



# Section 6: Appendices

Appendix 1: Useful organisations and links

Appendix 2: Further reading



## Appendix 1: Useful organisations and links

Here is a list of organisations and links that may be useful to you in your work – for gathering information or finding new resources. You can also create your own lists according to which ones you find helpful.

<b>Organisations</b>			
<b>Name and link</b>	<b>Focus</b>	<b>Description</b>	<b>Category</b>
<b>Aboriginal Alcohol and Drug Service</b> <a href="http://www.aads.org.au">www.aads.org.au</a>	Alcohol and drugs	The Aboriginal Alcohol and Drug Service provides a variety of services related to alcohol and other drug issues, including assessment, treatment and referrals. It offers alcohol and other drugs training in schools, prisons and community groups, and organises camps for men, women and youth to work on preventing misuse of alcohol and other drugs. The organisation also provides consultancy with mainstream services that are seeking to adopt a culturally sensitive approach to Indigenous clients. The organisation is Aboriginal managed and controlled.	Non-government
<b>ACT Health</b> <a href="http://www.health.act.gov.au">www.health.act.gov.au</a> <a href="http://www.health.act.gov.au/health-services/aboriginal-torres-strait-islander/">www.health.act.gov.au/health-services/aboriginal-torres-strait-islander/</a>	General health	ACT Health aims to deliver the best possible healthcare and health-related services, through its public hospitals and Population Health, including the Health Protection Service. It sets health policy and plans the delivery of health services, while ensuring these services meet community needs. It also funds a range of non-government organisations to provide healthcare services to the people of the Australian Capital Territory and surrounding region. It has an ongoing commitment to supporting consumer participation in health care.	Government

<p><b>Aboriginal Resource and Development Services Inc.</b> <a href="http://www.ards.com.au">www.ards.com.au</a></p>	<p>Capacity building</p>	<p>Aboriginal Resource and Development Services Inc. is a charity that is working to empower and build the capacity of the Yolngu people of north-eastern Arnhem Land. It works to achieve these aims through education, mediation, advocacy, policy, and improved communication between Yolngu and government. Specific areas of focus for this organisation include health, economic, legal, social, and governance systems. One major service offered is Yolngu Radio, which airs a range of educational programs focusing on issues such as dental health, mental health, sexual health, and chronic disease.</p>	<p>Non-government</p>
<p><b>Australian Indigenous HealthInfoNet</b> <a href="http://www.healthinfolnet.ecu.edu.au">www.healthinfolnet.ecu.edu.au</a></p>	<p>Indigenous health</p>	<p>The Australian Indigenous HealthInfoNet's mission is to improve the health of Australia's Indigenous people by making high quality information about Indigenous health easily accessible. The organisation's website provides free overviews and summaries of Indigenous health status and detailed reviews of specific health topics. For specific topic areas, it also provides contextual information such as descriptions of relevant policies and strategies, programs and projects, and organisations; details of recent literature and health promotion materials; lists of key references; and bibliographies.</p>	<p>Non-government</p>
<p><b>Australian Institute of Sport</b> <a href="http://www.ausport.gov.au/ais">www.ausport.gov.au/ais</a></p>	<p>Sport</p>	<p>The Australian Institute of Sport runs an extensive national Indigenous sports development program, as well as training in Indigenous games. More broadly, it leads the development of elite sport in Australia. Part of this organisation's infrastructure is a sports training institution with world class facilities and support services.</p>	<p>Government</p>
<p><b>Bluearth</b> <a href="http://www.bluearth.org">www.bluearth.org</a></p>	<p>Sport</p>	<p>Bluearth is a registered charity that operates in more than 700 primary schools in mainland states and territories. Originally developed by human movement experts together with educators, physical games are promoted to develop concentration, co-ordination and agility in students. Catholic Education WA has introduced this organisation's programs into their Kimberley schools. The results have shown improved student attendance and engagement, and as a result the Kimberley program is scheduled to expand.</p>	<p>Non-government</p>

