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The Next Generation Youth Wellbeing Study (Next Gen)

NEXT GENERATION YOUTH HEALTH AND WELLBEING STUDY

Katiska Davis IMICH 2025



ACKNOWLEDGEMENT OF COUNTRY

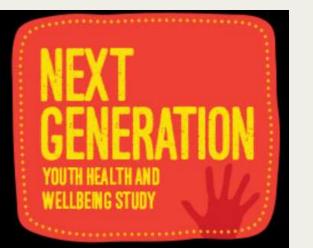
I WOULD LIKE TO ACKNOWLEDGE THAT WE ARE GATHERING ON TREATY 1 TERRITORY, THE TRADITIONAL TERRITORY OF THE ANISHINAABE, CREE, OJI-CREE, DAKOTA AND DENE PEOPLES, AND THE HOMELAND OF THE MÉTIS PEOPLE.





AGENDA

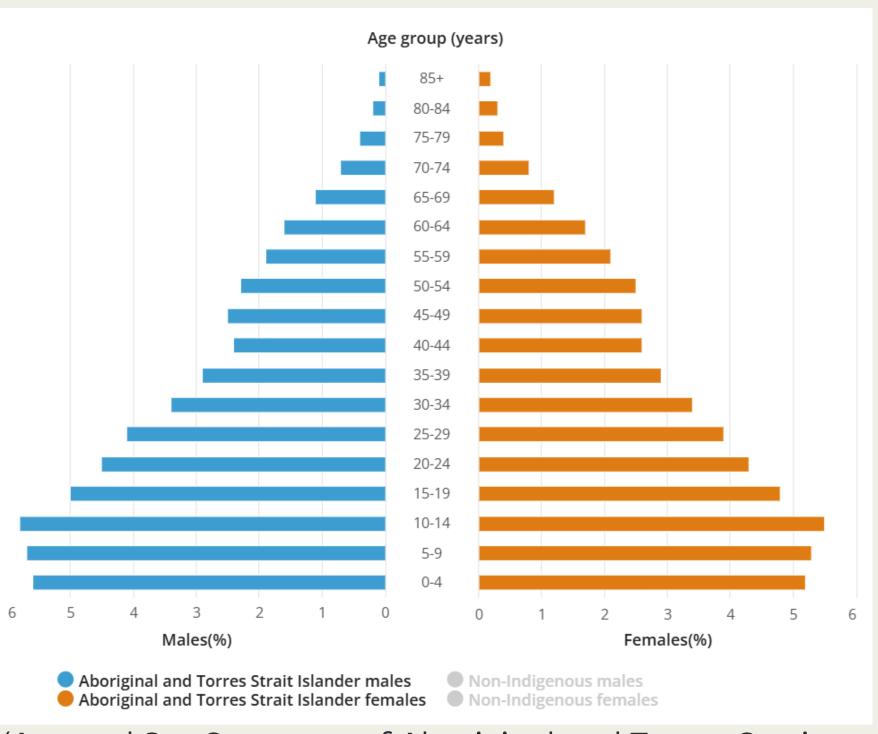
- Context What's going on for young Aboriginal people in Australia?
- The Next Gen project
- Noongar country and community
- Results of Next Gen
- Role of Youth Peer Recruiter
- Supporting Youth





