



Australian Government

Department of Health and Ageing



Healthy, Deadly and Strong

CLOSING THE GAP: INDIGENOUS CHRONIC DISEASE PACKAGE

HEALTHY
LIFESTYLE
WORKER

**RESOURCE
PACK** GUIDE

The *Healthy, Deadly and Strong, Healthy Lifestyle Worker Resource Pack Guide* was produced by the Australian Indigenous Health/InfoNet with funding from the Australian Government Department of Health and Ageing under the Closing the Gap in Indigenous Health Outcomes Initiative.



Australian Indigenous Health/InfoNet

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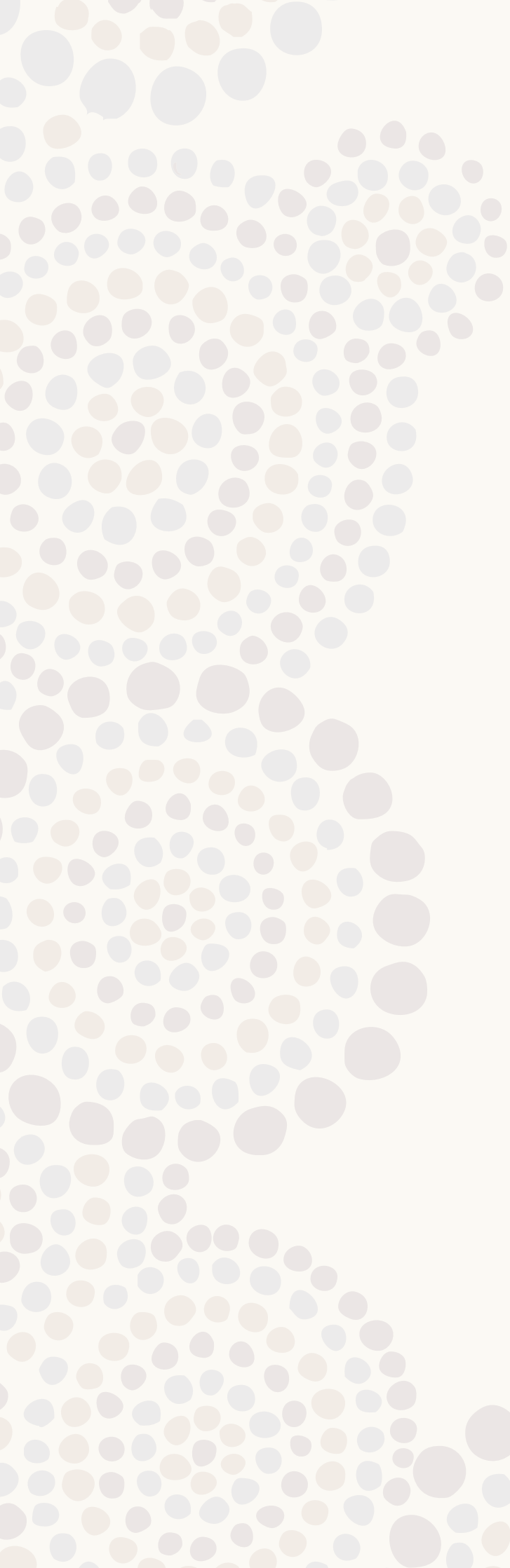
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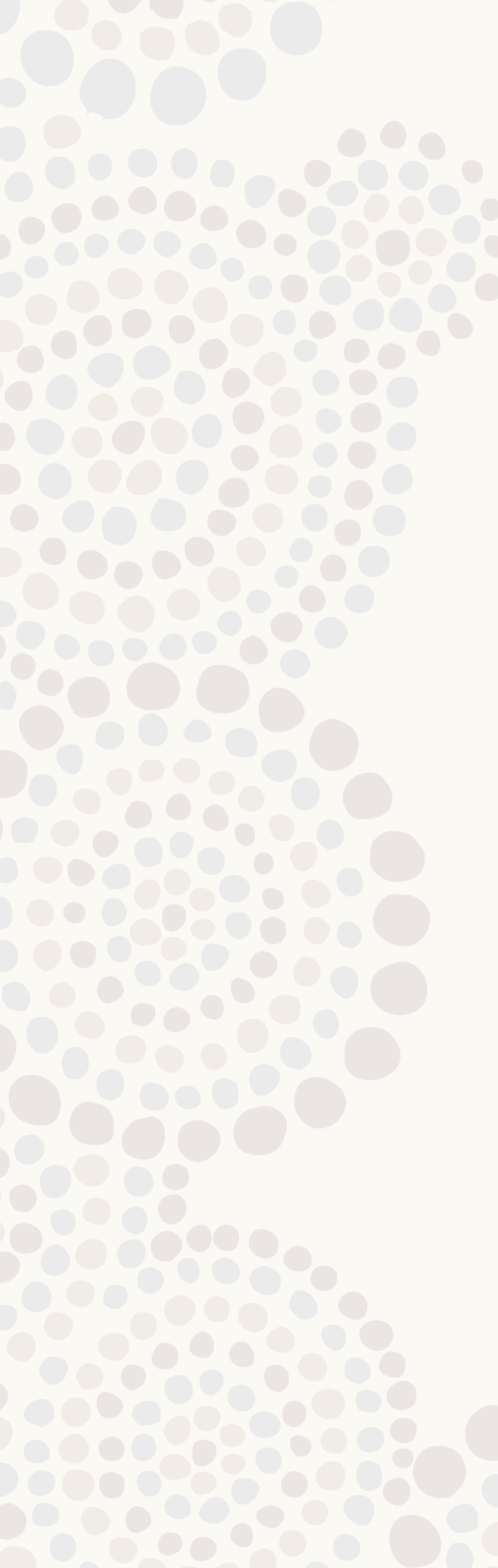
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Introduction

About the *Healthy, Deadly and Strong, Healthy Lifestyle Worker Resource Pack Guide*

The *Healthy, Deadly and Strong, Healthy Lifestyle Worker Resource Pack Guide* (the *Guide*) provides information about the *Healthy, Deadly and Strong, Healthy Lifestyle Worker Resource Pack* (the *Resource Pack*).

The *Resource Pack* contains a selection of health promotion resources that have been produced by a range of organisations. These can be used in your work as a Healthy Lifestyle Worker. The resources include books, flipcharts, DVDs, posters, brochures, and more.

The resources have been approved by people who have knowledge of chronic disease in Indigenous populations.

How to use the *Healthy, deadly and strong, Healthy Lifestyle Worker resource pack guide*

This *Guide* contains information on every resource in the *Resource Pack*. The resources are grouped together in sections according to their topics, for example nutrition or diabetes. Some resources contain information relating to more than one topic and will therefore be included in more than one section.

The information about the resources will include:

- the type of resource - whether it is a DVD, booklet or brochure
- the subjects (topics) the resource is about, such as nutrition or diabetes
- a short description of what the resource is about
- when to use the resource - suggestions of who this resource is suitable for, for example, pregnant women, and/or in what situations this

resource could be used

- the producer - who has produced, created and/or published the resource
- information about where to order copies of this resource – a phone number and/or website address.