<p><b>Cancer Council Australia</b> <a href="http://www.cancer.org.au">www.cancer.org.au</a></p>	<p>Cancer</p>	<p>Cancer Council Australia is the national non-government cancer control body and includes eight state and territory cancer organisations working together to undertake and fund cancer research, prevent and control cancer and provide information and support for people affected by cancer. The Cancer Council acts nationally to advise government and other bodies on appropriate practice and policies for the prevention, detection and treatment of cancer.</p>	<p>Non-government</p>
<p><b>Department of Health and Ageing</b> <a href="http://www.health.gov.au">www.health.gov.au</a></p>	<p>General health</p>	<p>The Department of Health and Ageing's vision is for 'Better health and active ageing for all Australians'. It aims to achieve the vision through strengthening evidence-based policy advising, improving program management, research, regulation and partnerships with other government agencies, consumers and stakeholders. Current priorities include working towards improved health for Aboriginal and Torres Strait Islander peoples through whole-of-government arrangements for policy development and service delivery, and improved access to, and responsiveness of, the mainstream health system.</p>	<p>Government</p>
<p><b>Diabetes Australia</b> <a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a></p>	<p>Diabetes</p>	<p>Diabetes Australia is a national federated body comprising state and territory organisations. Its activities are focused on diabetes awareness, prevention, detection and management, as well as on finding a cure for diabetes. Programs include research, health services, provision of self-management products and services, and public awareness. It offers personalised and practical assistance to benefit people with diabetes and their carers and provides a forum for the development of national policies.</p>	<p>Non-government</p>
<p><b>Jimmy Little Foundation</b> <a href="http://www.jlf.org.au">www.jlf.org.au</a></p>	<p>Kidney health</p>	<p>The Jimmy Little Foundation was established to help improve kidney health among Aboriginal and Torres Strait Islander communities across regional and remote Australia. The Foundation runs a number of programs, including Return to country and Thumbs up!, in partnership with local Indigenous organisations and the Fred Hollows Foundation.</p>	<p>Non-government</p>

<p><b>Kidney Health Australia</b> <a href="http://www.kidney.org.au">www.kidney.org.au</a></p>	<p>Kidney health</p>	<p>Kidney Health Australia's mission is to be recognised as the leading non-profit national organisation providing funding for, and taking the initiative in, the prevention of kidney and urinary tract diseases. It also provides a nationwide network of education, care and support for educators, patients and communities.</p>	<p>Non-government</p>
<p><b>National Aboriginal Community Controlled Health Organisation (NACCHO)</b> <a href="http://www.naccho.org.au">www.naccho.org.au</a></p>	<p>Community-controlled health</p>	<p>NACCHO is the national peak Aboriginal health body representing Aboriginal Community Controlled Health Services (ACCHOs) throughout Australia. ACCHOs, or Aboriginal Medical Services (AMS) are primary health care services initiated and operated by the local Aboriginal community to deliver holistic, comprehensive, and culturally appropriate health care to the community. They are governed by a locally elected Board of Management.</p> <p><b>NACCHO has 8 affiliates, one in each state and territory. These affiliates have a number of full and associate members (except in ACT and Tasmania which have one service each).</b></p>	<p>Non-government</p>
<p>Winnunga Nimmityjah Aboriginal Health Service (ACT) <a href="http://www.winnunga.org.au">www.winnunga.org.au</a></p>	<p>Community-controlled health</p>	<p>NACCHO affiliate for Australian Capital Territory</p>	<p>Non-government</p>
<p>Aboriginal Health &amp; Medical Research Council of NSW (AH&amp;MRC) <a href="http://www.ahmrc.org.au">www.ahmrc.org.au</a></p>	<p>Community-controlled health</p>	<p>NACCHO affiliate for New South Wales</p>	<p>Non-government</p>
<p>Aboriginal Medical Services Alliance Northern Territory (AMSANT) <a href="http://www.amsant.org.au">www.amsant.org.au</a></p>	<p>Community-controlled health</p>	<p>NACCHO affiliate for Northern Territory</p>	<p>Non-government</p>

