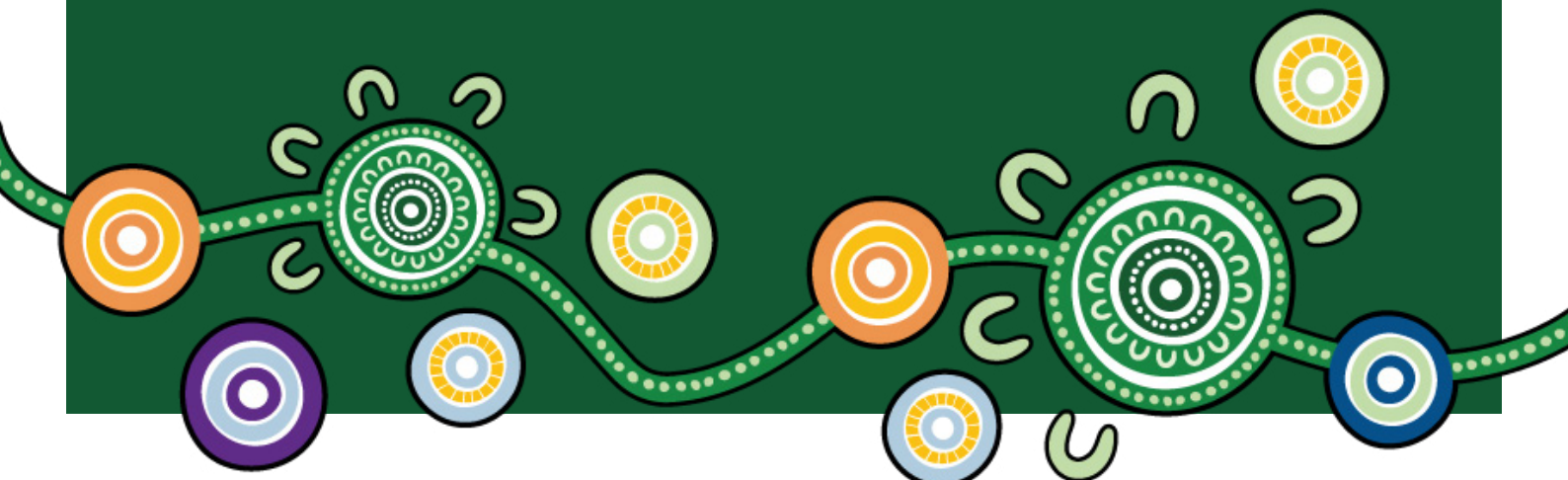


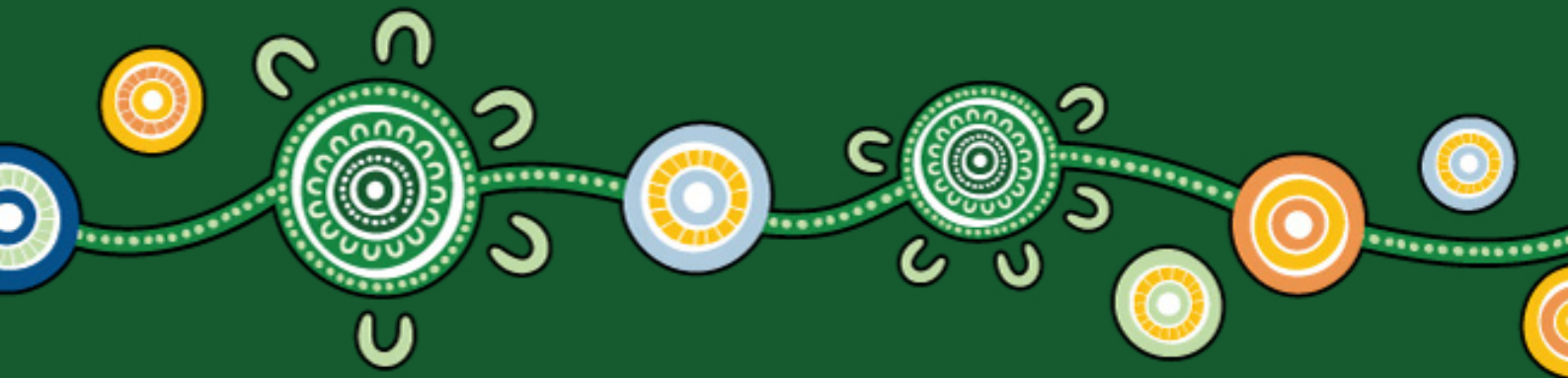
2024

Lung Foundation Australia  
**STORYBOARD**



***Lung Cancer  
Prevention***





**Lung Foundation Australia**

# Empowering our communities: Understanding lung cancer

*This storyboard provides a snapshot of how lung cancer impacts  
Australian First Nations People.*