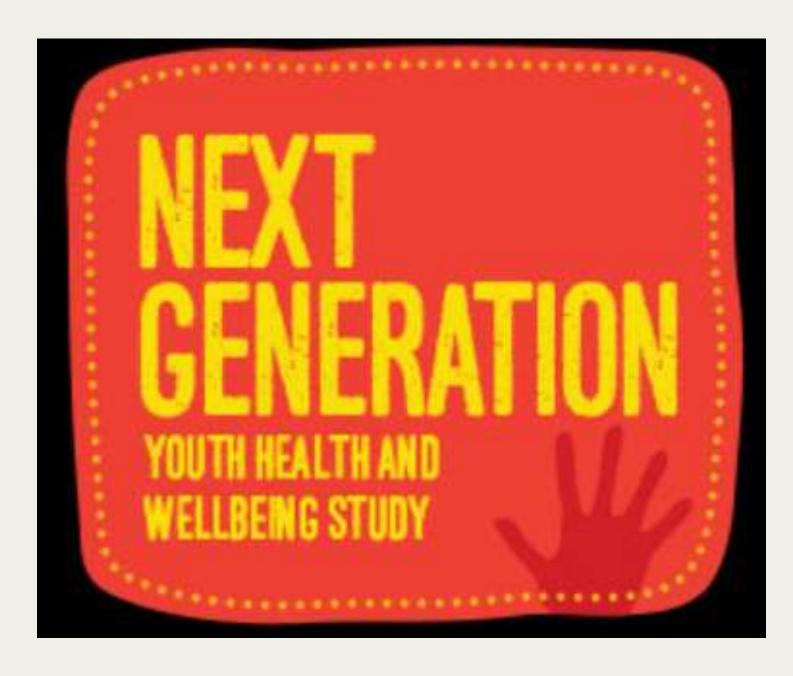
ADOLESCENCE

- Important developmental life-phase:
- Biological changes of puberty
- Social role changes
- Cognitive & emotional development
- Economic participation
- Health behaviours established
- 29.9% are young people aged 10-24 years[1]
- Health outcomes and behaviours become the foundation for adult health



(Age and Sex Structure of Aboriginal and Torres Strait Islander population, 2021) [1]

ABOUT NEXT GEN



- Longtitudinal cohort study
- Aboriginal led by Professor Sandra Eades
- Guided by community
- Research that benefits community
- Capacity building
- Study aims to understand contributing factors to Aboriginal youth wellbeing and inform the development of health + social policy

MELBOURNE

DATA COLLECTION





• Hip & waist



Weight





Health check

• Blood pressure







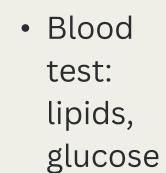
Surveys:

1. Youth Survey **10-15**

2. Youth Survey **16-24**

3.Parent/Carer Survey







COMMUNITY ENGAGEMENT



- Noongar Country (South-West Western Australia)
- Partnerships with Aboriginal Community
 Controlled Organisations (ACCOs)
- Working alongside networks through community to orientate team
- Flexibility & local people involved

RESULTS OF NEXT GEN

Healthy Body Weight (%)

46% females | 50% males 53% 10-15 yrs | 40% 16-24 yrs

Adequate Physical Activity (%)

49% females | 59% males 60% 10-15 yrs | 44% 16-24 yrs

Followed recommended Diet (%)

Fruit

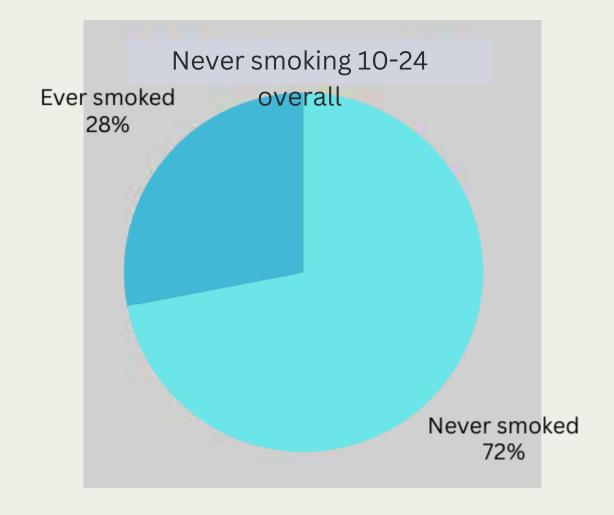
76% females | 72% males 81% 10-15 yrs | 65% 16-24 yrs

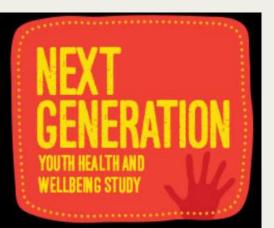
Veg

15% females | 12% males 11% 10-15 yrs | 18% 16-24 yrs

Both Veg + Fruit

12% females | 11% males 9% 10-15 yrs | 15% 16-24 yrs







RESULTS OF NEXT GEN

Increasing awareness of sexually transmitted infections (STI) testing and addressing stigma may improve STI testing in Aboriginal and Torres Strait Islander youth: Evidence from the Next Generation Youth Wellbeing Study

Tabassum Rahman, 100 Fabian Yuh Shiong Kong, Robyn Williams, Katiska Davis, Justine Whitby, Francine Eades, Simon Graham, O Grace Joshy, Sandra Eades

RESEARCH ARTICLE

Hisalth Promotion Journal of Australia



WILEY

Relationships between social determinants of health and healthy body composition among Aboriginal and Torres Strait Islander youth in the Next Generation: Youth Well-being study

