

Media Release – New publication shows cardiovascular disease is still leading cause of avoidable death for Aboriginal and Torres Strait Islander people

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The most recent indicators of the cardiovascular health of Aboriginal and Torres Strait Islander people are documented in the Australian Indigenous HealthInfoNet's latest publication, the *Review of cardiovascular health among Aboriginal and Torres Strait Islander people 2019* <https://healthinfonet.ecu.edu.au/learn/health-facts/reviews-knowledge-exchange-products/>

The review shows that cardiovascular disease (CVD) is the leading cause of avoidable death, and death overall for Aboriginal and Torres Strait Islander people. However, chronic heart disease death rates have declined in recent years. Other good news is that fewer young Aboriginal and Torres Strait Islander people are smoking, reducing their risk for cardiovascular disease.

Lead author Lea Merone, Apunipima Cape York Health Council, James Cook University, said, 'Access to good quality affordable food, secure housing, holistic care in health services and genuine partnership with communities for policy, planning and service delivery, are needed to improve the CVD health of Aboriginal and Torres Strait Islander people'.

HealthInfoNet Director, Professor Neil Drew said, 'This timely review of CVD is part of our commitment to providing timely, relevant and up to date information to support the workforce'. There is also a short summary provided in an infographic fact sheet <https://healthinfonet.ecu.edu.au/learn/health-facts/multimedia-knowledge-exchange-products/>

The review explains that in the short-term, management of CVD can be greatly improved for people who face issues regarding medical treatment and rehabilitation, particularly for those who live in rural and remote areas.

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About the Australian Indigenous HealthInfoNet: The HealthInfoNet is a massive Internet resource that informs practice and policy in Aboriginal and Torres Strait islander health by making up to date research and other knowledge readily accessible via any platform. In this way, it contributes to closing the gap in health between Aboriginal and Torres Strait Islander peoples and other Australians. For over 22 years, working in the area of knowledge exchange with a population health focus, the HealthInfoNet makes research and other information freely available in a form that has immediate, practical utility for practitioners and policy-makers in the area of Aboriginal and Torres Strait Islander health, enabling them to make decisions based on the best available evidence. www.healthinfonet.ecu.edu.au