Queensland Aboriginal and Islander Health Council (QAIHC) <a href="http://www.qaihc.com.au">www.qaihc.com.au</a>	Community-controlled health	NACCHO affiliate for Queensland	Non-government
Aboriginal Health Council of South Australia Inc. (AHCSA) <a href="http://www.ahcsa.org.au">www.ahcsa.org.au</a>	Community-controlled health	NACCHO affiliate for South Australia	Non-government
Tasmanian Aboriginal Centre Inc. (TAC) <a href="http://www.tacinc.com.au">www.tacinc.com.au</a>	Community-controlled health	NACCHO affiliate for Tasmania	Non-government
Victorian Aboriginal Community Controlled Health Organisation (VACCHO) <a href="http://www.vaccho.org.au">www.vaccho.org.au</a>	Community-controlled health	NACCHO affiliate for Victoria	Non-government
Aboriginal Health Council of Western Australia (AHCWA) <a href="http://www.ahcwa.org">http://www.ahcwa.org</a>	Community-controlled health	NACCHO affiliate for Western Australia	Non-government
<b>National Heart Foundation of Australia</b> <a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a>	Heart health	The National Heart Foundation of Australia is an independent Australia-wide, non-profit health organisation that has established itself as one of the leading agencies in the fight against heart disease. It funds world-class cardiovascular research, supports health professionals in their practice, develops health promotion activities, informs and educates the public, and assists people with cardiovascular disease.	Non-government

<p><b>NSW Department of Health (NSW Health)</b>  <a href="http://www.health.nsw.gov.au">www.health.nsw.gov.au</a>  <a href="http://www.health.nsw.gov.au/publichealth/aboriginal/">www.health.nsw.gov.au/publichealth/aboriginal/</a></p>	<p>General health</p>	<p>NSW Health is the major provider of health services to people in New South Wales. The scope of work undertaken ranges from acute hospital care to policy development, health promotion and community health initiatives. It provides a comprehensive range of services, initiatives, campaigns, programs and resources. It aims to provide people in New South Wales with the best possible health care that not only meets today's health needs but also responds to the health needs of the future.</p>	<p>Government</p>
<p><b>NT Department of Health (NT Health)</b>  <a href="http://www.health.nt.gov.au">www.health.nt.gov.au</a></p>	<p>General health</p>	<p>NT Health provides comprehensive health services to the people of the Northern Territory. It also provides hotlines, helplines, health alerts, after-hours medical care and a detailed guide offering health advice for residents and visitors to the Territory. The department works in partnership with a range of non-government organisations to deliver various services, including ambulance services, drug and alcohol withdrawal, disability services, family support services and other community-related services.</p>	<p>Government</p>
<p><b>Nutrition Australia</b>  <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a></p>	<p>Nutrition</p>	<p>Nutrition Australia is a non-profit, community based entity with offices in all states and territories. It is an independent body that aims to promote the health and wellbeing of all Australians. It has a long history working in public health nutrition as a key nutrition information body for state and commonwealth health departments. It has also worked extensively in the area of nutrition for children, adolescents, and older Australians in nursing homes or in their own homes.</p>	<p>Non-government</p>
<p><b>Outback Stores</b>  <a href="http://www.outbackstores.com.au">www.outbackstores.com.au</a></p>	<p>Nutrition</p>	<p>Outback Stores manages remote stores on behalf of Indigenous communities. It does not own the stores but is engaged by the owners (in most cases the communities) to manage them on a fee-for-service basis. The company's goals are: to ensure that Indigenous communities have access to constant, affordable healthy food, including fruit and vegetables; to ensure that stores are viable; and to increase Indigenous employment.</p>	<p>Non-government</p>
<p><b>Queensland Health</b>  <a href="http://www.health.qld.gov.au">www.health.qld.gov.au</a>  <a href="http://www.health.qld.gov.au/atsihealth/">www.health.qld.gov.au/atsihealth/</a></p>	<p>General health</p>	<p>Queensland Health is committed to providing a range of services aimed at achieving good health and well-being for all Queenslanders. It delivers a range of integrated services including hospital inpatient, outpatient and emergency services, community and mental health services, aged care services and public health and health promotion programs.</p>	<p>Government</p>

