

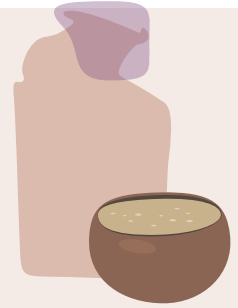
Kava use among Aboriginal and Torres Strait Islander people

Kava is a drug that is usually prepared as a drink.

Kava is not a problem for the majority of Aboriginal and Torres Strait Islander people.

1 in 100
used kava in the last year

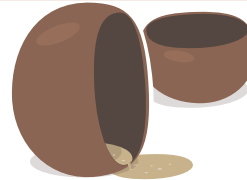
Concerns about kava use are restricted to a handful of communities in Arnhem Land in the Northern Territory.



What we know from research about kava use in these communities...



Drinking kava was more common among men than women, with around half of men consuming it.



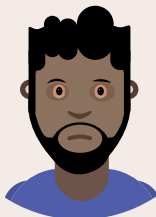
Kava consumption was often at levels that may harm health and wellbeing.

Kava use is linked to:



a scaly skin rash (crocodile skin)

damage to liver function



cardiovascular problems

red or watery eyes



lack of energy

malnutrition and weight loss

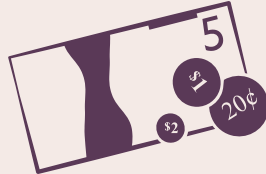


There are also concerns about the use of kava in combination with other drugs, especially alcohol.

Kava use may affect families and communities, leading to:



family trouble and arguments



issues with money



problems with the police



a drop in community and cultural activities

Attempts to reduce the harms from kava have focused on reducing its supply. Different regulations have been implemented in Arnhem Land since 1982:

