**Health Issues for Aboriginal People**

**Life Expectancy Gap:** The life expectancy of Aboriginal people in Australia is on average eleven years lower than the Australian population, due to high levels of chronic disease related to social deprivation and low health literacy.

The absence of culturally suitable health resources has negative implications for Aboriginal and Torres Strait Islander people, leading to disempowerment. The lack of suitable resources is thought to contribute to the poor health outcomes of Aboriginal and Torres Strait Islander people. To overcome this issue, community-owned and developed health resources are needed.

**Recruitment**
Recruitment was led by the Elders. Recruited five men and five women.

**Project Components**

1. **Stage One**
- Community engagement, building relationships
- Enabling the Gamilaraay/Gomeroi Aboriginal communities of the North West NSW HNELHD to develop localised, culturally appropriate stroke resources (booklet/digital stories).

To improve health literacy about stroke in this community.

**Engagement**

- An Elder-led team of the Horroru (Gamilaraay/Gomeroi community)
- A network of community members with lived experience
- A network of community members with professional or cultural knowledge

Health Resources

**EVIDENCE**: Knowledge between mainstream/healthcare professionals and Aboriginal communities leads to sustainability (By Myisha Edwards, 2016). By Myisha Edwards (2016). The Gamilaraay/Gomeroi co-researchers were from the Peel and Mehi Sector of Northern NSW, Moree, Boggabilla, Narrabri, Toomelah, Walhallow, Coledale.

Aboriginal community members interpreted this medical information through personalised stories, artwork and analogies of the river.