



**NINTI ONE** **REMOTE ECONOMIC PARTICIPATION**

## Culture and integrated services for physical and mental health improves wellbeing

### INTERPLAY WELLBEING FRAMEWORK

FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE IN REMOTE AUSTRALIA

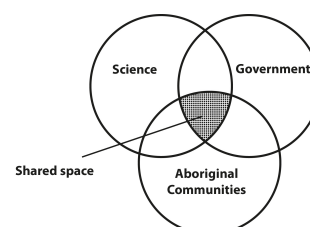
## METHODS

- ▶ Participatory action research was used to translate 'stories' into 'numbers'
- ▶ 'Shared space' model was applied to develop the Interplay Wellbeing Framework and Survey tool
- ▶ 900 Aboriginal adults were surveyed from 4 different remote communities
- ▶ Interrelationships were identified with structural equation modeling

Aboriginal knowledge is passed on through stories, and governments mainly speak the language of numbers, so we brought together stories and numbers, for the two worlds to meet.

The Interplay Wellbeing Framework brings together Aboriginal priorities of culture, empowerment and community with government priorities of education, employment and health.

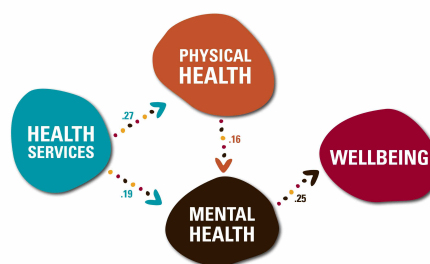
'Interplay' means that everything exists together.



| Framework Domain | Survey item  |
|------------------|--|
| Health services  | Culture and language<br>Transport<br>Cost / money                |
| Physical health  | Daily activities<br>Work / study<br>Energy levels<br>Socialising |
| Mental health    | Anxiety<br>Depression<br>Study/education                         |
| Wellbeing        | How you feel about your life                                     |

## OUTCOMES

- ▶ Holistic approach to health services needed
- ▶ Culture is integrated for successful health services
- ▶ Integrating services for physical and mental health problems improves wellbeing



### Contact

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### Interplay Between Health, Wellbeing, Education and Employment



Australian Government  
Department of Industry and Science

**Business**  
Cooperative Research  
Centres Programme