*The data from this storyboard is drawn from The Australian Institute of Health  
and Welfare, the Australian Government and community members.*

*It has informed the development of the learning modules and toolkit developed  
for Aboriginal and Torres Strait Islander Health Workers  
and Specialist Lung Cancer Nurses.*





# Acknowledgement of Country

*Lung Foundation Australia acknowledges the Traditional Custodians of the lands on which we work throughout Australia and their unceded sovereignty of and continuing connection to land and sea.*

*We pay our respects to their cultures and to Elders both past and present.*

*We acknowledge the overrepresentation of Aboriginal and Torres Strait Islander people in lung disease and lung cancer.*

*In the spirit of reconciliation, we recommit to working with communities to close the gap on lung health and build on the strengths of communities to lead and guide the path to healthy lungs for all.*







# Empowering our communities: *Understanding lung cancer history*

The history of Australian First Nations People's connection to the land is deeply intertwined with their health and cultural wellbeing.

This connection has been fundamental to their traditional lifestyles, providing sustenance, medicinal resources, and a spiritual foundation.

The disruption of this connection through colonisation and forced removal from ancestral lands has had profound impacts on the health of Indigenous communities.

Recognising and restoring this intricate connection is essential for promoting holistic health and wellbeing among Australian First Nations People.





# Empowering our communities: *Challenges, statistics and risks*

## **SMOKING:**

Australian First Nations people are 2.9 times as likely to be a current smoker compared to non-Indigenous Australians.

## **UNEMPLOYMENT:**

In 2021, the unemployment rate for Australian First Nations adults aged 15-64 was 12% (36,000 of 289,700).

## **PHYSICAL ACTIVITY**

In 2018-19, 12% of Australian First Nations adults in non-remote areas met physical activity guidelines.

## **HOUSEHOLD MEDIAN WEEKLY INCOME:**

Australian First Nations adults had a lower median gross household weekly income than non-Indigenous adults (\$825 compared with \$1,141).

## **EDUCATION:**

In 2021, 1 in 10 (10%, 48,246) Australian First Nations adults over 18 were currently studying.



