

Healing Circles  
Alf Hudson 2009



This painting depicts health from an holistic Aboriginal perspective that includes land & community.

- ◇ → MAN
- → WOMAN
- ∪ → CHILD PEOPLE
- ⊙ → WATERHOLE
- ⦿ → WATER
- ◎ → GATHERING

## Why do we need health checks?



Michelle Smith —  
Closing the Gap Project Officer  
E-mail: [michelle.smith@egpha.com.au](mailto:michelle.smith@egpha.com.au)  
James King —  
Aboriginal & Torres Strait Islander  
Outreach Worker  
[james.king@egpha.com.au](mailto:james.king@egpha.com.au)

# Aboriginal Health Checks

## Why do we need a health check ?



# Aboriginal Health Checks



## Why do we need health checks?

Aboriginal families are sicker than non-Aboriginal families in Victoria. We haven't always been this sick. Aboriginal people used to be known as proud, strong and well people. Our main sickness is chronic disease - diabetes, heart disease and lung disease.

We can make changes so that our kids know how to be strong and well again.

## “But I’m not sick.”

Chronic diseases start in our bodies without us noticing. Sometimes the changes start when we are young.

## “Then how do I know if I am sick?”

Ask for an Aboriginal health check. This is a proper health check that uses different ways to find out if your body is working well. The Doctor will tell you the results of your Aboriginal Health Check.

## “I’m worried – what if I’m sick.”

If you find out early - you can do something about it! The Doctor and your health team can help you with choices to stay well and improve your future.

## Where do I get an Aboriginal Health check?

You can get an Aboriginal Health Check at

- Aboriginal Health Services.
- Mainstream Indigenous Health Incentive practices
- All general practices.



**Got some questions  
or you want an  
Aboriginal health  
check ??**

**James King  
Aboriginal Outreach Worker  
East Gippsland Primary  
Health Alliance**