<p><b>SA Department of Health (SA Health)</b>  <a href="http://www.sahealth.sa.gov.au">www.sahealth.sa.gov.au</a></p>	<p>General health</p>	<p>SA Health provides leadership in health reform, public health services, health and medical research, policy development and planning, with a focus on wellbeing, illness prevention, early intervention and quality care. The department has oversight of the portfolio of services and agencies comprising the Department of Health; Adelaide Health Service; Children, Youth and Women's Health Service; Country Health SA; and SA Ambulance Service.</p>	<p>Government</p>
<p><b>TAS Department of Health and Human Services</b>  <a href="http://www.dhhs.tas.gov.au/home">www.dhhs.tas.gov.au/home</a></p>	<p>General health</p>	<p>The TAS Department of Health and Human Services is responsible for delivering integrated services to maintain and improve the health and wellbeing of Tasmanians. It provides a public hospital system, primary and community health services, including health promotion, mental health, oral health and correctional health services and ambulance services.</p>	<p>Government</p>
<p><b>Victoria Department of Health</b>  <a href="http://www.health.vic.gov.au">www.health.vic.gov.au</a>  <a href="http://www.health.vic.gov.au/aboriginalhealth/">www.health.vic.gov.au/aboriginalhealth/</a></p>	<p>General health</p>	<p>The Victoria Department of Health provides health services to the people of Victoria. This is accomplished through planning, policy development, funding and regulation of health service providers and activities which promote and protect Victorians' health. It provides a public hospital system, community health services, ambulance services, dental services, health promotion, emergency management, mental health services, alcohol and drug prevention and treatment services and aged care.</p>	<p>Government</p>
<p><b>WA Department of Health</b>  <a href="http://www.health.wa.gov.au">www.health.wa.gov.au</a>  <a href="http://www.aboriginal.health.wa.gov.au/home/index.cfm">www.aboriginal.health.wa.gov.au/home/index.cfm</a></p>	<p>General health</p>	<p>The WA Department of Health provides health care to Western Australians. Services include public hospitals and community health services, health protection through public health services and disaster preparedness management, mental health services, crisis management and community treatment and support services, drug and alcohol information, prevention and treatment services and dental health services.</p>	<p>Government</p>

## Links

Name and link	Focus	Description	Category
<p><b>Australian City Farms and Community Gardens Network</b>  <a href="http://www.communitygarden.org.au">www.communitygarden.org.au</a></p>	<p>Community gardening</p>	<p>Australian City Farms and Community Gardens Network comprises an informal network across Australia, of people interested in community gardening. One of the aims of the network is to assist in the formation and management of community gardens and similar social enterprises by making available information and, where possible, advice promoting the benefits of community gardening and urban agriculture. This is achieved partly through the social networking capacity of the site, enabling users to pose questions, advertise events and offer advice. The website for this group also links to information about a comprehensive range of community gardening issues.</p>	<p>Non-government</p>
<p><b>Australian Government alcohol information website</b>  <a href="http://www.alcohol.gov.au">www.alcohol.gov.au</a></p>	<p>Alcohol</p>	<p>The Australian Government alcohol information website contains a range of information about alcohol-related health issues and relevant Australian Government policy. It features downloadable copies of the National alcohol strategy, the Australian guidelines to reduce health risks from drinking alcohol, and the Guidelines for the treatment of alcohol problems. The website also features a publications and research section, from which users can download or order alcohol-related Aboriginal and Torres Strait Islander health resources.</p>	<p>Government</p>
<p><b>Get active. Eat good tucker. Live longer! (Live longer!)</b>  <a href="http://livelonger.health.gov.au">livelonger.health.gov.au</a></p>	<p>Healthy lifestyle</p>	<p>Live longer! is part of a national program to support Aboriginal and Torres Strait Islander communities to 'Get active. Eat good tucker. Live longer!' The program is supported by a website, grant funding for community events and the Community health action pack. The website is designed to enable the sharing of information and stories about Aboriginal and Torres Strait Islander chronic disease health promotion activities and events, the grant funding is available for organisations to develop health promotion activities in their local communities, and the Pack provides practical information and examples of health promotion activities that can be effectively planned, implemented and evaluated in Aboriginal and Torres Strait Islander communities.</p>	<p>Government</p>

