



**Australian Government**  
**Department of Health and Ageing**

# HEALTHY FOR LIFE

A new Australian Government program, *Healthy for Life*, was announced in the 2005-06 Budget to improve the health of Aboriginal and Torres Strait Islander people.

Year	2005-06	2006-07	2007-08	2008-09	Total
Funding (\$ million)	11.2	21.35	30.45	39.4	102.4

## Program Overview

Healthy for Life provides \$102.4 million, over four years, to improve the health of Aboriginal and Torres Strait Islander mothers, babies and children, enhance the quality of life for people with a chronic condition and, over time, reduce the incidence of adult chronic disease.

Over 80 Healthy for Life sites will be established over 4 years, with 20 - 25 sites commencing in 2005-06, to undertake targeted activities, early intervention and quality improvements in health service delivery to improve the health of Aboriginal and Torres Strait Islander people.

## Program Objectives

The objectives of Healthy for Life are to:

- improve the availability of child and maternal health care;
- improve the prevention, early detection and management of chronic disease;
- improve the Indigenous health workforce; and
- improve the long term health outcomes for Indigenous Australians.

## Expected Outcomes

*Healthy for Life* will achieve the following outcomes in participating sites:

### **Short to medium term** (1 – 5 years)

- increase in first attendance for antenatal care in first trimester;
- 10% increase per year of both adult and child health checks, with associated plans for follow up;
- 30% improvement in best practice service delivery for people with chronic conditions; and
- increased number of scholarship recipients.

### **Longer Term** (5 – 10 years)

- increase in mean birth weight to within 200g of non-Indigenous population;
- decrease in incidence of low birth weight by 10%;
- reduction in selected behavioural risk factors in pregnancy by 10%;
- 30% reduction in hospital admissions for chronic disease complications; and
- 30% improvement in numbers of patients with intermediate health outcomes within acceptable range.

## Who is eligible to apply?

Organisations who deliver primary health care to a predominantly Aboriginal and Torres Strait Islander population will be eligible to apply for Healthy for Life. Regional and remote areas will be targeted, with around 80% of funded sites in these regions.

Selection criteria for applications are being developed. The criteria will include, among other items, the identification of child and maternal health and chronic disease in regional planning priorities and agreement to adhere to the monitoring, reporting and program evaluation requirements under the initiative.

## **When will funding applications be called for?**

Separate funding rounds for Healthy for Life will be held each year. For 2005-06, applications will be sought in Sept 2005, with sites expected to be announced in Nov 2005. Regional information sessions for interested organisations and stakeholders will be conducted prior to the call for applications.

## **Program Support**

A range of resources will be available to support organisations in applying for, and participating in, Healthy for Life:

- **Application Kit**  
A kit, including program guidelines and application form, will assist organisations in preparing their application.
- **Resource Package**  
Contextual information and the evidence base underpinning the Australian Government's approach to improving child and maternal health and chronic disease for Aboriginal and Torres Strait Islander people will be available to support this initiative and guide organisations in their own service planning.
- **Facilitators**  
A panel of trained facilitators will be available to participating sites to assist them in implementing the *Healthy for Life* initiative in their organisation, and could also support in-service training.
- **Service Toolkit**  
A service toolkit will be also available to support service planning and implementation. This toolkit will include how-to guides, screening and care protocols, tools for clinical audits and process mapping activities, as well as templates for data collection, evaluation and reporting.
- **Orientation Workshop**  
All *Healthy for Life* sites will participate in an orientation meeting/workshop at the commencement of their program implementation. This workshop will outline program requirements and provide education on the delivery of population health approaches to child and maternal health and chronic disease.
- **Biennial conference**  
A two-yearly conference for participating sites and stakeholders will be held to provide the opportunity for services to come together to share experiences and information.

## **Program evaluation**

A comprehensive program evaluation framework will also be developed at the outset of this initiative and implemented throughout the program to assess program outcomes, gather evidence on service achievements and success stories, identify barriers to effectiveness, and areas for improvement.

## **Enhancing the Aboriginal and Torres Strait Islander health workforce**

Healthy for Life will also increase the number of Indigenous Australians being trained as health professionals. Approximately 86 new scholarships for Indigenous students will be offered, over four years, through the Puggy Hunter Memorial Scholarship Scheme, with 26 new and additional scholarships offered for the 2006 academic year.

For more information, contact the Royal College of Nursing (Australia) on ph: 1800 11 72 62 or email: [scholarships@rcna.org.au](mailto:scholarships@rcna.org.au)

## **How does this initiative fit with the Australian Government's new arrangements for Indigenous affairs?**

The newly established Indigenous Coordination Centres (ICCs) may assist in the provision of information and resources on Healthy for Life to interested stakeholders. ICCs may also support coordination and integration of Healthy for Life service planning and delivery through Regional Partnership Agreements and Shared Responsibility Agreements.

Partnership Forum members, under Framework Agreements, may also have a role in providing advice on priority regions for Healthy for Life funding.

## **Contact Details**

For more information on the *Healthy for Life* program, contact the Office for Aboriginal and Torres Strait Islander Health (OATSIH) in your local State/Territory or contact [healthyforlife@health.gov.au](mailto:healthyforlife@health.gov.au)