The resource topics will be shown using a symbol on the page. If a resource relates to more than one topic there will be more than one symbol highlighted. The symbols are:

- | | |
|-----------------------------|------------------------|
| N Nutrition | D Diabetes |
| PA Physical activity | K Kidney health |
| A Alcohol | H Heart health |
| S Smoking | |

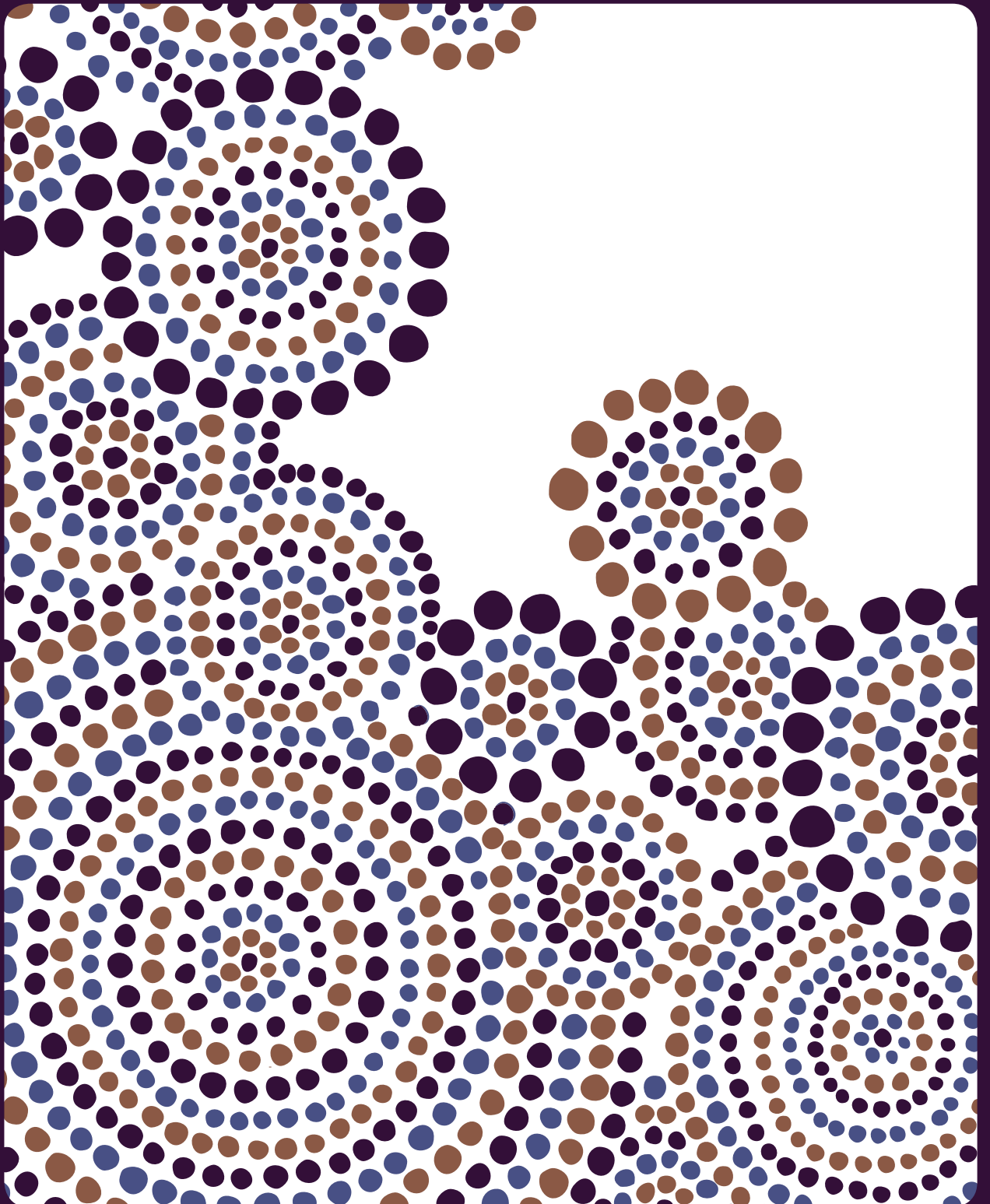
How to use the resources in the *Healthy, Deadly and Strong Healthy Lifestyle Worker Resource Pack*

These resources may be used in a number of different ways.

You can:

- use one or some of the resources when talking with people and communities
- use these resources as a starting point to give you an idea of what is available, and then identify and source other resources that suit your needs more closely
- use the resources for ideas from which to create your own resources
- use the resources to provide you with more information about chronic diseases and their risk factors.

Nutrition



Food for health: dietary guidelines for children and adolescents (2003)

Type: Brochure

Description:

This brochure is designed to be an easy reference outlining the basic dietary guidelines for children and adolescents in Australia. It contains the key messages from the 2003 *Dietary guidelines for children and adolescents in Australia incorporating the infant feeding guidelines for health workers* report, and also includes the *Australian guide to healthy eating* (a guide for daily food choices), recommended numbers of serves and descriptions of serving sizes.

When to use this resource:

This easy to read resource could be provided to parents to help them understand the needs of their children. The resource could also be provided to adolescents to help them develop their own good eating habits.

This is not an Indigenous specific resource.



Producer:

National Health and Medical Research Council,
Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

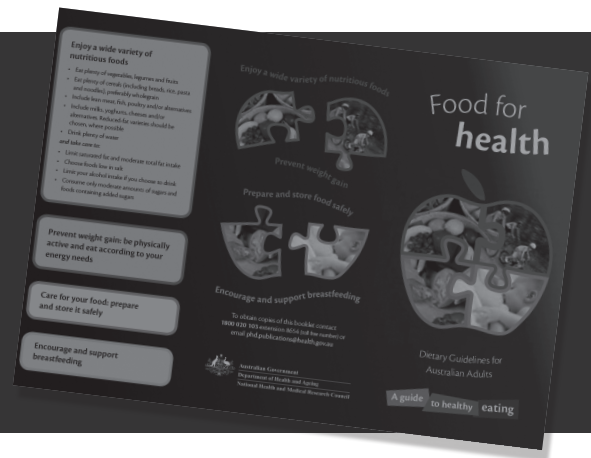
Freecall: 1800 020 103

View website:

National Health and Medical Research Council

<http://www.nhmrc.gov.au>

Food for health: dietary guidelines for Australian adults (2003)



Type: Brochure

Description:

This brochure outlines the groups of foods and lifestyle patterns that promote good nutrition and health.

It contains the key messages from the 2003 *Dietary guidelines for Australian adults* report, and also includes the *Australian guide to healthy eating* (a guide for daily food choices), recommended numbers of serves, and descriptions of serving sizes.

When to use this resource:

This brochure is designed to be a easy reference for consumers. It can provide useful background information for someone learning about this topic. It can also be used by consumers who want to learn more about how to be healthy.

This is not an Indigenous specific resource.

Producer:

National Health and Medical Research Council,
Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Freecall: 1800 020 103

View website:

National Health and Medical Research Council

<http://www.nhmrc.gov.au>

Breastfeeding: good for baby, good for mum

(2008)

Type: Brochure

Description:

This resource is part of the *Growing strong: feeding you and your baby* set of resources from Queensland Health. It provides information on the benefits of breastfeeding for Indigenous mothers. It is easy to read with simple and colourful illustrations. Topics covered include:

- key benefits of breastfeeding
- breastfeeding your newborn
- how do you know if your baby is having enough breastmilk?
- growth spurts
- working and breastfeeding

When to use this resource:

This resource would be useful for health staff when they talk with Aboriginal and Torres Strait Islander families about breastfeeding. It provides valuable information for women who have an infant and those who are pregnant or who are planning to become pregnant.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health
<http://www.health.qld.gov.au/ph>

Start at the beginning - children are our future - breastfeed (no date)



Type: Poster

Description:

The poster shows an Indigenous woman breastfeeding her baby with the caption - 'Start at the beginning - children are our future - breastfeed'. This is a strong image which conveys how important breast feeding is, in a simple and clear way

When to use this resource:

This resource is aimed at pregnant women however it would be also suited to women who are thinking of becoming pregnant. The poster could be displayed in a community centre or at a workshop. It could be used to highlight a discussion about breastfeeding or sessions about child health.

