

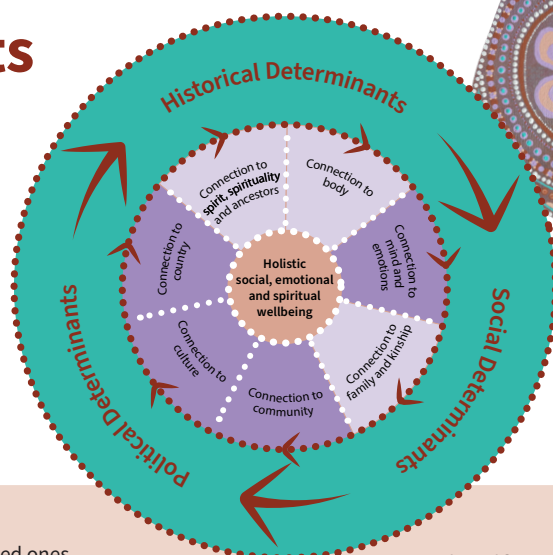
Heart health - Key facts

Women



Signs that her heart is strong:

- Being an Aboriginal woman¹
- Love, connectedness and belonging¹
- A healthy body¹
- A healthy life¹
- Health knowledge and understanding¹
- Having a relationship with health services¹



Our heart is one of the places we feel spirit and connection. Keeping our heart strong and healthy helps us keep strong in our body and makes sure we are fit and healthy to support ourselves and our loved ones.

Adapted from:

Gee, Dudgeon, Schultz, Hart and Kelly, 2013

Artist: Tristan Schultz, RelativeCreative

Aboriginal women choosing a good path for heart health



73.2%

Drinks alcohol responsibly²



37.5%

Eat enough fruit each day²



41.0%

Never smokes²



8.0%

Eat enough vegetables each day²



13.7%

Do enough physical activity²



23.3%

Have a healthy body mass^{2,3}



Seeing your doctor is a good way to understand your signs and keep your heart healthy and strong.

26.2% of women saw their doctor for a health check in 2020-21⁴



Signs that her heart needs help:

- Family history of a bad heart¹
- An unhealthy life¹
- Hereditary disease and genes¹
- Stress and grief¹

Things Aboriginal women can change for better heart health



25.2%

Smoking (urban residents)²



49.0%

Smoking (rural residents)²



7.9%

Diabetes⁵



23.0%

High blood pressure²



73.7%

Overweight or obese²

1. McBride et. al. (2021) Heart, Lung and Circulation

2. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults.

Alcohol consumption recommended to be less than 10 standard drinks per week and avoid bingeing.

3. Body Mass Index (BMI) of over 18.5 and under 25

4. AIHW (2024) Better Cardiac Care measures for Aboriginal and Torres Strait Islander people: 8th National Report

5. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults. Up to 29% when measured in primary care data, White et. al. (2024) Journal of the Australian Indigenous HealthInfoNet.

Artwork by: Jessica Wade

Heart health - Key facts

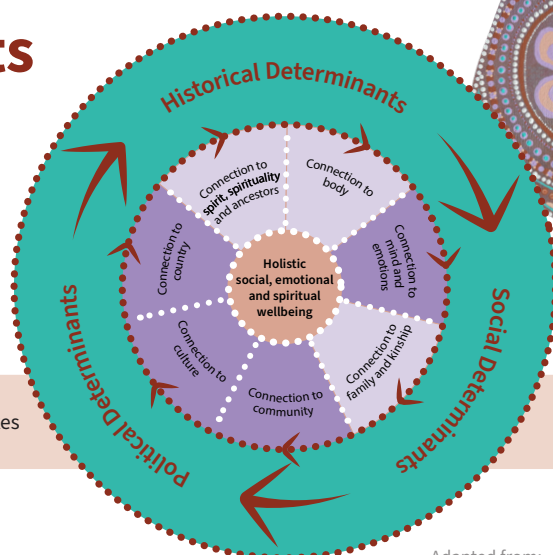
Men and Women



Keeping your heart strong:

- Social & emotional wellbeing¹
- Connection to land, culture, spirituality, ancestry, family & community¹

Our heart is one of the places we feel spirit and connection. Keeping our heart strong and healthy helps us keep strong in our body and makes sure we are fit and healthy to support ourselves and our loved ones.



