Appendix 5:

Resources to improve Aboriginal Heart Health

1. Australian Indigenous Health InfoNet, an innovative Internet resource that aims to inform practice and policy in Indigenous health by making research and other knowledge readily accessible as an online clearinghouse. ([http://www.healthinfonet.ecu.edu.au/](http://www.healthinfonet.ecu.edu.au/)). Among many other components, HealthInfoNet includes a cardiovascular health resource (HeartInfoNet: [http://www.healthinfonet.ecu.edu.au/chronic-conditions/cvd](http://www.healthinfonet.ecu.edu.au/chronic-conditions/cvd)) that provides quality information and resources about how to prevent and manage cardiovascular disease among Indigenous peoples, and also supports an Indigenous cardiovascular ‘yarning place’ (called the HeartInfoNetwork) by providing electronic services that encourage information sharing and collaboration among the full range of health professionals and others involved in Indigenous cardiovascular health.

2. The Centre for Excellence in Indigenous Tobacco Control (CEITC) has developed a number of downloadable resources aimed at Aboriginal Health Workers to assist them in developing and running Tobacco cessation programs through their health service. See CEITC publications and resources page [http://www.ceitc.org.au/ceitc-publications-and-resources](http://www.ceitc.org.au/ceitc-publications-and-resources) for the ‘Talkin’ Up Good Air’ resource kit, ‘What do we know about’ and ‘Top Tips’ series of fact sheets, ‘Smoking Matters’ and ‘Clearing the air on passive smoking’ brochures. Some of these resources are also available in hard copy.


This evidence-based health promotion resource provides information and guidance for action to improve Aboriginal health and life expectancy. It brings together stories of promising health promotion practice from across Victoria and a review of the scientific literature. It provides the evidence for effective interventions that can be used in health promotion planning. The purpose is to provide the best available information to guide service and program planning. This resource is designed for people who work in community and women’s health services, Aboriginal community controlled health services and local government. It will also be useful to others who are working to close the gap.


This Community health action pack can be used by anyone who wants to run a health promotion project to improve Aboriginal and Torres Strait Islander peoples’ health and wellbeing. The pack is designed to enable flexibility so that communities and organisations can use it to suit their own needs. It includes templates, examples, checklists and tips to help with planning a health promotion project.

5. AHPACC resource


Although not specific for Aboriginal people, this document provides useful information applicable to all Western Australians.

7. Position Paper: Eliminating disparities in hospital cardiovascular care of Aboriginal people in Western Australia (National Heart Foundation WA; 2012)

Available on request from the Heart Foundation (WA): 1300 36 27 87

8. Culturally and clinically appropriate health information to help Aboriginal and Torres Strait Islander peoples

Heart Foundation resources available to download or preview at www.heartfoundation.org.au or phone 1300 36 27 87 to order

My Heart My Family Our Culture – information package on CV Risk Factors

Living Every Day with Heart Failure

doi:10.5694/mja12.11175 (Open Access, with links to Appendices)

10. Heart Research Centre: ‘Preparing for the cardiac blues’: Resources for patients and health professionals to support emotional adjustment after an acute cardiac event.
http://www.heartresearchcentre.org/about-our-research/current-studies/cardiac-blues/

11. SNAP into Life is an interactive and culturally appropriate game for players 7 years and up. The game has been developed and trialed in Kimberley schools with Aboriginal children and their families, with the input from the Kimberley Aboriginal community and local health and education professionals. The game—loosely based on Monopoly and Snakes & Ladders—covers basic health education topics including our bodies, mental health, environmental health and road safety, and aims to develop awareness of lifestyle health risk factors such as: Smoking, Nutrition, Alcohol, and Physical activity (SNAP). The SNAP into life project was funded by Healthway, the Alcohol Education and Rehabilitation Foundation (AERF), the Kimberley Division of General Practice, and the Kimberley Aboriginal Medical Services Council (KAMSC).

12. Patient Journey Mapping tools: The tools developed by the Managing Two Worlds Together project in South Australia help document and map entire patient journeys from home to hospital to home, involving multiple services. This can help in planning and evaluate services, auditing, justifying costs, identification of areas for improvement, and staff training. The tools and examples are available from