Producer:

SA Health, Centre for Health Promotion, Adelaide

To order copies of this resource

SA Health

Centre for Health Promotion

Ph: (08) 8161 7777

View website:

Centre for Health Promotion

<http://www.chdf.org.au>

Healthy foods for children aged 1 - 4 years

(2009)



Type: Booklet

Description:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mothers, babies and young children.

It aims to provide parents, families and friends with suggestions on providing children with healthy foods and eating habits. It includes information on:

- feeding small children
- some foods are not good for children
- children may refuse to eat
- trying new foods
- fussy eating
- things to avoid
- look after your child's teeth

When to use this resource:

This resource would be useful for health staff when they talk with Aboriginal and Torres Strait Islander families about nutrition for young children. It provides valuable information for women who have a young child and other family members or friends who are involved in the care of that child.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>

Healthy drinks for children aged 1 - 4 years

(2009)

Type: Brochure

Description:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mothers, babies and young children.

This brochure mentions what drinks are good for children (water and milk) and what drinks are not good (including sugary drinks, tea and coffee). It also includes information on how to look after your child's teeth.

When to use this resource:

This resource would be useful for health staff when they talk with Aboriginal and Torres Strait Islander families about nutrition for young children. It provides valuable information for women who have a young child and other family members or friends who are involved in the care of that child.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

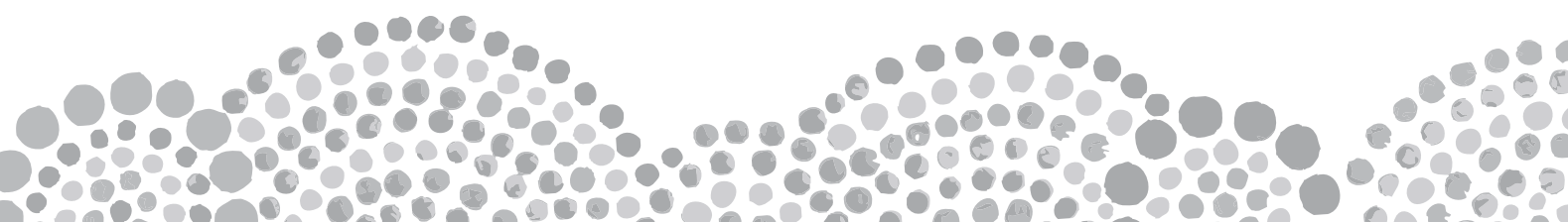
If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>



Overweight children (2009)

Type: Brochure

Description:

This colourful and clearly presented brochure focuses on overweight children and the ways parents and carers can help to manage and/or prevent this health problem. It covers topics including:

- breastfeeding
- formula feeding
- healthy foods and drinks
- unhealthy foods and drinks
- being active
- growth checks with health workers or nurses
- steps to take if your child is overweight

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for babies and growing children to prevent weight and obesity health problems.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>

Kukumbat gudwan daga: really cooking good food

(2009)



Type: Book

Description:

Kukumbat gudwan daga: really cooking good food is a cookbook of up to 100 healthy recipes for feeding ten or more people. The recipes are diverse, including traditional recipes such as kangaroo tail stew and introduced favourites such as spaghetti. Created by women from the women's centres of Manyallaluk, Gulin Gulin and Wugularr in conjunction with a chef and a nutritionist from the Fred Hollows Foundation, the cookbook uses local ingredients and provides step by step photographs. The recipes all give ingredients for cooking meals for 10 people, 30 people, 50 people or 100 people, meaning the user does not need to calculate ingredient amounts as is usually the case with regular cookbooks.

When to use this resource:

The special feature of this cookbook, giving ingredient requirements for 10 people, 30 people, 50 people or 100 people, simplifies the process of cooking for large numbers. The cookbook can be used by health workers who wish to demonstrate to groups, both large and small. It can also be used by anyone who is regularly challenged by trying to create healthy meals for large groups.

Producer:

Women's centres of Manyallaluk Gulin Gulin and Wugularr, Fred Hollows Foundation, Batchelor Press, Batchelor, NT

To order copies of this resource

Batchelor Press

Ph: (08) 8939 7352

Online store: <http://batchelorpress.com/books/kukumbat-gudwan-daga>

View website:

Fred Hollows Foundation

<http://www.hollows.org.au>

Deadly tucker

(2009)

Type: Book

Description:

This cookbook is a selection of recipes that were created as part of the *FOODcents for Aboriginal and Torres Strait Islander people in WA* program.

The *Deadly Tucker* cookbook is printed in colour with step-by-step photographs for each recipe, including ingredients and equipment needed. Recipes include a selection of soups, main dishes, salads, vegetables and desserts. All recipes have a rating for suitability for people with diabetes.

When to use this resource:

The cookbook is a handy resource for doing cooking demonstrations, as well as for individuals to take home and try the recipes for themselves. The simplicity of the design and of the recipes make it a good resource for people at all levels of cooking ability.

Producer:

Department of Health, Western Australia

To order copies of this resource

Government of Western Australia

North Metropolitan Public Health Unit

Ph: (08) 9380 7758

Online order form: http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf

View website:

Department of Health, Western Australia

<http://www.health.wa.gov.au>

Tucker talk tips: healthy eating and physical activity tip sheets (2010)



Type: Factsheets

Description:

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO), peak body for the community controlled sector in that state, and the Victorian Government, have collaboratively developed a series of 12 culturally appropriate physical activity and healthy eating factsheets:

- Feeding your baby
- Fuelling up for sport
- Getting active
- Good food for Elders
- Healthy drinking guidelines
- Healthy eating during pregnancy
- Healthy eating guidelines
- Healthy eating on a budget
- Healthy weight
- Healthy, active Koori kids
- Reading food labels
- Tucker for your ticker

Producer:

When to use this resource:

The resource is intended for people in the Victorian Indigenous community and designed to be distributed by Aboriginal Health Workers, other health professionals and Indigenous organisations. The factsheets can be used to generate discussions on healthy eating and exercise with clients, in private consultation or in group settings.

Victorian Aboriginal Community Controlled Health Organisation, Go for your life, Victorian Aboriginal Community Controlled Health Organisation, Melbourne

To order copies of this resource

VACCHO

Ph: (03) 9419 3350

Fax: (03) 9417 3871

Email: enquiries@vaccho.com.au

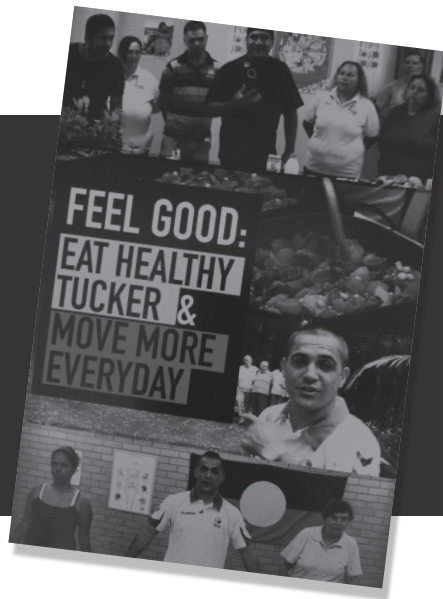
View website:

Victorian Aboriginal Community Controlled Health Organisation

<http://www.vaccho.org.au/>

Feel good: eat healthy tucker & move more everyday

(2010)



Type: Audiovisual

Description:

The Aboriginal Health and Medical Research Council of NSW (AH&MRC) and the Australian Diabetes Council (ADC) in consultation with the Aboriginal Community Controlled Health Services in NSW have developed a DVD called *Feel good: eat healthy tucker and move more everyday*.

