Associations between psychological distress and diet among older Aboriginal and Torres Strait Islander adults in the New South Wales 45 and Up Study

Dr Christopher Lawrence
Lecturer/Research Fellow
Indigenous Health Equity Unit
Centre for Health Equity
Melbourne School of Population and Global Health

Dr Lawrence’s presentation will describe the association between psychological distress and dietary patterns among Aboriginal and Torres Strait Islander participants in the New South Wales 45 and Up Study. National population health surveys about psychological distress and diet among Aboriginal and Torres Strait Islander Australians report that these groups are twice more likely than other Australians to experience very high levels of psychological distress, poorer diets and a heavy burden of chronic disease. This study is a chapter in his PhD.

Dr Chris Lawrence, a Noongar from Perth, has a Masters in Applied Epidemiology from ANU and has been previously recognised with an Australian-American Fulbright Scholarship. Dr Lawrence completed his PhD through The George Institute for Global Health and the Faculty of Medicine (School of Public Health) at the University of Sydney through a NHMRC Capacity Building Grant. His PhD is titled; Influences on food and lifestyle choices for Aboriginal and Torres Strait Islander Australians’ an Aboriginal perspective.

Wednesday 14 October 2015
12.30 - 1.30 pm, Seminar Room 515
Melbourne School of Population and Global Health
Level 5, 207 Bouverie Street, Carlton

ALL WELCOME