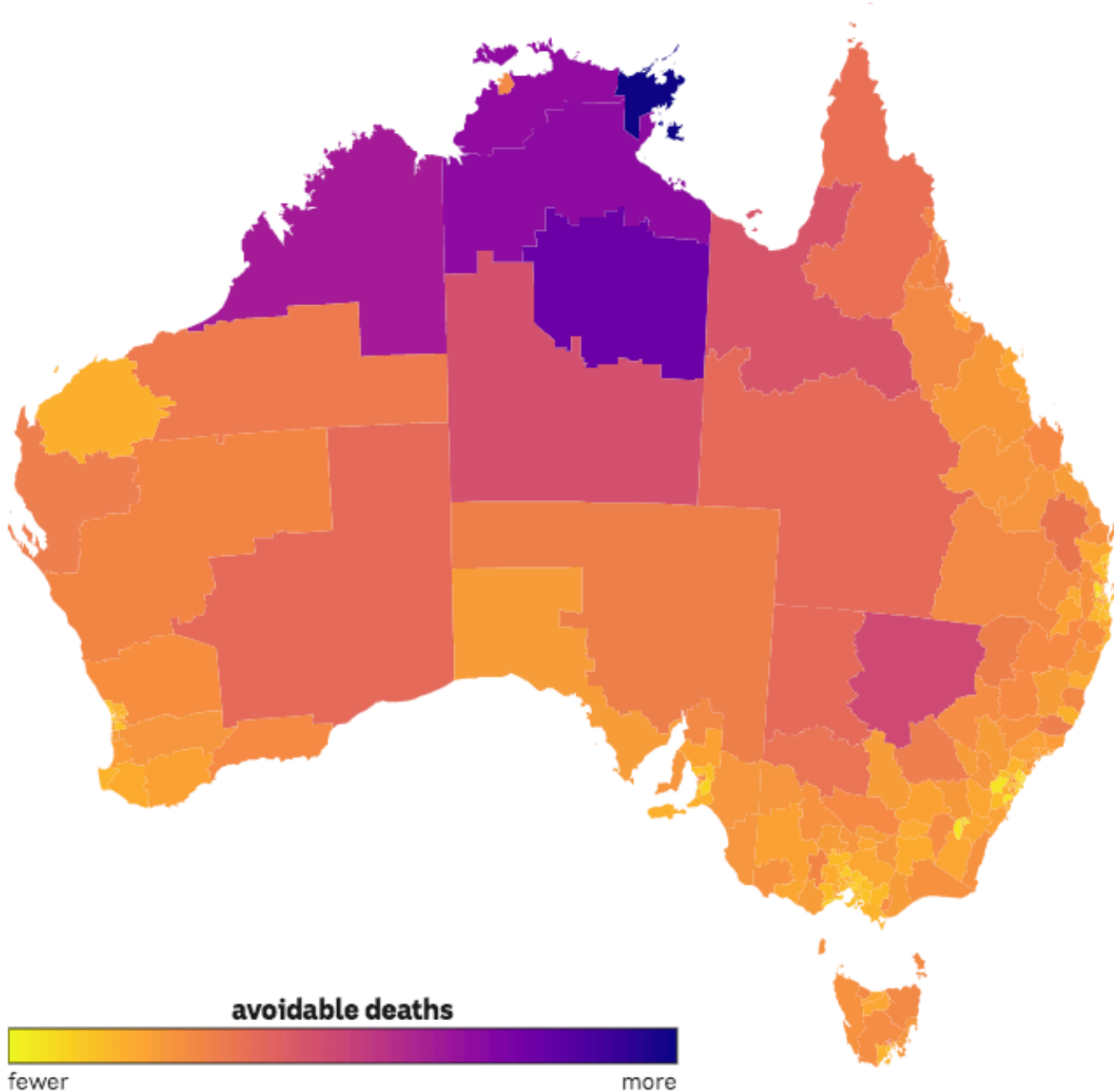


Northeast Arnhem Land

- Home to the oldest continuously living culture in the world
- Storytelling traditions date back to >50,000 years
- Home to Yolngu people





Australian Institute of Health and Welfare (2015-2017)

LEADING CAUSES OF DEATH



1

Coronary heart disease



2

Chronic Lung Disease



3

Diabetes



4

Suicide



5

Lung cancer

Primary Health Network for the Northern Territory, East Arnhem, 2020

Evaluation of the Hope for Health program

- *Marngikunhamirr* – to exchange and impart knowing
- *Gonj-nayathanhamirr* – to support, walk hand in hand
- *Gurrutu* - strong relationships are essential
- *Exploration* of modern diet and disease through Yolŋu framework





***Traditionally, the doctor
(marrngitj) came to the patient***

- health checks in a comfortable and familiar setting
- The opportunity to have meaningful discussions in first language
- Purpose and results of their health checks, and
- Ongoing regular support and mentoring to encourage a healthier lifestyle



Images intentionally blurred

The Walking Together program

- Yolngu leading the way
- Diabetes and heart health home-based outreach
- Point of care testing
- A different way of health mentoring
- Kinship