## **UNDERLYING CAUSES:**



Intergenerational trauma:  
Stolen generation



Lifestyle



Low socio  
economic status



Discrimination

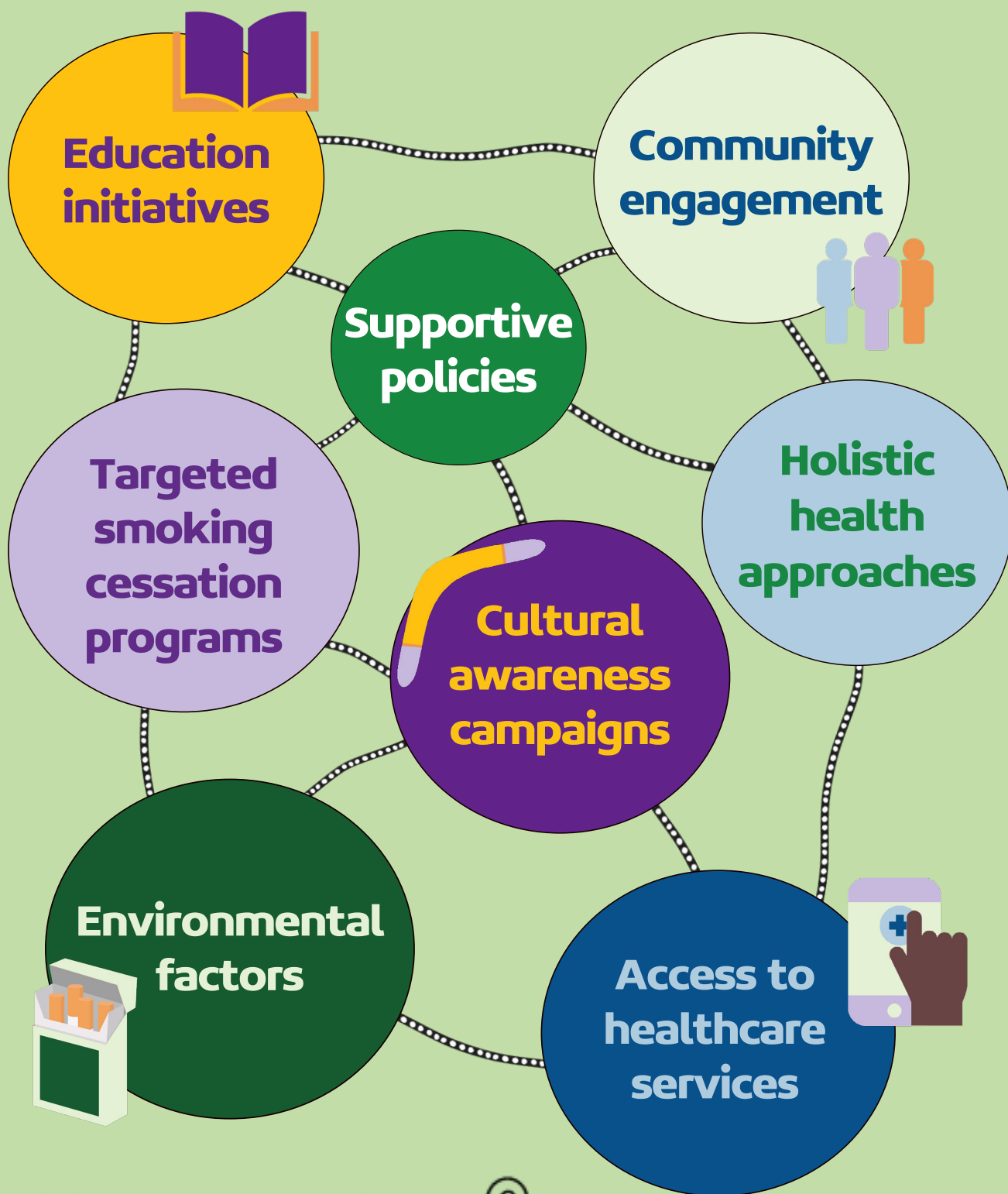


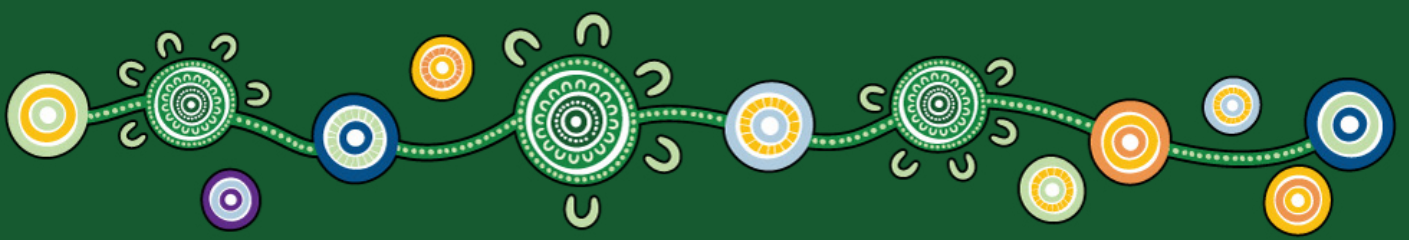
Lifetime trauma



Chronic stress and anxiety

# Empowering our communities: *How we can tackle prevention?*





# Empowering our communities:





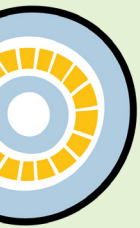
# Empowering our communities:

## Understanding lung cancer empowerment and resilience



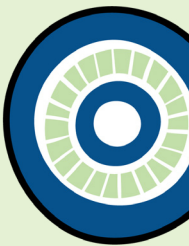
### Liam, 45, Male - Successfully quit smoking:

*“Quitting smoking was a tough journey, but with the support of my community and culturally tailored cessation programs, I’ve reclaimed my health. My advice to others: embrace the strength within our traditions, connect with your community, and take those steps towards a smoke-free life.”*



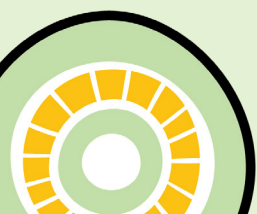
### Elena, 30, Female - Lung cancer patient:

*“Being diagnosed with lung cancer was a shock, but the holistic approach to treatment, blending traditional healing practices with modern healthcare, has made a tremendous difference. My journey has shown me the power of community, and I’m grateful for the support of both Indigenous health workers and medical professionals.”*



### Makayla, 22, Female - Youth advocate for prevention:

*“I’ve seen the impact of lung cancer in my community, and it motivated me to be an advocate for prevention. Through education programs and community engagement, we’re building a smoke-free future. Every step we take toward prevention is a step toward a healthier, thriving community.”*





# Empowering our communities:

## Understanding lung cancer empowerment and resilience



### Uncle Jack, 60, Male - Elder and former smoker:

*"I smoked for years, but with the support of our community's elders and the wisdom of our healing practices, I quit for good. It's never too late to make a change, and now, as an elder, I'm here to guide and support others on their journey to better health."*

