

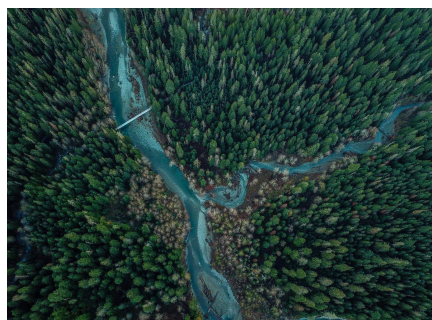
# Healthy Country Healthy People

## Context

Indigenous Peoples across the world are disproportionately impacted by lifestyle diseases, including heart disease and diabetes. Long term studies in Australia show that Indigenous Peoples that are actively participating in Environmental Management & Stewardship (EMS) programs are less likely to suffer from lifestyle diseases than those who are not participating. EMS programs can create Healthy Country and Healthy People.

## Key Elements

- A. Many Indigenous Peoples have had their access to lands and traditional foods interrupted by colonization - together these mean that Indigenous Peoples have had difficulty in acting as stewards of their lands, and there is an increased reliance on processed foods. Because of this the health of country and health of people has been in decline.
- B. Environmental Management & Stewardship (EMS) projects offer funding for Indigenous Peoples to actively steward their lands. These programs mean Indigenous Peoples are active on their lands and can supplement their diets with traditional foods. People also have regular employment, a purpose, and income. These benefits add up to healthier lifestyles, which studies show reduces the incidence of obesity and chronic lifestyle diseases.
- C. EMS programs are empowering. Healthier people can be stronger stewards of their lands. This creates a positive cycle of healthy country and healthy people, which is the foundation of resilience.



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