

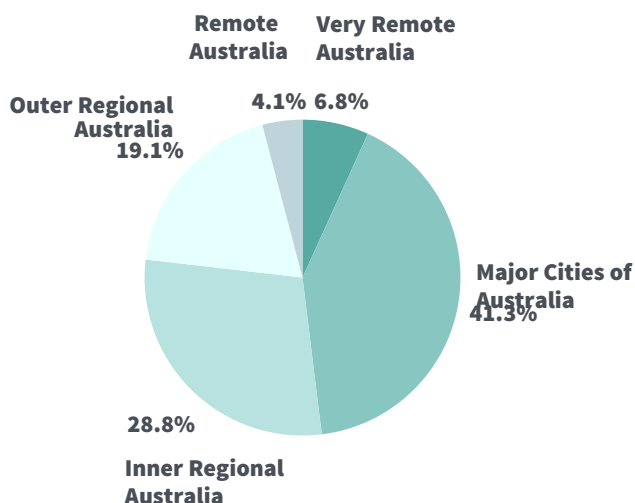
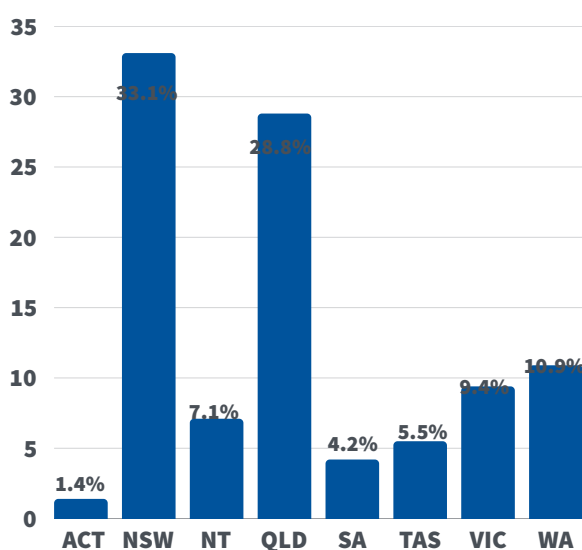
Our Cultures Count.



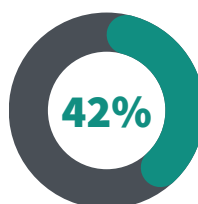
Thank you, here is what you have told us.

At January 2022, we have heard over 11,000 of your stories which have helped us become the largest cohort study of Aboriginal and Torres Strait Islander health and wellbeing. Thank you for being a valuable part of the Mayi Kuwayu Study. You have given us a vital tool in redefining the conversation around what matters to our mob—creating a better understanding of how culture is linked to our health and wellbeing.

LOCATION



LANGUAGE



42% said you were learning language. This shows there is a clear desire from mob to increase access and use of their language.

HEALTH & WELLBEING

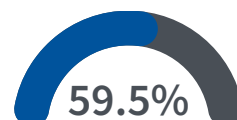
1 in 3 said you prefer to visit an Aboriginal Community Controlled Health Service/Aboriginal Medical Service for non-urgent care.



The link between physical & mental health is well established, & more than half of Mayi Kuwayu participants do some form of exercise on a daily basis.

DISCRIMINATION

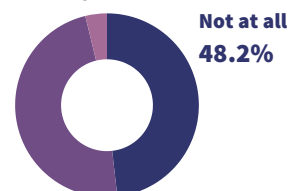
Almost 60% said that you experienced some level of everyday discrimination.



CULTURE

Almost half said that you feel torn between your culture and non-Indigenous culture 'a little to a lot', with nearly half saying 'not at all' did you feel torn between your culture and non-Indigenous culture at all.

A little to a lot
48%



COMMUNITY

51%



said you spent a little to a lot of time contributing to community driving meaningful change.

SOME OF THE WORDS AND LANGUAGES PEOPLE TOLD US THEY KNOW

Wiradjuri/ Yaama/ Arrernte/ Noongar/ Kaya/ Creole/ Palawa/ Junga/ Warlpiri/ Yonga/ Arrente/ Unna/ Yorta Yorta/ Kani/ Kaurana/ Meriam/ Palya/ Dhangal/ Gamilaraay/ Kamilaroi/ Murri/ Athe/ Bundjalung/ Werte/ Alyawarra/ Wik/ Kala Lagaw Yaw/ Binung/ Taba/ Nukkan/ Koori/ Luritja/ Bunji/ Wiya/ Deadly/ Boodja/ Unna/ Gammin/ Goona/ Gubba/ Yorga/ Pitjantjatjara/ Bardi/ Kuku Yalanji/ Cuddi Cuddi/ Buna/ Bama/ Kapu Kazi/ Mutkin/ Waru/ Yarrie Lingo/ Yawo



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