

# NAIDOC WEEK 2021

## Reading List



The Lowitja Institute is Australia's national institute for Aboriginal and Torres Strait Islander health research, named in honour of our Patron, Dr Lowitja O'Donoghue. The Lowitja Institute is an Aboriginal and Torres Strait Islander organisation working for the health and wellbeing of Australia's First Peoples through high impact quality research, knowledge translation, and by supporting Aboriginal and Torres Strait Islander health researchers.

In celebration of NAIDOC Week 2021 and the theme, *Heal Country*, the Lowitja Institute would like to celebrate Aboriginal and Torres Strait Islander health researchers and workforce, by sharing some of the remarkable work that has been done in the Aboriginal and Torres Strait Islander health research space.

The Lowitja Institute has also developed six university reading lists, one for each of the following research categories: Social and Cultural Determinants of Health; Family and Community Health; Health Services and Workforce; Health policy and systems; Science and health conditions; and International. If you would like to receive these reading lists, please get in contact with the Lowitja Institute.

For access to all the Lowitja Institute's resources online, please go to:  
<https://www.lowitja.org.au/resources>

<b>Title</b>	<b>Culture is Key: Towards Cultural Determinants-driven health Policy - Final Report</b>
<b>Authors/citation</b>	Lowitja Institute 2020, Culture is Key: Towards cultural determinants-driven health policy – Final Report, Lowitja Institute, Melbourne.
<b>Year of publication</b>	2020
<b>URL</b>	<a href="https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/culture-is-key-towards-cultural-determinants-driven-health-policy">https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/culture-is-key-towards-cultural-determinants-driven-health-policy</a>
<b>Research category</b>	Culture for health and wellbeing
<b>Abstract</b>	The Cultural Determinants Report has been developed as a continuation of the Lowitja Institute's work towards championing the cultural determinants of health within health policy, research and practice. The cultural determinants are anchored in Aboriginal and Torres Strait Islander ways of knowing, being and doing, that encompass a holistic understanding of health and wellbeing. Culture is central to this understanding and shapes the relationship between self to Country, kin, community and spirituality - all of which are key factors of health and wellbeing. They have been advocated for as a culturally centred approach by Aboriginal and Torres Strait Islander health and

wellbeing experts for decades, and more recently translated into determinant framework models by Aboriginal and Torres Strait Islander experts and researchers.

<b>Title</b>	<b>Close The Gap Report 2021: Leadership and Legacy: Through Crises: Keeping our Mob Safe</b>
<b>Authors/citation</b>	The Lowitja Institute, 2021, Close the Gap 2020: Leadership and Legacy Through Crises: Keeping our Mob Safe, The Close the Gap Steering Committee, Canberra
<b>Year of publication</b>	2021
<b>URL</b>	<a href="https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/close-the-gap-report-2021">https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/close-the-gap-report-2021</a>
<b>Research category</b>	Culture for health and wellbeing
<b>Abstract</b>	
<p>The 12th annual Close the Gap report — Leadership and Legacy Through Crises: Keeping our Mob safe — is a wake up call to Australian governments that Aboriginal and Torres Strait Islander people have the solutions to health inequity in our grasp.</p> <p>This year's report was produced by the Lowitja Institute, Australia's community controlled national institute for Aboriginal and Torres Strait Islander health research, on behalf of the Close the Gap Steering Committee.</p> <p>The report showcases the resilience, strengths and leadership of Aboriginal and Torres Strait Islander peoples, communities and organisations throughout critical health crises in 2020: devastating bushfires and climate change, the coronavirus pandemic and the mental health emergency facing First Australians.</p>	