Adapted from:
Gee, Dudgeon, Schultz, Hart and Kelly, 2013
Artist: Tristan Schultz, RelativeCreative

Aboriginal adults choosing a good path for heart health



62.4%
Drinks alcohol responsibly²



38.0%
Never smokes²



17.7%
Do enough physical activity²



25.0%
Have a healthy body mass^{2,3}



34.3%
Eat enough fruit each day²



5.5%
Eat enough vegetables each day²



Seeing your doctor is a good way to understand your signs and keep your heart healthy and strong.

24.2% of adults saw their doctor for a health check in 2020-21⁴



Signs that our heart needs help:

- Stress & intergenerational trauma¹
- Experiencing discrimination¹



27.3%
Smoking
(urban residents)²



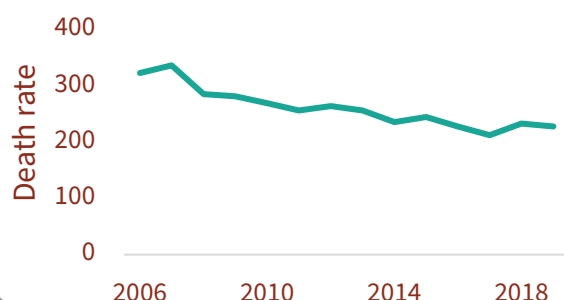
53.4%
Smoking
(rural residents)²



24.6%
High blood pressure²



71.5%
Overweight or obese²



Less people are dying from heart disease than before.

Keeping an eye out for signs your heart needs help will keep this trend going down.

1. Le Grande et. al. (2019) Ch 10: Depression, CVD & Indigenous Australians 3. Body Mass Index (BMI) of over 18.5 and under 25
2. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults. Alcohol consumption recommended to be less than 10 standard drinks per week and avoid bingeing
4. During 2020-2021, Better Cardiac Care Report (8th Ed. 2023)

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Heart health - Key facts

The Aboriginal and Torres Strait Islander heart health gaps:



2,807 Deaths caused by
cardiovascular disease during
2020-2022

253 deaths per 100,000 (age-standardised)¹
x 2.1 higher than non-Indigenous population



6.1 ×
more likely to have a diagnosis
of **Coronary Heart Disease**

14.9 new cases per 1000 person-years²



61.4 ×
higher prevalence of
Rheumatic Heart Disease

666.3 cases per 100,000 in <55 year olds³



1.7 ×
more likely to see their doctor
because of **Heart Failure**

10.6 per 1000 doctor visits are for heart failure⁴



17 years
younger at first **Heart Failure**
hospitalisation

54 years versus 71 years (non-Indigenous)⁵



2.9 ×
more likely to be hospitalised
for a **Stroke**

192 new strokes per 100,000 in 20-84 year olds⁶



1.5 × higher prevalence of heart
disease in people who had experienced
discrimination

58.5% of those aged 16 and older
report experiencing lifelong discrimination⁷



68.4%
experienced **significant stress**
in the last year

Among people aged 15 years and older⁸



24.2%
received a **Medicare-funded**
health assessment in 2021-22

An increase from 4.0% in 2006-07⁹

Artwork by: Jessica Wade

1. AIHW (2024) Heart, stroke and vascular disease: Australian Facts [https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts/contents/about]
2. Bradshaw et. al. (2011) J Epidemiol Community Health
3. Katzenellenbogen et. al. (2020) J Am Heart Assoc
4. AIHW (2024) Aboriginal and Torres Strait Islander Health Performance Framework [https://www.indigenoushpf.gov.au]

5. Teng et. al. (2014) Int J Cardiol

6. Balabanski et. al. (2024) Stroke

7. Thurber et. al. (2021) Int J Environ Res Public Health

8. Australian Bureau of Statistics (2017) National Aboriginal and Torres Strait Islander Social Survey

9. AIHW (2024) Better Cardiac Care measures for Aboriginal and Torres Strait Islander people: 8th National Report