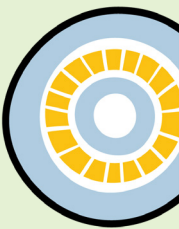


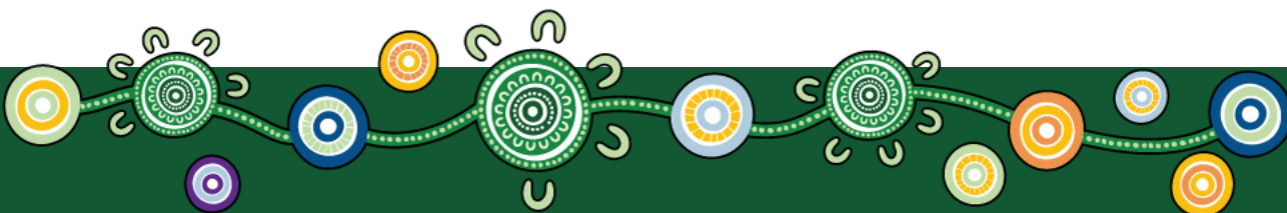
### Sophie, 38, Female - Dedicated health worker:

*"As an Aboriginal Health Worker, I've witnessed the positive impact of integrating traditional healing practices into modern healthcare. We're creating a bridge between the two worlds, ensuring our people receive culturally competent care. It's inspiring to see the improvements in the health and wellbeing of our community."*

### Tommy, 50, Male - Community organiser for smoke-free spaces:

*"I've been part of the movement to create smoke-free spaces in our community. Working with leaders, health professionals, and passionate individuals, we've transformed our environment. It's amazing to see the change and know we're actively preventing lung cancer, preserving our culture, and fostering a healthier future."*





LUNG CANCER PREVENTION

# SUPPORT RESOURCES FOR INDIGENOUS COMMUNITIES:

LOCAL HEALTHCARE PROVIDERS  
CHECK WITH YOUR CLINIC WHO ELSE YOU COULD BE GOING TO SEE



## Lung Foundation Australia

Support anyone with a lung condition and can refer you to support services.

## Aboriginal and Torres Strait Islander Health Organisations



## Cancer Council Australia

## Community Health Centres

Work with your clinic to  
create a list of these  
Cancer Support Groups.



## Social and emotional wellbeing services

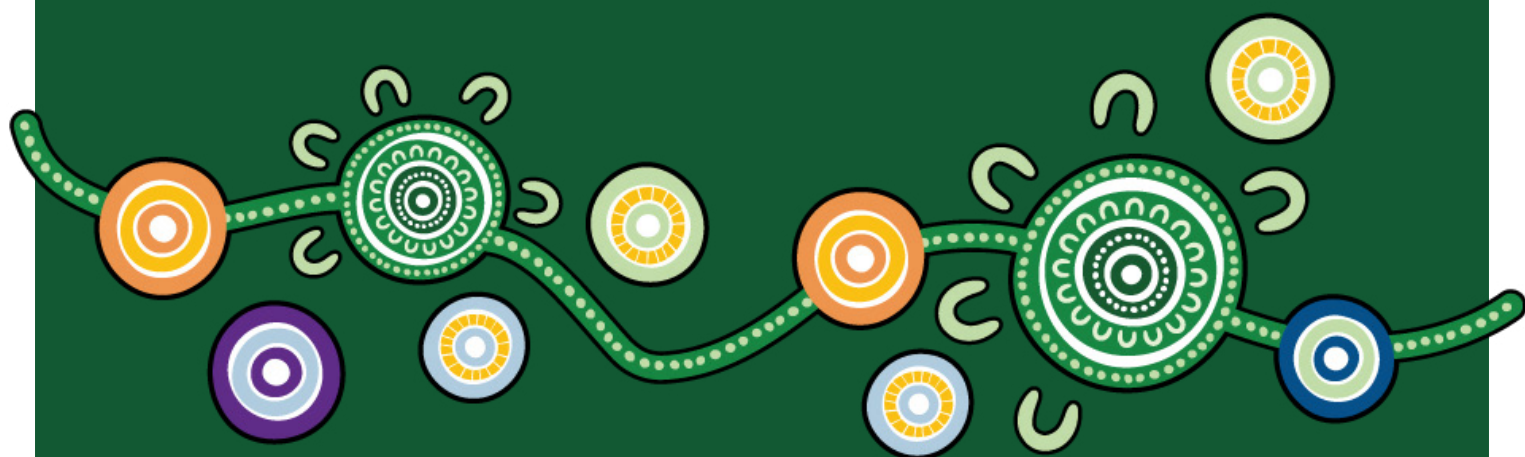
## Government assistance programs



## Telehealth services

## Cancer helplines





**Lung  
Foundation  
Australia**

**[lungfoundation.com.au](http://lungfoundation.com.au)**

Free call 1800 654 301  
[enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)