HUMAN DEVELOPMENT INDEX

- A tool developed by the United Nations to measure and rank countries’ levels of social and economic development. It provides a simple statistic based on three dimensions: a long and healthy life, knowledge and a decent standard of living, and four indicators: life expectancy at birth, mean years of schooling, expected years of schooling, and gross national income per capita.

ADVANTAGES OF THE HDI

- The HDI looks more than just average incomes into account, so provides a more comprehensive representation of the level of human development experienced.
- Purchased income reflects the ability to access do resources required for a decent standard of living.
- Life expectancy reflects the ability to access to lead a long and healthy life.
- The HDI is effective for measuring progress that is made by countries over time.

- The HDI has captured the attention of media, policy makers, communities and individuals, and as such raised awareness of the importance of human development.

LIMITATIONS OF THE HDI

- Human development is a complex concept and encompasses many aspects of human lives.
- The HDI also moving beyond economic indicators, it still based on average and does not provide an indication of the exist within countries.
- No survey data are collected in the HDI.
- Collecting data is a complex and the reliability of data from measuring human development remain a challenge.
- In some situations, the concept of human development has been associated with the three dimension of HDI.
CONFLICT

- Levels of conflict worldwide has increased
- Armed conflicts are now the largest longest experienced
- The physical environment can be destroyed - limiting access to supplies e.g. food, water and healthcare

GLOBAL TRENDS

MASS MIGRATION

- When conflict occurs, there is a mass migration of people seeking refuge in another country
- Refers to movement of large groups of people from one geographical area to another

CLIMATE CHANGE

- RISING SEA LEVELS
  - Major causes: expansion of water as it warms

- RELOCATION OF VILLAGES AND FARMS
  - Relocation could be stressful → poor mental health
  - Places strain on services e.g. existing infrastructure, water, sanitation, housing, health care

- REDUCTION IN THE AVAILABILITY OF FRESH WATER
  - Salt water gradually seeps into fresh water → decreasing the amount of drinking water available

- CHANGING WEATHER PATTERNS AND EXTREME WEATHER EVENTS

- INCREASED INCIDENCE OF INFECTIOUS DISEASES
  - Flooding + drought → increased risk of diarrhoeal diseases
  - Warmer temperatures increase population of mosquitoes → malaria, dengue, yellow fever
**WORLD TRADE**
- It promotes competition which helps boost innovation and productivity.
- Provides job opportunities for local workers.
- Export growth has been associated with promoting gender equality.
- However, this can lead to social injustices.

**TOURISM**
- It's important for developing jobs and promoting local culture and products.
- It encourages groups to spend money developing infrastructure.
- It contributes to social inclusiveness and employment.
- It preserves cultural values.

**GLOBAL TRENDS**

**DIGITAL TECHNOLOGIES**
- Online networks enable people to share and compare different diagnoses and treatments.
- Provides countries with the ability to register births, deaths and marriages which ensures people have access to legal protection and basic human rights.
- SMS services can be used to warn people about natural disasters.
- However, it can lead to people becoming unsafe online or being bullied, threatened or embarrassed.
RATIONALAES AND OBJECTIVES OF THE SDGs

**RATIONALAES**
- A new set of goals were needed after the MDGs ended in 2015
- Progress in all areas were uneven & people were getting left behind
- New global challenges had emerged that needed to be addressed

**OBJECTIVES**
- End extreme poverty
- Address climate change
- Fight inequality
Maternal + Child health and wellbeing: Mortality reducing to less than 70 per 100,000 live births.

Reduce death/illness from hazardous chemicals and air, water, soil pollution and contamination.

Key Features of Goal 3:

- Achieve universal health coverage.
- Strengthen prevention and treatment of substance abuse including: drugs! alcohol!

Support research + development of vaccines + medicines for non-communicable diseases:

- End epidemic of: AIDS, tuberculosis, malaria, neglected tropical diseases, combat hepatitis, water-borne diseases, communicable diseases.
**SDG 4: Quality Education**

Addresses the need for girls & boys to have equal access to high quality education at all levels, from pre-primary through to tertiary to develop vocational skills for employment.

**SDG 1: No Poverty**

Seeks to end poverty in all its forms by 2030, by removing inequality & poverty in all countries.

- Wealthier countries can provide services such as safe water & sanitation, reducing communicable & non-communicable diseases.
- Can afford food, so reduced maternal & infant mortality due to malnutrition.
- Can afford shelter, so reduced stress & mental illness.

