

## WHAT WE ARE DOING NOW

Continue to share findings with communities, services and policy makers

Writing and publishing articles about the findings

Giving presentations at conferences and workshops

Advocating for changes to policy and services to improve outcomes for Aboriginal families based on what women told us.

Consulting with South Australian Aboriginal communities about the next stage of the study.

## WHAT'S HAPPENING NEXT

We are planning a series of community forums to share the findings and talk about the next stage of the study.

Later in the year, we will be asking women and children to take part in some activities to test out questionnaires and activities for the children that we plan to use in the next stage of the study.

If you are interested in attending a forum or finding out more about the study, please check out our website or give Donna, Roxanne or Stephanie a call.

For further information about the Aboriginal Families Study, please contact:

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[www.mcri.edu.au/aboriginalfamiliesstudy](http://www.mcri.edu.au/aboriginalfamiliesstudy)

# Aboriginal families STUDY

staying strong together

healthy mothers, babies and families

everybody's business

## COMMUNITY NEWSLETTER # 6 MARCH 2016

The Aboriginal Families Study is a research study that invited women to talk about pregnancy and birthing care, and the support that they had after their baby was born.

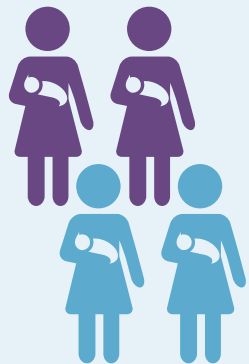
We are continuing to share findings with communities, services and policy makers. This year we are also consulting with communities about the next stage of the study. We will be following families up again when the children are starting school.

## WHY ARE BABIES BORN UNDER-WEIGHT OR TOO SOON?

There are lots of things that may result in babies being born small. Some of these are well known, such as smoking and drinking alcohol during pregnancy, or not having enough healthy food.

From what women told us, we could see some other factors that may result in babies not being a healthy weight when they are born.

1 in 4 women who experienced multiple social health issues during pregnancy had babies that were underweight



2 in 4 mothers that used cannabis had babies that were born early or underweight

Babies born early or too small are more likely to develop chronic conditions like diabetes and high blood pressure at an earlier age than babies born in the normal weight range.

## IMPROVING THE HEALTH OF ABORIGINAL BABIES

everyone, doctors, AMIC, midwives - all cared about me and my baby  
 they explained everything really well and listened to what I wanted  
 I was offered transport for every appointment  
 people and places

### Things that women found helpful ...

- Home visits with midwives, AMIC workers, and CaFHs nurses
- Transport to get to services
- Services that made them feel welcome
- Aboriginal women caring for Aboriginal women

“People asked me what was happening in my life, got a lot of things out, made me stress less.”