

INVESTIGATING ABORIGINAL AND TORRES STRAIT ISLANDER MALE HEALTH AND WELLBEING PROGRAMS

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AIM

To review the literature on Aboriginal and Torres Strait Islander male health and wellbeing programs to better understand the range and characteristics of such programs implemented across Australia.

WHAT WE DID

We searched for existing research and information on health and wellbeing programs designed for, and delivered to, Aboriginal and Torres Strait Islander males, aged 15 years+.

We developed a model of seven key elements that are common and fundamental features of Aboriginal and Torres Strait Islander male health programs (pictured right). We used this model to look at how these programs were described and reported.

WHAT WE FOUND

After screening 2249 articles, we found 54 programs matching our criteria in 49 published articles (1998-2022). Only 20 of these were peer-reviewed research papers. Program reports, web pages and book chapters made up the remaining 29 sources.

44 programs were instigated, co-designed or adapted by Aboriginal and Torres Strait Islander people to suit cultural and community needs.

Programs were delivered across most states and territories (NSW, QLD, NT, VIC, WA, SA) and their purpose and contexts were wide-ranging. For example, 23 programs addressed violence (behaviour, family, sexual), 10 were men's groups, and 24 included cultural strengthening activities.

28 articles reported program evaluations, suggesting evaluation phases of programs are ignored or not resourced.

Only four articles stated programs were evaluated by outcome measures determined in collaboration with Aboriginal and Torres Strait Islander people.

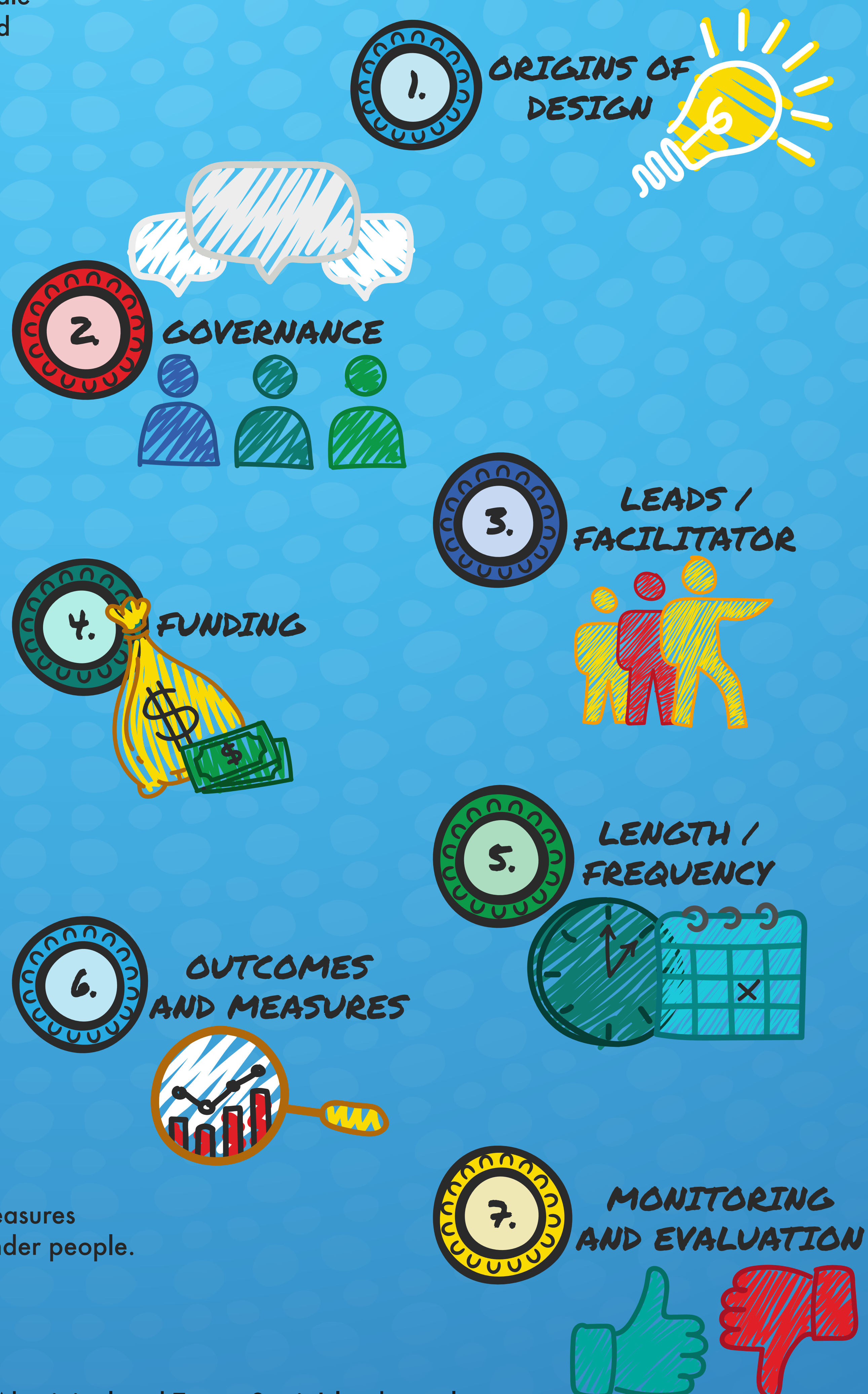
SO WHAT?

This review has demonstrated the scope to enhance investment in Aboriginal and Torres Strait Islander male health and wellbeing programs to improve their availability and quality.

The findings can assist health promotion and primary health care services and practitioners, with guidance on key elements to consider when designing, implementing and evaluating programs for Aboriginal and Torres Strait Islander males.

Further investment and research is required to strengthen the culturally informed evidence.

KEY PROGRAM ELEMENTS:



**ENOUGH TALK
TIME FOR ACTION**