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Christopher D. McKay<sup>1</sup> | Lina Gubhaju<sup>1</sup> | Alison J. Gibberd<sup>1</sup> |
Bridgette J. McNamara<sup>1</sup> | Rona Macniven<sup>2</sup> | Grace Joshy<sup>3</sup> |
Aryati Yashadhana<sup>2,4</sup> | Ted Fields<sup>2,4</sup> | Robyn Williams<sup>5</sup> | Robert Roseby<sup>6,7</sup> |
Peter Azzopardi<sup>8,9</sup> | Emily Banks<sup>3</sup> | Sandra J. Eades<sup>1</sup>
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Developing the "Moorditj Moort Boodja (Solid Family and Country) on the ground community relational framework for Aboriginal research engagement" in Western Australia: The Next Generation Aboriginal Youth Well-being Cohort Study

Robyn Williams (Noongar) [b] ¹, Francine Eades (Noongar) ¹, Justine Whitby (Noongar Yamatji) ¹, Katiska Davis (Noongar) ¹, Christopher McKay (Wiradjuri) [b] ², Lina Gubhaju ², and Sandra Eades (Noongar) ²





Article

Social and Behavioural Correlates of High Physical Activity Levels among Aboriginal Adolescent Participants of the Next Generation: Youth Wellbeing Study

Rona Macniven ^{1,*}, Christopher D. McKay ², Simon Graham ³, Lina Gubhaju ², Robyn Williams ⁴, Anna Williamson ¹, Grace Joshy ⁵, John Robert Evans ⁶, Robert Roseby ^{7,8}, Bobby Porykali ⁹, Arvati Yashadhana ^{1,10}, Rebecca Ivers ¹ and Sandra Eades ²



Contents lists available at ScienceDirect

International Journal of Drug Policy

journal homepage: www.elsevier.com/locate/drugpo

Research paper

Young Aboriginal people in Australia who have never used marijuana in the 'Next Generation Youth Well-being study': A strengths-based approach

Simon Graham **, Christina L. Heris *, Lina Gubhaju *, Francine Eades *, Robyn Williams *, Katiska Davis *, Justine Whitby *, Kerry Hunt *, Neeraja Chimote *, Sandra J Eades *

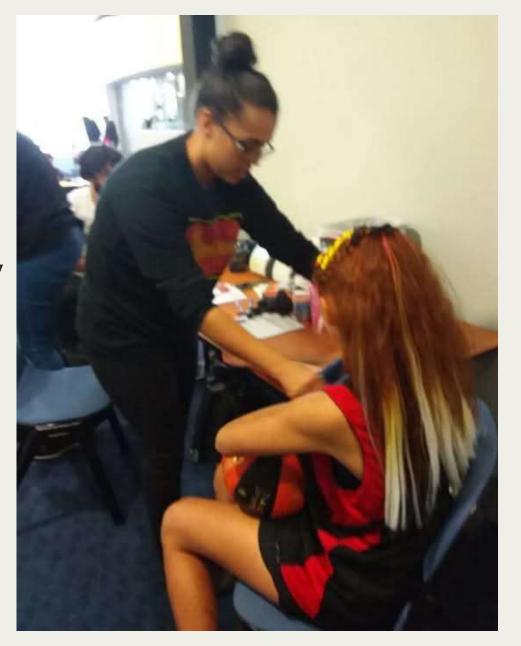
Health behaviours associated with healthy body composition among Aboriginal adolescents in Australia in the 'Next Generation: Youth Well-being study'

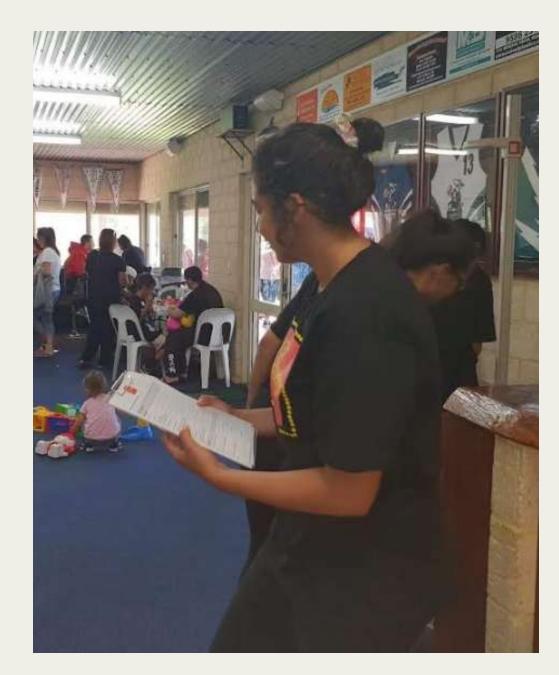
Christopher D. McKay **, Lina Gubhaju *, Alison J. Gibberd *, Bridgette J. McNamara *, Rona Macniven *, Grace Joshy *, Robert Roseby *, Robyn Williams *, Aryati Yashadhana *, Ted Fields *, Bobby Porykali *, Peter Azzopardi *, Emily Banks *, Sandra J. Eades *



ROLE OF THE YOUTH PEER RECRUITER

- Connect with young people,
 Parents/Carers, Elders and wider
 community
- Engage with own networks in community
- Provide feedback on project on behalf of community members









HOW DID NEXT GEN SUPPORT YOUTH?