<b>Title</b>	<b>Close the Gap Report 2020: We Nurture our Culture for Our Future, and Our Culture Nurtures Us</b>
<b>Authors/citation</b>	Lowitja Institute 2020, We Nurture our Culture for Our Future, and Our Culture Nurtures Us: 2020 Close The Gap Report, The Close the Gap Campaign Steering Committee, Sydney.
<b>Year of publication</b>	2020
<b>URL</b>	<a href="https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/close-the-gap-report-2020">https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/close-the-gap-report-2020</a>
<b>Research category</b>	Culture for health and wellbeing
<b>Abstract</b>	
<p>The 2020 Close the Gap report focuses on the protective factors of Aboriginal and Torres Strait Islander cultures for health and wellbeing.</p> <p>It demonstrates that Aboriginal and Torres Strait Islander people have the solutions to ensure health and wellbeing for our future generations, and that the cultural determinants of health are a critical factor that must always be considered in planning public health programs.</p> <p>The report highlights four out of six main domains that describe culture specific to Aboriginal and Torres Strait Islander peoples -- asking what culture means to our people and showing how culture affects the health and wellbeing. They include: self-</p>	

determination and leadership, Indigenous beliefs and knowledge, cultural expression and continuity, and connection to Country.

<b>Title</b>	<b>Defining the Indefinable: Descriptors of Aboriginal and Torres Strait Islander peoples' cultures and their links to health and wellbeing - A Literature Review</b>
<b>Authors/citation</b>	Salmon, M., Doery, K., Dance, P., Chapman, J., Gilbert, R., Williams, R. & Lovett, R. 2019, Defining the Indefinable: Descriptors of Aboriginal and Torres Strait Islander Peoples' Cultures and Their Links to Health and Wellbeing, Aboriginal and Torres Strait Islander Health Team, Research School of Population Health, The Australian National University, Canberra.
<b>Year of publication</b>	2019
<b>URL</b>	<a href="https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/defining-the-indefinable-descriptors-of-aboriginal-and-torres-strait-islander-peoples%E2%80%99-cultures-and-their-links-to-health-and-wellbeing">https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/culture-for-health-and-wellbeing/defining-the-indefinable-descriptors-of-aboriginal-and-torres-strait-islander-peoples%E2%80%99-cultures-and-their-links-to-health-and-wellbeing</a>
<b>Research category</b>	Culture for health and wellbeing
<b>Abstract</b>	
<p>In Australia, limited data establish or define the relationship between health, wellbeing and culture and the mechanisms through which Aboriginal and Torres Strait Islander cultural determinants impact health and wellbeing. There is increasing attention on the relationship between culture, health and wellbeing in this population. The authors conducted this literature review as preliminary work for the Mayi Kuwayu Study—Mayi Kuwayu broadly means “to follow Aboriginal people over a long time” in Ngiyampaa language (language of the Wongaibon people of New South Wales, Australia). The aim was to help us understand the cultural factors that are important to Aboriginal and Torres Strait Islander peoples and how these factors relate to health and wellbeing. The authors examined the Australian literature, as well as literature from countries that have experienced colonisation events similar to those of Australia— primarily Aotearoa (New Zealand), Canada and the United States.</p>	

<b>Title</b>	<b>Health Benefits of Going On-Country</b>
<b>Authors/citation</b>	David, G., Wilson, R., Yantarrnga, J., von Hippel, W., Shannon, C., & Willis, J. 2018, Health Benefits of Going On-Country, Lowitja Institute, Melbourne.
<b>Year of publication</b>	2018
<b>URL</b>	<a href="https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/social-determinants-of-health/health-benefits-of-going-on-country">https://www.lowitja.org.au/page/services/resources/Cultural-and-social-determinants/social-determinants-of-health/health-benefits-of-going-on-country</a>
<b>Research category</b>	Social determinants of health
<b>Abstract</b>	
<p>Going On-Country is expected to have many benefits for the physical, social, emotional and cultural wellbeing of Aboriginal people living in remote areas. Whilst there is evidence that 'Caring for Country' programs can improve Aboriginal health, there has been little consideration for the potential benefits of self-initiated activities</p>	

when On-Country. This research was therefore aimed at finding out if self-initiated On-Country activities are an important source of health benefit for the Anindilyakwa people of Groote Eylandt.