**SDG 3: Good Health and Wellbeing**

Aims to promote physical and mental health and wellbeing, extend life expectancy by addressing the major causes of morbidity & mortality in low, middle & high income countries.

**SDG 2: Zero Hunger**

Aims to end all forms of hunger & malnutrition, making sure all people have access to nutritious foods always by promoting sustainable agriculture.

**SDG Relationships with SDG 3**

- More in workforce, economic growth, so government can invest in universal health care.
- Educated teens are less likely to have safe sex, reducing HIV/AIDS and infant/maternal mortality.
- Education means more likely to be employed and have money for food, increasing immunity & decreasing communicable disease.

- Access to nutritious foods reduces maternal, infant and under-five mortality.
- Improved nutrition increases immune functioning, reducing communicable diseases.
- Eating nutritious foods can prevent obesity by eating less unhealthy food, decreasing non-communicable diseases.
## RELATIONSHIPS WITH S.D.G 3

<table>
<thead>
<tr>
<th>S.D.G 5</th>
<th>GENDER EQUALITY</th>
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<tbody>
<tr>
<td>• Empowers women &amp; girls</td>
<td></td>
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<tr>
<td>• Important for economic growth &amp; ending poverty</td>
<td></td>
</tr>
<tr>
<td>• Action taken to end violence against women &amp; girls promotes all H&amp;WB</td>
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<tr>
<td>• Girls can access education &amp; women can gain employment</td>
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<tr>
<td>• Provides opportunities for women to participate in their society, to vote &amp; become leaders of the community</td>
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<tr>
<td>• Promotes social, emotional &amp; spiritual H&amp;WB</td>
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<tr>
<td>• Interrelated with all SDGs</td>
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<tr>
<th>S.D.G 6</th>
<th>CLEAN WATER &amp; SANITATION</th>
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<tbody>
<tr>
<td>• Underpin ability to achieve S.D.G.3</td>
<td></td>
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<tr>
<td>• Without this, reductions in all mortality is not achievable</td>
<td></td>
</tr>
<tr>
<td>• Reductions in CO &amp; diseases caused by soil &amp; water pollution not achievable</td>
<td></td>
</tr>
<tr>
<td>• Economic growth</td>
<td></td>
</tr>
<tr>
<td>• Contribute to poverty ↓</td>
<td></td>
</tr>
<tr>
<td>• Greater capacity to invest in providing universal healthcare, sexual &amp; reproductive services &amp; access to essential &amp; affordable medicines &amp; vaccines</td>
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<thead>
<tr>
<th>S.D.G 13</th>
<th>CLIMATE ACTION</th>
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<tr>
<td>• ↓ CO₂ emissions &amp; air pollution will ↓ current morbidity &amp; mortality rates due to CD &amp; a range of NCDs</td>
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<tr>
<td>• Achievement of SDG is dependent upon action being taken to address climate change</td>
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<tr>
<td>• Ending epidemics of infectious diseases cannot be achieved if climate change produces conditions that ↑ the risk of them such as floods, hazardous chemicals, air, water &amp; soil pollution</td>
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<tr>
<td>• What is good for the planet is good for human H&amp;WB</td>
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Priorities & the Work of WHO!

What is WHO?
The World Health Organization (WHO) is a branch of the United Nations.

Work of WHO:
- Conduct research and provide information.
- Promote health and wellbeing.
- Set norms and monitor their implementation.
- Increase access to medical products.
- Fight infectious diseases such as influenza, Ebola, HIV, and other vaccine-preventable diseases.
- Work to help mothers, children, and families survive and enjoy good health and wellbeing.
- Ensure everyone has access to the necessary medicines and vaccines.
- Develop and implement national health plans.

WHO's Goals:
- Develop and implement national health plans.
- Ensure everyone has access to the necessary medicines and vaccines.
- Fight infectious diseases such as influenza, Ebola, HIV, and other vaccine-preventable diseases.
- Work to help mothers, children, and families survive and enjoy good health and wellbeing.
- Ensure everyone has access to the necessary medicines and vaccines.
- Develop and implement national health plans.
What is the purpose of bilateral aid?

The purpose of bilateral aid is to help the recipient country strengthen their economic, political, health, and education systems and eventually become self-sufficient.

What is the purpose of emergency aid?

Emergency aid is provided to people in immediate distress to relieve suffering during and after emergencies, such as conflict & natural disasters, and includes food, water, shelter, and medicines. It helps improve short-term health and wellbeing.

Characteristics

- Addresses global issues that require a global response rather than just a world bank.
- It is provided through international organizations.
- Then distributes them to countries in need.
- Combines donations from several countries and organizations.

