

Sharing solutions: Indigenous communities tackling chronic disease (2010)

Type: Audiovisual

Description:

This DVD aims to help health professionals respond in more effective ways to the health and wellbeing needs of Indigenous adults. It looks at successful community-based primary healthcare programs that focus on prevention and health promotion. It also examines community-based plans that have been successful in reducing Indigenous health disadvantage. The program stresses an important message about closing the gap in life expectancy. The gap cannot be closed unless chronic disease issues are given special attention and dealt with in a way that gives Indigenous people independence, cultural identity and community responsibility.

The program discusses projects that are making a difference: *The family wellbeing program* at Yarrabah in Queensland; a diabetes self-management program developed by the Far North Queensland Rural Division of General Practice and currently run by Apunipima Cape York Health Council; and the *Chronic care program* developed by Dharah Gibinj Aboriginal Medical Service in Casino, NSW

When to use this resource:

This resource could be used with health professionals to educate them in chronic disease factors affecting Indigenous people, and the potential answers or solutions to tackling this.



Producer:

Rural Health Education Foundation, Canberra

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