

More than Medicine': a work in progress

Cynthia Porter, Midwest GP Network, Curtin University, Geraldton Regional Aboriginal Medical Service, Combined University Centre for Rural Health, Robynne Snell, APD Co-ordinator Postgraduate Diploma in Dietetics, **Tony Dodd**, **Debbie Woods**, Geraldton Regional Aboriginal Medical Service, **Robynne Snell**, School of Public Health, Curtin University of Technology

Linkages and networking between Curtin University of Technology and Geraldton Regional Medical Service (GRAMS) has allowed resource development otherwise unachievable.

Health workers had 'great ideas' but without skills, time and knowing where to start, their dreams for nutrition resources and health promotion programs never got going. Placements for postgraduate dietetic students provided health workers with the expertise, knowledge and people resources to produce packages, such as the 'More than Medicine' men's health program. This nutrition program was produced as a 'train the trainer' program. The cultural security, local content and delivery method was supplied by the health workers, and the nutrition information and final product by the dietetic students.

Students provided health workers with a structure and training to deliver healthy eating messages targeting diabetes and chronic disease. The program can be run by health workers at regional prisons, bush camps and local GRAMS premises. Men attending can ask questions of male health workers that will not embarrass them; the car engine is used to simulate the body and how to keep good health with healthy lifestyle; and it is not individual counselling allowing yarning to be a key feature.

This model for structure became a starting point for future packages and has been adapted to a women's health program. The student's work stimulated health worker discussion and health workers identified more resources they needed. The process of informal meetings, listening and yarning between students and health workers means the end product has been inexpensive.

Using resources developed by students created a positive environment for health workers with resources previously not achievable being produced on a limited budget. Strong links between Curtin University and GRAMS are creating excellent nutrition resources, and an established process exists for future dreams and needs.