 Recognised power imbalances, and created strategies to address them

Two way learning; between community, youth recruiters and

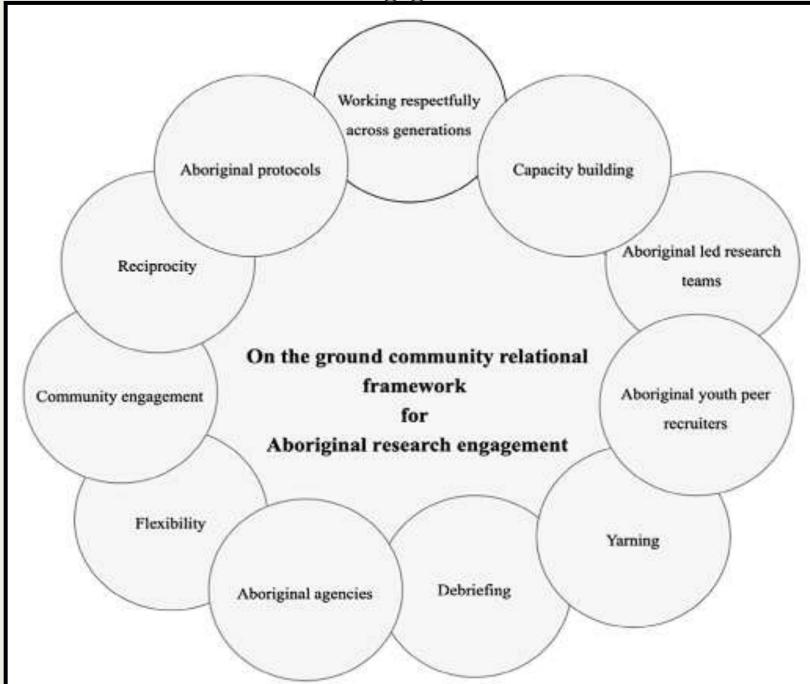
senior staff

- Working at the pace of Youth recruiters
- Provided relevant training and mentoring
- Worked to team member's individual strengths

Investing in our Youth results in strong communities



(Community relational framework for Aboriginal research engagement) [4]



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- JODI LENNOX

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- 1. <a href="https://www.abs.gov.au/statistics/people/aboriginal-and-torres-strait-islander-peoples/estimates-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-torres-aboriginal-and-
- 2. Study Protocol: Gubhaju et al. (2019), BMJ Open, 9(3), e028734
- 3. https://www.wa.gov.au/system/files/2023-11/swsagremeentswithnoongaregionalcorporationsareas.pdf
- 4. https://journals.sagepub.com/doi/epub/10.1177/11771801241235407