<b>Go for your life</b> <a href="http://www.goforyourlife.vic.gov.au">www.goforyourlife.vic.gov.au</a>	Nutrition and physical activity	Go for your life aims to promote healthy eating and increase levels of physical activity for all Victorians. The A to Z index lists hundreds of ideas for healthy and active lifestyles for all ages, including information for professionals, a guide in five languages, dietary and nutritional advice, weight management, healthy recipes, and a community education program.	Government
<b>Go for 2&amp;5</b> <a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a>	Nutrition	Go for 2&5 is an Australian Government, State and Territory health initiative. It endorses and recommends that consumption of 2 (fruits) & 5 (vegies) contributes to overall good health, protects against diseases and helps maintain a healthy weight range. The site contains programs and initiatives, an interactive national events finder, dietary guidelines and recipes, including a Kids Only link with fun activities.	Government
<b>HealthInsite</b> <a href="http://www.healthinsite.gov.au">www.healthinsite.gov.au</a>	Health information service	HealthInsite provides a health information service on a wide range of health topics accessed through a search facility. It publishes updated information and a newsletter on current health issues. Topics also include the Health and Wellbeing category, and Life Stages and Events. Links to state and territory health services and other services are also included.	Government
<b>Healthy Kids</b> <a href="http://www.healthykids.nsw.gov.au">www.healthykids.nsw.gov.au</a>	Nutrition and physical activity	Healthy kids is an initiative of NSW Health; the NSW Department of Education and Training; Sport and Recreation, a division of Communities NSW; and the Heart Foundation. Its content is directed at children and young people – kids and teens.	Government
<b>indigenous.gov.au</b> <a href="http://www.indigenous.gov.au">www.indigenous.gov.au</a>	Indigenous programs	The indigenous.gov.au portal provides access to information on Australian Government Indigenous initiatives and programs. Housed within the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), it provides an avenue for Indigenous people to share experiences on a wide range of issues through a current affairs magazine Indigenous Newslines, a radio program Newslines Radio, and other publications.	Government

<p><b>Live Life Well</b>  <a href="http://www.livelifewell.nsw.gov.au">www.livelifewell.nsw.gov.au</a></p>	<p>Healthy lifestyle</p>	<p>Live Life Well provides basic information and tools needed to make the change to a healthier lifestyle. It provides advice on how to maintain a healthy weight, quit smoking, limit alcohol, become active, eat better and manage stress. It also contains a self-assessment tool and links to other New South Wales health initiatives, including information that empowers people to take steps – even a few small important lifestyle changes – to reduce the likelihood of developing chronic illnesses such as heart disease, cancer and type two diabetes.</p>	<p>Government</p>
<p><b>Remote Indigenous Gardens Network</b>  <a href="http://www.remoteindigenousgardens.net">www.remoteindigenousgardens.net</a></p>	<p>Gardening</p>	<p>The Remote Indigenous Gardens Network project is a cross-sectoral networking initiative that aims to connect people who have an interest in small enterprise food garden projects in remote Aboriginal and Torres Strait Islander communities, so as to promote food security and wellbeing. The project comprises activities in two core areas: (1) network development and information sharing and (2) strategic research and practical partnership projects. Some links include bush foods, health and nutrition, garden models and guidelines, and business/enterprise links and networks.</p>	<p>Non- government</p>
<p><b>Swap it, don't stop it</b>  <a href="http://swapit.gov.au/">swapit.gov.au/</a>  <a href="http://swapit.gov.au/resources/indigenous">swapit.gov.au/resources/indigenous</a></p>	<p>Healthy lifestyles</p>	<p>Swap it, don't stop it is an Australian Government initiative that encourages people to swap their less healthy foods and lifestyles for healthy alternatives. The idea is that if people make small, gradual changes to their habits, they are more likely to maintain the changes to a healthier lifestyle and the prevention of chronic disease. The website provides ideas on what to swap and how to start swapping, as well as resources and news. There is also a facebook page to support Swappers.</p>	<p>Government</p>

## Appendix 1: Further reading

The list below provides a selection of publications that you may find useful for further reading.