The DVD provides tips for Aboriginal communities on eating healthier and finding ways to move more everyday. It showcases healthy lifestyle programs that are currently running at two Aboriginal Community Controlled Health Services - Tharawal Aboriginal Medical Service (AMS) in Campbelltown and Galambila Aboriginal Health Service (AHS) in Coffs Harbour.

The first segment 'Feel good with healthy tucker' was filmed with participants of the community kitchen program at Tharawal AMS with celebrity chef Mark Olive. The second segment 'Move more everyday' was filmed with Australian futsal player Lachlan Wright and participants of the *Spring into shape program* at Galambila AHS.

Highlighting the participants' practical tips on eating healthier and how to become more active everyday on the DVD are positive steps towards achieving healthier lifestyles and preventing Type II diabetes for Aboriginal communities.

Each package includes:

- 1x DVD
- upper limb exercises A3 poster
- lower limb exercises A3 poster
- Mark Olive's 'Roo stew' recipe card

When to use this resource:

This DVD can be used to support new or existing healthy lifestyle group activities or can be shown in individual settings to increase awareness of the benefits of a healthy diet and physical activity and how it relates to the prevention and /or management of diabetes. It is a practical and valuable educational tool for all individuals, families and those who are at risk of developing diabetes.

Producer:

Aboriginal Health & Medical Research Council of New South Wales, Diabetes Australia - New South Wales, Sydney, NSW

To order copies of this resource

AH&MRC

Ph: (02) 9212 4777

Fax: (02) 9212 7211

Email: ahmrc@ahmrc.org.au

To order a free copy of the DVD resource please contact the AHMRC Chronic Disease Program Coordinator Amina Currimbhoy

Email: acurrimbhoy@ahmrc.org.au

View website:

Diabetes Australia

<http://www.australiandiabetescouncil.com>

Aboriginal and Torres Strait Islander guide to healthy eating: educator's resource (2005)



Type: Booklet

Description:

The *Aboriginal and Torres Strait Islander guide to healthy eating* is a scientifically based nutrition education resource that can help educate Aboriginal and Torres Strait Islander people about choosing a balanced and varied healthy diet.

This educator's resource is a tool to provide information about the *Aboriginal and Torres Strait Islander guide to healthy eating* such as the amounts and kind of food that people need to eat each day to be healthy.

The booklet shows how much food is required from each food group on a daily basis for good nutrition and health. It explains how healthy eating throughout life can help reduce the risk of chronic diseases such as type 2 diabetes, heart disease, cancer and obesity. The foods in the booklet are readily available at stores, and also include some local bushfood and seafood.

When to use this resource:

The educator's resource booklet has been designed to assist health professionals educate others about eating for good health. It can be used to provide background information to Health Workers and other health professionals about healthy eating; the five food groups, with examples of some of the foods that belong in these food groups, and a suggestion of how much each food group should contribute to a healthy diet. It can be used for individual, family or group activities.

Producer:

Northern Territory Government, Department of Health and Community Services, Darwin

To order copies of this resource

Nutrition and Physical Activity Program, NT

Ph: (08) 8985 8021

View website:

Northern Territory Government, Department of Health and Community Services

<http://www.health.nt.gov.au>

Aboriginal and Torres Strait Islander guide to healthy eating (2005)

Type: Poster

Description:

The *Aboriginal and Torres Strait Islander guide to healthy eating* poster has been adapted from the *Australian guide to healthy eating*. It shows, in pictures, the five food groups and the recommended proportions of each food group that should be eaten every day for good health. This version of the guide includes examples of some traditional Indigenous foods, such as kangaroo meat and damper.

When to use this resource:

This poster can be used to raise people's awareness of the five food groups and the Australian dietary guidelines. It could be displayed in a community area or at community events, workshops or talks on healthy lifestyles and healthy eating. The guide is also a useful tool for generating discussions about healthy eating.

Producer:

Northern Territory Government, Department of Health and Community Services, Darwin

To order copies of this resource

This resource is available in hardcopy only for people working in the Northern Territory.

To order copies of this resource:

Nutrition and Physical Activity Program

Northern Territory Government Department of Health

Ph: (08) 8999 2400

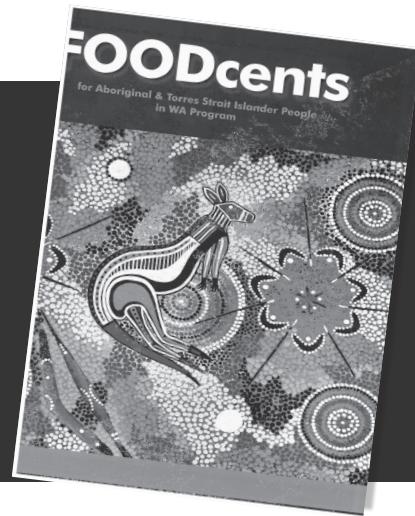
If you are not from the NT you can download copies of the resource from <http://digitallibrary.health.nt.gov.au/dspace/bitstream/10137/438/2/ATSIGTHE%20poster%2009%20A3.pdf>

View website:

Northern Territory Government, Department of Health and Community Services

<http://www.health.nt.gov.au/>

FOODcents for Aboriginal and Torres Strait Islander people (2005)



Type: Resource package

Description:

FOODcents is an education program that aims to help families save money on their groceries and to achieve a healthy diet at the same time.

The program is based on the simple fact that the foods that are healthiest are also generally the cheapest per kilo to buy - fruit and vegetables, wholegrains and cereals. Meat and processed foods actually cost more per kilo as do cakes, sweets and other 'snack' foods.

This resource package was created as part of the *FOODcents for Aboriginal and Torres Strait Islander people in WA program* which is an adaptation of the Health Department of WA's mainstream *FOODcents program*. It includes:

- an educational manual - a guide for people who wish to run a *FOODcents* program, containing ideas for sessions, activities to do in your sessions, and background information. Activities in the manual include 'healthy foods', 'healthy dollars' and 'cook-up'
- the *Deadly tucker cookbook* - recipes are easy to prepare and low in cost. The cookbook has colour step-by-step photographs, and lists of ingredients, cooking utensils and equipment needed

There is now also an online *FOODcents* advisor training program which consists of seven fun, easy to follow, interactive modules. The modules are designed for those without a nutrition qualification. They cover essential background information on nutrition and the *FOODcents* program.

When to use this resource:

The *FOODcents* program can be run as a one-off session, or as several sessions. Activities can be run for groups or individuals, and for existing groups who already meet regularly. Community *FOODcents* workshops can be designed to cover topics such as healthy eating, food budgeting, cooking and a supermarket tour.

The program can be run with a healthy eating, healthy weight and physical activity focus, which enables participants to learn how to make changes to the way they spend their food budget to achieve a healthy diet and lifestyle and to save money on their food bill.

Producer:

North Metropolitan Area Health Service, Perth

To order copies of this resource

Not available in hardcopy. Various resources can be downloaded from:

http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/AFC-Home.htm

Cookbook order form: http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf

View website:

FOODcents program
<http://www.foodcentsprogram.com.au>

Kick the gap: let's stay healthy!

