The First 1000 Days:
Building wellbeing outcomes
for families and communities
from conception to age 2

Professor Kerry Arabena
Director, Indigenous Health Equity Unit
Centre for Health Equity
Melbourne School of Population & Global Health

The 1,000 days between a woman’s pregnancy and her child’s 2nd birthday offer a unique window of opportunity to shape healthier and more prosperous futures. The First 1,000 Days program aims to reduce vulnerabilities for Aboriginal and Torres Strait Islander children and their families and promote the development of a competent workforce across different jurisdictions nationally and internationally. This is locally relevant and nationally significant research, capable of influencing Australian and international agendas in Indigenous health and wellbeing.

Professor Kerry Arabena has a Doctorate in Human Ecology and an extensive background in public health, administration, community development and research. Her work has made significant contributions across many states and territories in areas such as gender issues, social justice, human rights, access and equity, service provision, harm minimisation, and citizenship rights and responsibilities. Kerry is a descendant of the Meriam people of the Torres Strait and current Chair for Indigenous Health and Director of the Indigenous Health Equity Unit at The University of Melbourne.