

A website that supports Mob to make healthy choices

Deadly Choices is a website to support healthy lifestyles for First Nations people across Australia.

The program helps people learn how to stay healthy and make good choices.

The website has information about:

- healthy eating
- being active
- quitting smoking and vaping
- getting a 715 health check every year, to check for illness and chronic health problems.

The website respects culture and focuses on people's strengths.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Deadly Choices

Deadly Choices is Australia's leading Aboriginal and Torres Strait Islander preventative health program.

- [Visit](#)