(no date)

Type: Brochure

Description:

This brochure is about encouraging people to live a long, happy and healthy life. The expression 'Kick the Gap' is referring to closing the gap in life expectancy between Indigenous Australians and non-Indigenous Australians. The brochure is colourful and full of helpful and achievable suggestions including:

- exercise at least once a day
- have lots of friends
- eat healthy food
- drink lots of water
- don't take drugs, smoke or drink lots of alcohol

Producer:

National Aboriginal Community Controlled Health Organisation, Canberra

To order copies of this resource

National Aboriginal Community Controlled Health Organisation

Ph: (02) 6248 0644

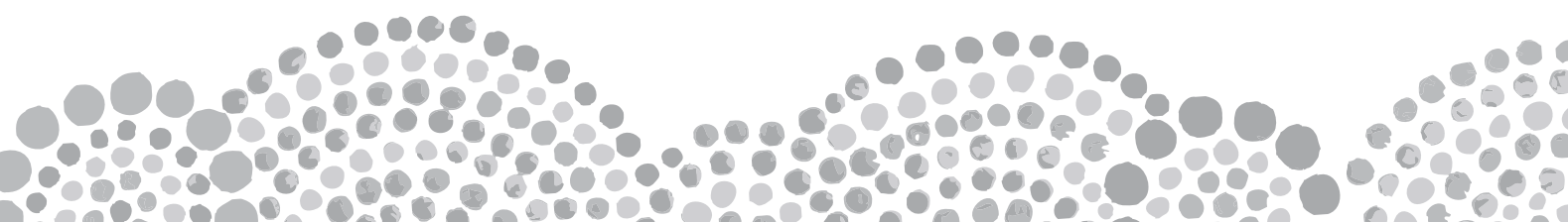
View website:

National Aboriginal Community Controlled Health Organisation

<http://www.naccho.org.au>

When to use this resource:

This resource can be used to encourage people to adopt a healthy lifestyle. It could be given out at community events, at workshops or at information sessions.



How much sugar is in your drink?

(2010)

Type: Poster

Description:

This poster gives a pictorial representation of how much sugar can be found in some popular drinks that can be purchased at the supermarket. The amount of sugar is shown as teaspoons of sugar per 600ml of drink. The drinks are:

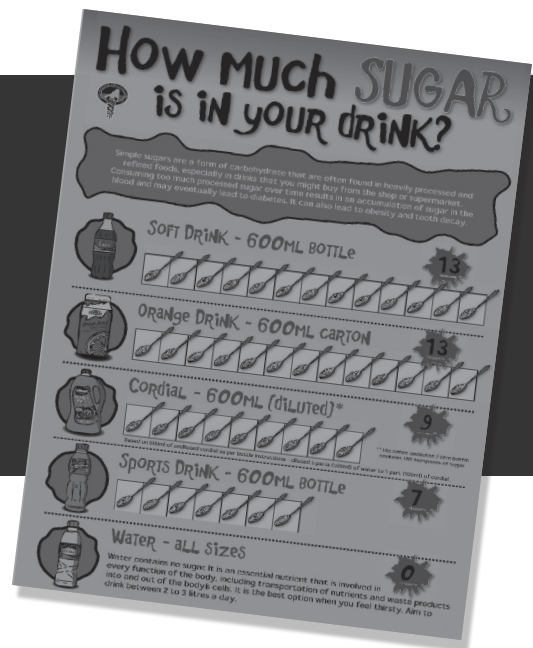
- soft drink
- orange fruit drink
- orange cordial
- sports drink
- water

The message on the poster is that consuming too much processed sugar can lead to a range of complications over time including:

- diabetes
- obesity
- tooth decay

When to use this resource:

This poster can be used at community events or workshops to help people visualise how much sugar they are consuming. The poster can be used to generate discussions about what other foods have large amounts of 'hidden' sugars, and what foods and drinks can be used as more healthy alternatives.



Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

Kimberley Aboriginal Medical Services Council
Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council
<http://www.kamsc.org.au>

Lifescrpts: Indigenous resources

(2009)



Type: Resource package

Description:

This resource kit focuses on the five lifestyle risk factors for chronic disease: smoking; poor nutrition; alcohol misuse; physical inactivity; and unhealthy weight. The kit contains evidence-based tools (based on research results) to enable general health practices to assist patients to modify and/or change their lifestyles. The resources include a:

- patient brochure
- healthy lifestyle action plan
- separate action plan for each of the five risk factors
- lifescrpts flipchart

The resources use pictures to illustrate the key messages. Topics covered are:

- smoking
- poor nutrition
- alcohol misuse
- physical inactivity
- unhealthy weight

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

When to use this resource:

A full range of *Lifescrpts* resources have been produced specifically for use with Aboriginal and Torres Strait Islander people. The resources can be used by Aboriginal Health Workers, general practitioners and practice nurses within general practice or in Aboriginal and Torres Strait Islander health care settings. The resources have been developed to assist health professionals address lifestyle risk factors for chronic disease with their clients.

The resources give health practitioners a way to discuss and create individual goals for their clients, and to organise support arrangements. It gives the practitioners information on:

- the risk factors
- the five practice steps to follow when working with clients (ask, assess, advise, assist and arrange)
- the 'stages of change' model that clients can work through (not ready to change, unsure, sure, keeping the change)

View website:

Department of Health and Ageing

<http://www.health.gov.au>

10 out of 10 deadly health stories - nutrition and physical activity (2009)



Type: Report

Description:

The *10 out of 10 deadly health stories - nutrition and physical activity booklet* presents 10 successful nutrition and physical activity programs from NSW Aboriginal Community Controlled Health Services (ACCHSs). Programs ranged from cooking classes (*Cooking classes for diabetes program*) and teaching of life skills (*Healthy lifestyle and weight management program*), to community based activities (*Fruit and vegetable program and market garden and Building healthy communities project*). Despite the diversity in health topics they all shared several features, namely all were developed and tailored to meet needs identified by the Aboriginal communities in which the ACCHSs are located, and all have taken a 'holistic' approach.

The booklet was developed, produced and distributed by the Aboriginal Health and Medical Research Council (AHMRC) of NSW and funding was provided by the Australian Department of Health and Ageing.

Producer:

Aboriginal Health and Medical Research Council of NSW, Surry Hills, NSW

To order copies of this resource

Aboriginal Health and Medical Research Council of NSW

Ph: (02) 9212 4777

Fax: (02) 9212 7211

Email: ahmrc@ahmrc.org.au

View website:

Aboriginal Health and Medical Research Council of NSW

<http://www.ahmrc.org.au>

When to use this resource:

This booklet provides an insight into running programs at a community level, and shows how even the most simple program can have a positive impact on the participants. It is useful background reading for anyone considering running health promotion programs, and can provide ideas on how to collaborate and how to identify the needs of the community.

SNAP into life

(2010)



N
PA
A
S
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K
H

Type: Resource package

Description:

SNAP into life is an interactive and culturally appropriate game for players aged 7 and up. The game has been developed and trialed in Kimberley schools with Kimberley children and their families, with the input from the Kimberley Aboriginal community and local health and education professionals. The game is based on the popular game Snakes and Ladders, and aims to develop awareness of lifestyle health risk factors such as smoking, nutrition, alcohol and physical activity (SNAP). The game also covers basic health education topics including 'our bodies', mental health, environmental health and road safety.

During the game, players who make healthy lifestyle choices are rewarded by moving forward in the game. When they make unhealthy lifestyle choices there will be long term consequences, for instance the player will need to go to hospital or even to prison. By seeing the consequences of their actions in a game situation, it is hoped that the players will learn the importance of healthy lifestyle choices, and make the right choices as they grow up.

When to use this resource:

The game is suitable for all age groups, but would particularly appeal to children and teenagers. It can be used in a school setting or in a community group as a fun way to teach them about health risk factors. It can be used to illustrate lessons that have been taught in the classroom or as a lead-up to more in depth lessons.

Adults can also enjoy the game in a social group. It can be used to reinforce what they already know, as well as teaching them something new.

Producer:

Tippetts A, Kimberley Division of General Practice, Broome, WA

To order copies of this resource

Order from: <http://www.snapintolife.com.au/OrderForm.pdf>

Ph: 0417 904 538

Email: justine.holmes@kdgp.com.au

View website:

SNAP into life

<http://www.snapintolife.com.au>

EON edible garden manual

(2011)



Type: Handbook

Description:

EON Foundation has produced a user-friendly manual to assist anyone who is planning to set up an edible garden (community garden). The information is presented in an easy-to-read style and illustrated with photos from their own edible gardens.