Characteristics

- And to promote human development.
- The achievement of equality in health and wellbeing.
- The purpose of multilateral aid is to contribute to sustainable development and bring about long-term poverty reduction.
- The purpose of bilateral aid is to help the recipient country strengthen their economic, political, health, and education systems and eventually become self-sufficient.

Characteristics

- Can involve personnel, such as health workers.
- Includes food, water, shelter, and medicines.
- Does not address the underlying cause of poverty.
- Helps improve short-term health and wellbeing.
- Aided by the government of one country to another.

Characteristics

- A global response.
- Addresses global issues that require a global response rather than just a world bank.
- It is provided through international organizations.
- Then distributes them to countries in need.
- Combines donations from several countries and organizations.
## Role of NGO's in Promoting Health + Wellbeing and Human Development

<table>
<thead>
<tr>
<th>World Vision</th>
<th>Australian Red Cross</th>
<th>Oxfam Australia</th>
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<tr>
<td>World Vision is an NGO that works with children, families and communities around the world to overcome poverty and injustice. Children are particularly vulnerable to causes of ill health, such as malnutrition and disease. Malnutrition can affect the development of the brain, making it difficult to learn; can cause stunted growth; and can increase the risk of disease. When malnourished children become adults, they can have ongoing health and wellbeing problems and find it difficult to work and learn, which impacts human development.</td>
<td>The Australian Red Cross aims to ‘improve the lives of vulnerable people in Australia and internationally by mobilising the power of humanity’. It works to save lives, alleviate human suffering and protect dignity, especially in times of disasters, armed conflicts and other humanitarian crises. In this way, it is helping promote health and wellbeing and human development.</td>
<td>Oxfam's vision is a just world without poverty, where people can influence decisions that affect their lives, enjoy their rights and assume their responsibilities - a world in which everyone is valued and treated equally. During emergencies, Oxfam Australia provides life-saving assistance to people in need. Its work includes the provision of clean water, sanitation facilities, food and health services, and nutrition advice either directly or through other national and international organisations. This can promote health and wellbeing and human development.</td>
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AUSTRALIAN AID (DFAT)

Gender equality and empowering women and girls

Agriculture, fisheries and water

Building resilience: humanitarian assistance, disaster risk reduction and social protection

Education and health

Effective governance: policies, institutions and functioning economies

Infrastructure, trade facilitation and international competitiveness

PARTNERSHIPS INVOLVED IN AUSTRALIAN AID
- NGOs
- Other governments
- Private sector
- Multilateral
- Bilateral
FEATURES OF EFFECTIVE AID PROGRAMS

OWNERSHIP
- Countries receiving the aid must be involved in deciding the type of aid that will best meet their needs.
- It is not effective for aid organisations to come in and make decisions about what a country needs.

PARTNERSHIPS
- The forming of partnerships means that the differing strengths can be implemented for effective programs.
- Avoids duplicating other programs with the same objective.

FOCUS ON RESULTS
- Making a difference and having a lasting impact on addressing poverty, reducing inequality and promoting health and human development should be the main purpose for implementing an aid program.

TRANSPARENCY AND ACCOUNTABILITY
- Means that all necessary information is made available to everyone who is involved in developing and implementing a program.
- Ensures that funding has been provided to implement a program as intended purpose.
AID program addressing SDG1: no poverty

The Nutan Jibon Livelihood Improvement Program in Bangladesh

- This program aims to improve the livelihoods and quality of life of the rural poor, especially the poorest and most vulnerable households.

- The program is funded by the World Bank and in partnership with the Bangladeshi government and Social Development Foundation.

- With a regular income, beneficiaries of the program can afford healthcare, which improves physical health and wellbeing as diseases and illness can be diagnosed and treated.

- The program also seeks to prevent malnutrition by providing nutrition information and agricultural knowledge. Preventing malnutrition would result in a reduction in diseases associated with micronutrient deficiencies. This improves physical health and wellbeing.

- A regular income, educational opportunities, work prospects and the empowerment of women will contribute to all people in the village being able to enjoy a decent standard of living and a long and healthy life, promoting human development.

Layla.
Ways individuals can take social action:

- Volunteer time to assist in raising funds.
- Donate money to NGO's, e.g., World Vision.
- Conduct fundraising events.
- Start a social enterprise activity.
- Organise a boycott.
- Lobby government and decision-makers.
- Show support for social change campaigns by signing petitions.
- Implement awareness campaigns.

'Social action is about doing something to help create positive change. Individuals can take social action at a personal level, or can join an organisation to advocate change.'