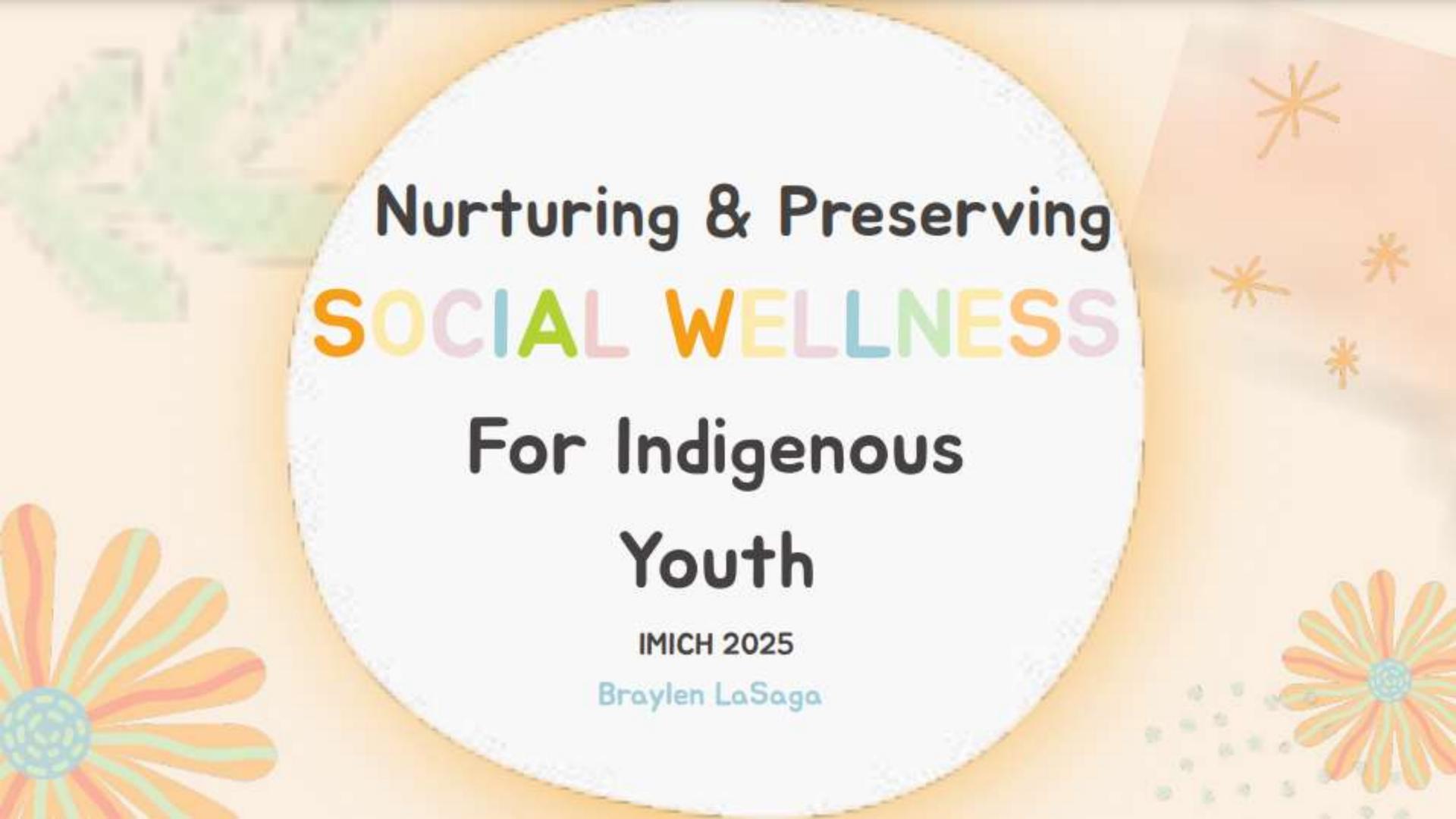
THANK YOU

BOORDAWAN



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What Does 'Social Wellness' Mean?



"Social wellness refers to developing a sense of connection, belonging... it involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you."

(NNVA)

Key aspects for Indigenous youth: community connection, relationships, identity

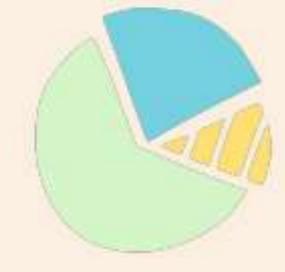
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MANANAMAN A

The "Health Triangle" - the balance of mental, physical and social health (WHO - World Health Organization)



Aging Population and Youth Leaving



Social Isolation

for younger age groups

Affected Health

mental/physical

A Surplus

lots of elders and knowledge

A Lack

limited youth to pass this knowledge onto

Diminished Community Leadership

youth leaving communities

Fear of 'Loss'

teachings/traditions/language





Mentorship

& Leadership Pathways

Elder/Youth

- Pairing youth & Elders
- Transferrable knowledge
- Cultural guidance

Professional Networks

Connecting
 with
 Indigenous
 leaders and
 professionals

Leadership Training

- Training with leadership tools
- Policy-making
- Public Speaking
- Proposal writing

Building Social

Supports

Regular youth programs

Online youth networks

Outside of community; having
 Individuals in fields that can connect
 and support youth





Local Careers

- Investing in creation of jobs locally
- Keeping essential skills in communities

Entrepreneurship

 Supporting youth led businesses

Technology

- Vitalizing digital literacy
- Partnering with companies for remote opportunities

How You Can Foster

This

Mentorship

- Outreach within your field
- Specified positions for Indigenous peoples
- implementation of Indigenized living, holistic health

Programs

 Invest, fund, or aid in the creation of social
 programs for youth

Opportunities

- Indigenous-led healthcare training
- Having your company/buissness extend roles within Indigenous communities

References

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Health Organization, www.
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Wela'lioq!