The manual has been printed on paper that has been treated to make it untearable and washable (so it can be taken into the garden), with a ruler printed on the inside cover to 'measure how far apart you need to plant your seedlings...'. There are chapters on:

- Setting up your garden
- Watering plants
- Making your garden sustainable
- Garden maintenance plan

EON Foundation works with communities in the Kimberley region of WA, and so this manual is geared towards gardens in this area. The second half of the manual is a month-by-month guide of what to plant, harvest, and do in the gardens in the coastal Kimberley and inland Kimberley regions.

When to use this resource:

This manual is a useful tool for anyone setting up an edible garden or growing edible plants. The manual is especially useful for those living or working in the Kimberley region of WA, or similar climatic regions.

Producer:

EON Foundation, Perth, WA

To order copies of this resource

EON Foundation

Ph: (08) 6313 5700

View website:

EON Foundation

<http://www.eon.org.au>

Getting started in community gardening: a guide to planning, design and implementation of community garden projects (2008)



Type: Report

Description:

This guide has been developed to assist community groups plan, design and implement a new or existing community garden project and to manage and maintain it in the long-term. It does not give detailed instructions on how to proceed, but instead highlights the issues that should be considered when planning the long-term viability of any community garden project.

The guide is based on the experience of successful community gardeners, and on research into the factors that influence the success or lack of success of community-based projects.

This resource is not Indigenous specific.

Producer:

Thomas F, Sydney

To order copies of this resource

City of Sydney

Ph: (02) 9265 9333

Email: council@cityofsydney.nsw.gov.au

View website:

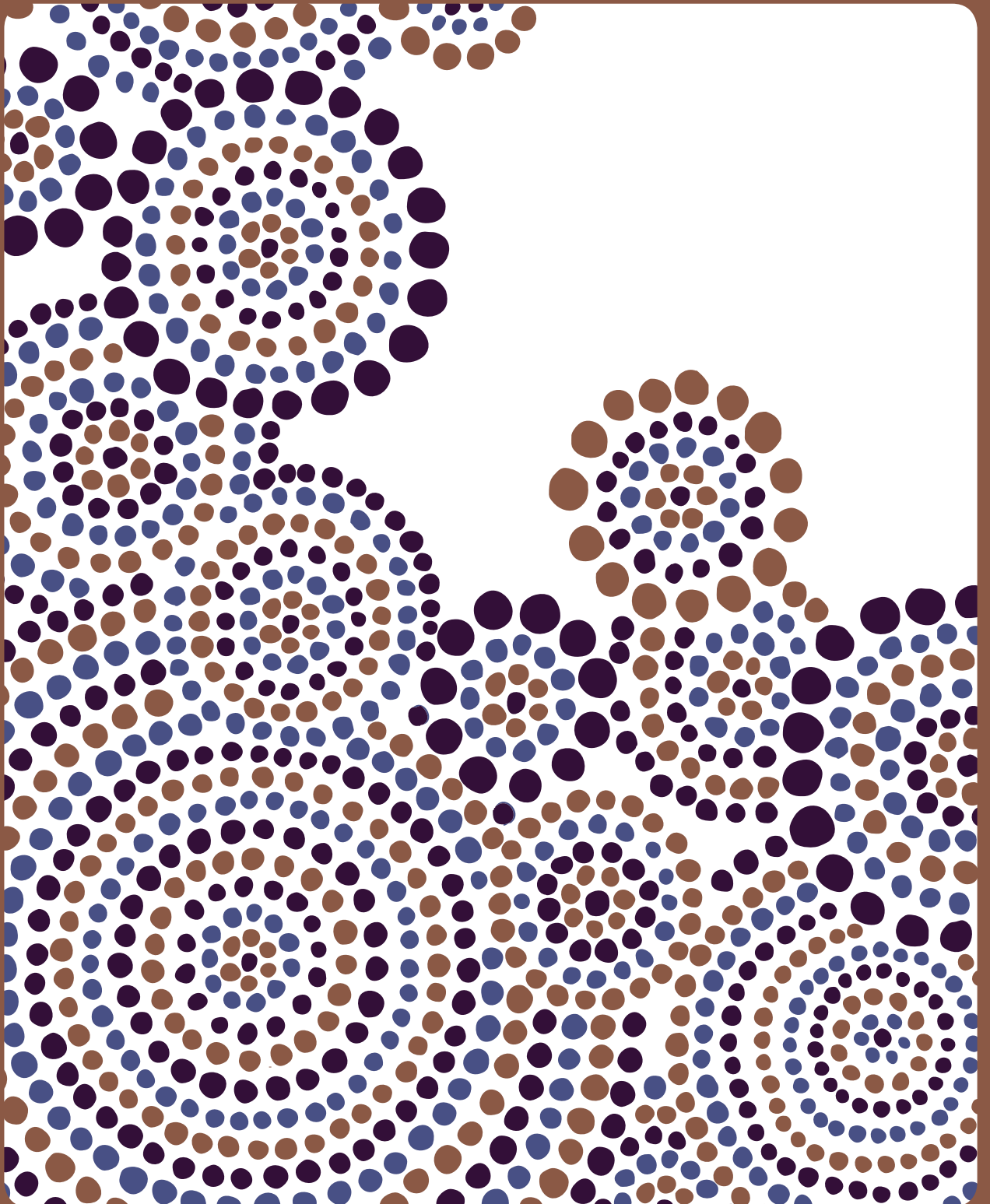
Food Fairness Illawarra

<http://www.foodfairnessillawarra.org.au/>

When to use this resource:

This guide is a useful resource for helping groups to plan, design and implement a community garden project.

Physical activity



Yulunga: traditional Indigenous games (2009)

Type: Resource package

Description:

This resource is a selection of games and activities from Aboriginal and Torres Strait Islander organisations all around Australia. It provides an opportunity to learn about, appreciate and experience aspects of Indigenous culture.

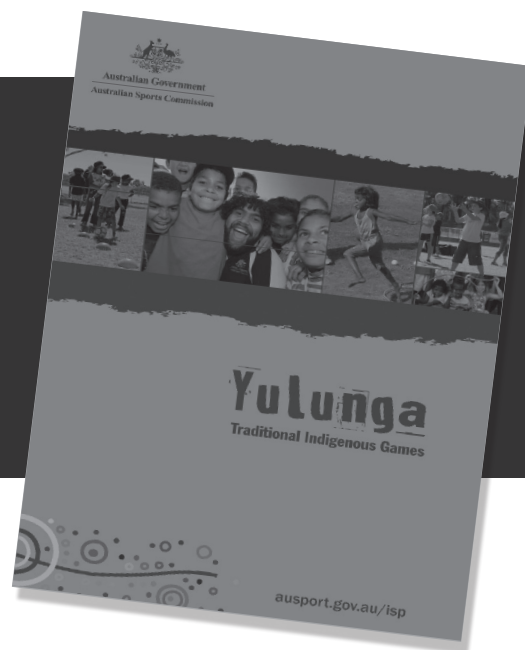
The games and activities in *Yulunga: traditional Indigenous games* are:

- played in their traditional forms with modern equipment
- modified for safety, ease of use or to cater for all ages and abilities
- reconstructed from incomplete accounts

When to use this resource:

These games can be used as skill games or lead-up games in physical education lessons or in specific sport practice sessions at school or for a sporting program. When the games are used as part of a school or sporting program it is recommended that local Elders and Indigenous groups are invited to participate in some way.

These games can also be used to run physical activity sessions with adults, encouraging an emphasis on participation and fun.