Australian Bureau of Statistics (2006) *National Aboriginal and Torres Strait Islander Health Survey: Australia, 2004-05*. (ABS Catalogue no. 4715.0) Canberra: Australian Bureau of Statistics

Australian Bureau of Statistics (2008) *Overweight and obesity - Aboriginal and Torres Strait Islander people: a snapshot, 2004-05*. (ABS Catalogue no. 4722.0.55.006) Canberra: Australian Bureau of Statistics

Australian Institute of Health and Welfare (2010) *Australia's health 2010: the twelfth biennial report of the Australian Institute of Health and Welfare*. (AIHW Catalogue no. AUS 122, Australia's health no. 12) Canberra: Australian Institute of Health and Welfare

Australian Institute of Health and Welfare (2006) *Chronic diseases and associated risk factors in Australia, 2006*. (AIHW Category no. PHE 81) Canberra: Australian Institute of Health and Welfare

Australian Institute of Health and Welfare (2004) *Heart, stroke and vascular diseases: Australian facts 2004*. (Cardiovascular disease series no. 22) Canberra: Australian Institute of Health and Welfare

Australian Institute of Health and Welfare (2009) *Prevention of cardiovascular disease, diabetes and chronic kidney disease: targeting risk factors*. (AIHW Catalogue no. PHE 118) Canberra: Australian Institute of Health and Welfare

Australian Institute of Health and Welfare (2004) *The relationship between overweight, obesity and cardiovascular disease: a literature review prepared for the National Heart Foundation of Australia*. Canberra: Australian Institute of Health and Welfare

Couzos S, Murray R (2007) *Aboriginal primary health care: an evidence-based approach: 3rd ed.* South Melbourne: Oxford University Press

Department of Health and Ageing (2004) *Building healthy communities - a guide for community projects*. Canberra: Department of Health and Ageing, Australia

Department of Health and Ageing (2005) *National physical activity guidelines for adults*. Canberra: Department of Health and Ageing

Dixon T, Webbie K (2006) *The national system for monitoring diabetes in Australia*. (AIHW Cat No. CVD 32.) Canberra: Australian Institute of Health and Welfare

Kruger K, McMillan N, Russ P, Smallwood H (2007) *Talkin' up good air: Australian Indigenous tobacco control resource kit*. Melbourne: Centre for Excellence in Indigenous Tobacco Control

Kulunga Research Network (2010) *Start stronger, live longer: resource manual guide for Aboriginal health workers*. Perth: Kulunga Research Network

National Aboriginal and Torres Strait Islander Health Council (2004) *National strategic framework for Aboriginal and Torres Strait Islander Health 2003-2013: framework for action by governments*. Canberra: National Aboriginal and Torres Strait Islander Health Council

National Health and Medical Research Council (2009) *Australian guidelines to reduce health risks from drinking alcohol*. Canberra: National Health and Medical Research Council

National Health and Medical Research Council (2003) *Dietary guidelines for Australian adults*. Canberra: National Health and Medical Research Council

National Health and Medical Research Council (2003) *Dietary guidelines for children and adolescents in Australia incorporating the infant feeding guidelines for health workers*. Canberra: National Health and Medical Research Council

National Health and Medical Research Council (2000) *Nutrition in Aboriginal and Torres Strait Islander peoples: an information paper*. Canberra: National Health and Medical Research Council

National Public Health Partnership (2001) *National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan 2000-2010 and first phase activities 2000-2003*. Canberra: National Public Health Partnership

NSW Department of Health (2004) *Principles for better practice in Aboriginal health promotion: the Sydney Consensus Statement NSW Health 2002*. North Sydney: NSW Department of Health

Northern Territory Department of Health (2007) *Public health bush book: tools for good practice*. Darwin: Northern Territory Department of Health

Steering Committee for the Review of Government Service Provision (2011) *Overcoming Indigenous disadvantage: key indicators 2011*. Canberra: Productivity Commission, Australia

Thompson S (2009) *Aboriginal perspectives on physical activity in remote communities: meanings and ways forward*. Darwin: Menzies School of Health Research

World Health Organization (1986) *Ottawa Charter for Health Promotion*. Presented at *International Conference on Health Promotion*, Ottawa

This *Toolkit* includes examples of programs and projects that have been previously described in the *Aboriginal & Islander Health Worker Journal* ([www.aihwj.com.au](http://www.aihwj.com.au)). The *Journal* covers a range of topics including primary health care, community profiles, health promotion, best practice models and workforce issues. The *Journal* is published six times a year and has broad range of readership.