Producer:

Australian Sports Commission, Canberra

To order copies of this resource

Ph: (02) 6214 1210

Email: isp@ausport.gov.au

View website:

Australian Sports Commission

<http://www.ausport.gov.au>

Sports ability: Indigenous sports ability activity cards (2006)

Type: Resource package

Description:

These activity cards provide a unique opportunity to learn about and participate in traditional Indigenous games and sporting activities. They are easy to use and provide examples of how to modify games to cater for all skill levels. These activity cards are inclusive games for people with or without a disability and are designed for all age groups, from children to adult.

When to use this resource:

This resource is designed for use in schools and other group settings. This resource is primarily designed for the inclusion of people with disabilities in sports but can be used within groups of people without disabilities.

Sports ability equipment can be purchased or the activity cards can be used on their own with existing equipment.



Producer:

Australian Sports Commission, Canberra

To order copies of this resource

Modern Teaching Aids

Ph: 1800 251 497

Email: sales@teaching.com.au

View website:

Australian Sports Commission

<http://www.ausport.gov.au>

Tucker talk tips: healthy eating and physical activity tip sheets (2010)



Type: Factsheets

Description:

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO), peak body for the community controlled sector in that state, and the Victorian Government, have collaboratively developed a series of 12 culturally appropriate physical activity and healthy eating factsheets, on the following topics:

- Feeding your baby
- Fuelling up for sport
- Getting active
- Good food for Elders
- Healthy drinking guidelines
- Healthy eating during pregnancy
- Healthy eating guidelines
- Healthy eating on a budget
- Healthy weight
- Healthy, active Koori kids
- Reading food labels
- Tucker for your ticker

Producer:

Victorian Aboriginal Community Controlled Health Organisation, Go for your life, Victorian Aboriginal Community Controlled Health Organisation, Melbourne

To order copies of this resource

VACCHO

Ph: (03) 9419 3350

Fax: (03) 9417 3871

Email: enquiries@vaccho.com.au

View website:

Victorian Aboriginal Community Controlled Health Organisation

<http://www.vaccho.org.au/>

When to use this resource:

The resource is intended for people in the Victorian Indigenous community and designed to be distributed by Aboriginal Health Workers, other health professionals and Indigenous organisations. The factsheets can be used to generate discussions on healthy eating and exercise with clients, in private consultation or in group settings.

Kick the gap: let's stay healthy!

(no date)

Type: Brochure

Description:

This brochure is about encouraging people to live a long, happy and healthy life. The expression 'Kick the Gap' is referring to closing the gap in life expectancy between Indigenous Australians and non-Indigenous Australians. The brochure is colourful and full of helpful and achievable suggestions including:

- exercise at least once a day
- have lots of friends
- eat healthy food
- drink lots of water
- don't take drugs, smoke or drink lots of alcohol

Producer:

National Aboriginal Community Controlled Health Organisation, Canberra

To order copies of this resource

National Aboriginal Community Controlled Health Organisation

Ph: (02) 6248 0644

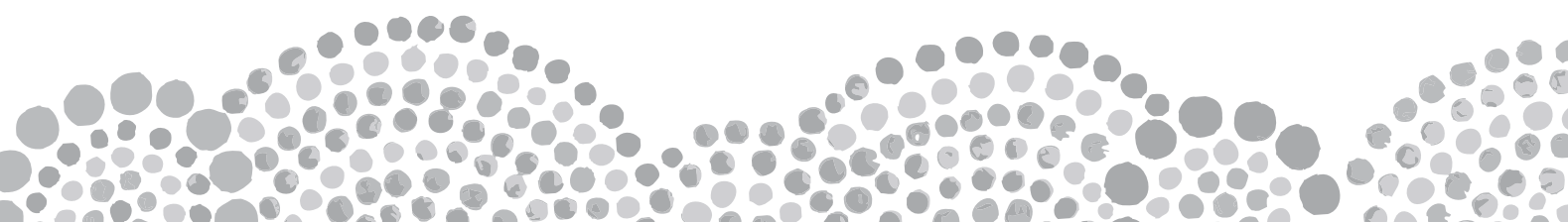
View website:

National Aboriginal Community Controlled Health Organisation

<http://www.naccho.org.au>

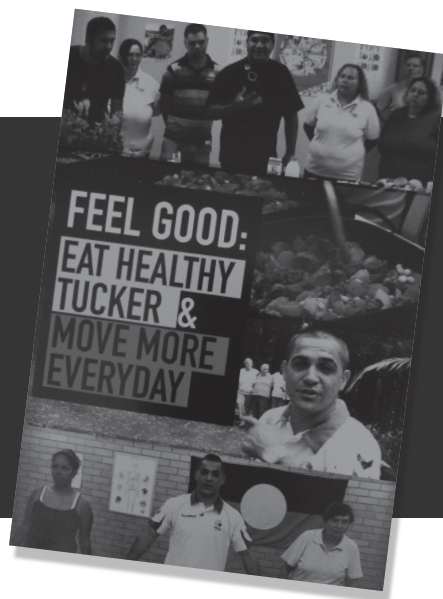
When to use this resource:

This resource can be used to encourage people to adopt a healthy lifestyle. It could be given out at community events, at workshops or at information sessions.



Feel good: eat healthy tucker & move more everyday

(2010)



Type: Audiovisual

Description:

The Aboriginal Health and Medical Research Council of NSW (AHMRC) and the Australian Diabetes Council (ADC) in consultation with the Aboriginal Community Controlled Health Services in NSW have developed a DVD called Feel good: eat healthy tucker and move more everyday.

The DVD provides tips for Aboriginal communities on eating healthier and finding ways to move more everyday. It showcases healthy lifestyle programs that are currently running at two Aboriginal Community Controlled Health Services - Tharawal Aboriginal Medical Service (AMS) in Campbelltown and Galambila Aboriginal Health Service (AHS) in Coffs Harbour.

The first segment 'Feel good with healthy tucker' was filmed with participants of the community kitchen program at Tharawal AMS with celebrity chef Mark Olive. The second segment 'Move more everyday' was filmed with Australian futsal player Lachlan Wright and participants of the Spring into shape program at Galambila AHS.

Highlighting the participants' practical tips on eating healthier and how to become more active everyday on the DVD are positive steps towards achieving healthier lifestyles and preventing Type II diabetes for Aboriginal communities.

Each package includes:

- 1x DVD
- upper limb exercises A3 poster
- lower limb exercises A3 poster
- Mark Olive's 'Roo stew' recipe card

When to use this resource:

This DVD can be used to support new or existing healthy lifestyle group activities or can be shown in individual settings to increase awareness of the benefits of a healthy diet and physical activity and how it relates to the prevention and /or management of diabetes. It is a practical and valuable educational tool for all individuals, families and those who are at risk of developing diabetes.

Producer:

Aboriginal Health & Medical Research Council of New South Wales, Diabetes Australia - New South Wales, Sydney, NSW

To order copies of this resource

AH&MRC

Ph: (02) 9212 4777

Fax: (02) 9212 7211

Email: ahmrc@ahmrc.org.au

To order a free copy of the DVD resource please contact the AHMRC Chronic Disease Program Coordinator Amina Currimbhoy

Email: acurrimbhoy@ahmrc.org.au

View website:

Diabetes Australia

<http://www.australiandiabetescouncil.com>

Lifescrpts: Indigenous resources

(2009)



Type: Resource package

Description:

This resource kit focuses on the five lifestyle risk factors for chronic disease: smoking; poor nutrition; alcohol misuse; physical inactivity; and unhealthy weight. The kit contains evidence-based tools (based on research results) to enable general health practices to assist patients to modify and/or change their lifestyles. The resources include a:

- patient brochure
- healthy lifestyle action plan
- separate action plan for each of the five risk factors
- lifescrpts flipchart

The resources use pictures to illustrate the key messages. Topics covered are:

- smoking
- poor nutrition
- alcohol misuse
- physical inactivity
- unhealthy weight

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

When to use this resource:

A full range of *Lifescrpts* resources have been produced specifically for use with Aboriginal and Torres Strait Islander people. The resources can be used by Aboriginal Health Workers, general practitioners and practice nurses within general practice or in Aboriginal and Torres Strait Islander health care settings. The resources have been developed to assist health professionals address lifestyle risk factors for chronic disease with their clients.

The resources give health practitioners a way to discuss and create individual goals for their clients, and to organise support arrangements. It gives the practitioners information on:

- the risk factors
- the five practice steps to follow when working with clients (ask, assess, advise, assist and arrange)
- the 'stages of change' model that clients can work through (not ready to change, unsure, sure, keeping the change)

View website:

Department of Health and Ageing

<http://www.health.gov.au>

SNAP into life

(2010)



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Type: Resource package

Description:

SNAP into life is an interactive and culturally appropriate game for players aged 7 and up. The game has been developed and trialled in Kimberley schools with Kimberley children and their families, with the input from the Kimberley Aboriginal community and local health and education professionals. The game is based on the popular game Snakes and Ladders, and aims to develop awareness of lifestyle health risk factors such as smoking, nutrition, alcohol and physical activity (SNAP). The game also covers basic health education topics including 'our bodies', mental health, environmental health and road safety.

During the game, players who make healthy lifestyle choices are rewarded by moving forward in the game. When they make unhealthy lifestyle choices there will be long term consequences, for instance the player will need to go to hospital or even to prison. By seeing the consequences of their actions in a game situation, it is hoped that the players will learn the importance of healthy lifestyle choices, and make the right choices as they grow up.

When to use this resource:

The game is suitable for all age groups, but would particularly appeal to children and teenagers. It can be used in a school setting or in a community group as a fun way to teach them about health risk factors. It can be used to illustrate lessons that have been taught in the classroom or as a lead-up to more in depth lessons.

Adults can also enjoy the game in a social group. It can be used to reinforce what they already know, as well as teaching them something new.

Producer:

Tippetts A, Kimberley Division of General Practice, Broome, WA

To order copies of this resource

Order from: <http://www.snapintolife.com.au/OrderForm.pdf>

Ph: 0417 904 538

Email: justine.holmes@kdgp.com.au

View website:

SNAP into life

<http://www.snapintolife.com.au>

Physical activity during and after pregnancy

(2009)



Type: Brochure

Description:

This resource provides information on the benefits of exercise during and after pregnancy, including what kinds of exercise are appropriate and how to exercise safely during pregnancy.

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition and physical activity for mothers. It is suitable for individual or group settings. It could be left in community or health centres for people to read or take home for future guidance.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

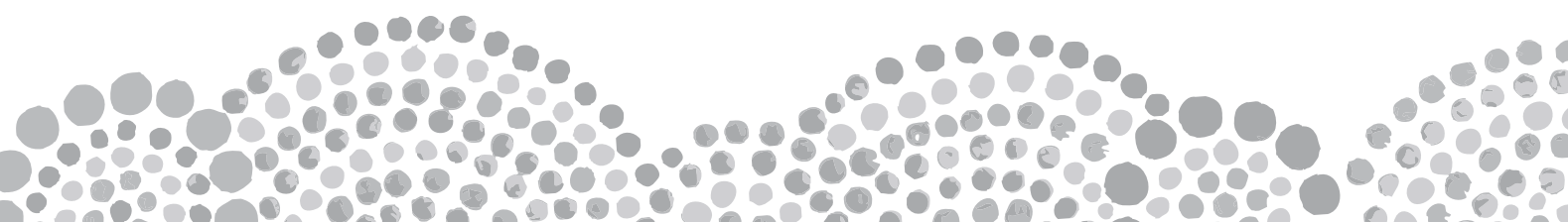
Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health
<http://www.health.qld.gov.au/ph>



Australia's physical activity recommendations for 5-12 year olds (2004)

Type: Brochure

Description:

The Department of Health and Ageing has developed physical activity recommendations for children and young people from 5-18 years of age.

This brochure provides advice on why to exercise and examples of types of exercise suitable for people aged 5-12 years of age.

It is colourfully illustrated and easy to comprehend.

When to use this resource:

The brochure is designed to be used directly with young people, however the information may also be useful to parents and carers of young people and anyone working to promote, conduct and monitor physical activity for children and young people.

This is not an Indigenous specific resource.



Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

View website:

Department of Health and Ageing

<http://www.health.gov.au>

Australia's physical activity recommendations for 12-18 year olds (2004)



Type: Brochure

Description:

The Department of Health and Ageing has developed physical activity recommendations for children and young people from 5-18 years of age.

This brochure provides advice on why to exercise and examples of types of exercise suitable for the age group 12-18 years of age.

It is colourfully illustrated and easy to comprehend.

When to use this resource:

The brochure is designed to be used directly with young people, however the information may also be useful to parents and carers of young people and anyone working to promote, conduct and monitor physical activity for children and young people.

This is not an Indigenous specific resource.

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

View website:

Department of Health and Ageing

<http://www.health.gov.au>

National physical activity guidelines for adults

(2005)



Type: Brochure

Description:

This brochure sets out four steps that Australian adults can take to get healthier and fitter. They include:

- thinking of movement as an opportunity, not a hassle
- trying to be active every day in as many ways as you can
- trying to do at least 30 minutes of moderate strength physical activity on most, and if you can, every day of the week
- sometimes enjoying some regular, vigorous (energetic) activity for more health and fitness if you are able

For each step there is advice on the minimum amount of physical activity needed for a person to improve their health. There is also advice for those who are able, and wish, to achieve greater health and fitness results.

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

View website:

Department of Health and Ageing

<http://www.health.gov.au>

When to use this resource:

The guidelines (steps) outlined in this brochure are not intended for high-level fitness, sports training or weight loss, only for people wanting to improve their overall health and fitness. The aim of this brochure is to provide adults with advice on how much physical activity is recommended to help stay healthy. It can be used for planning a physical activity program.

This is not an Indigenous specific resource.

10 out of 10 deadly health stories - nutrition and physical activity (2009)



Type: Report

Description:

The *10 out of 10 deadly health stories - nutrition and physical activity* booklet presents 10 successful nutrition and physical activity programs from NSW Aboriginal Community Controlled Health Services (ACCHSs). Programs ranged from cooking classes (*Cooking classes for diabetes program*) and teaching of life skills (*Healthy lifestyle and weight management program*), to community based activities (*Fruit and vegetable program and market garden and Building healthy communities project*). Despite the diversity in health topics they all shared several features, namely all were developed and tailored to meet needs identified by the Aboriginal communities in which the ACCHSs are located, and all have taken a 'holistic' approach.

The booklet was developed, produced and distributed by the Aboriginal Health and Medical Research Council (AHMRC) of NSW and funding was provided by the Australian Department of Health and Ageing.

Producer:

Aboriginal Health and Medical Research Council of NSW, Surry Hills, NSW

To order copies of this resource

Aboriginal Health and Medical Research Council of NSW

Ph: (02) 9212 4777

Fax: (02) 9212 7211

Email: ahmrc@ahmrc.org.au

View website:

Aboriginal Health and Medical Research Council of NSW

<http://www.ahmrc.org.au>

When to use this resource:

This booklet provides an insight into running programs at a community level, and shows how even the most simple program can have a positive impact on the participants. It is useful background reading for anyone considering running health promotion programs, and can provide ideas on how to collaborate and how to identify the needs of the community.

Choose health: be active: a physical activity guide for older Australians (2005)

Type: Booklet

Description:

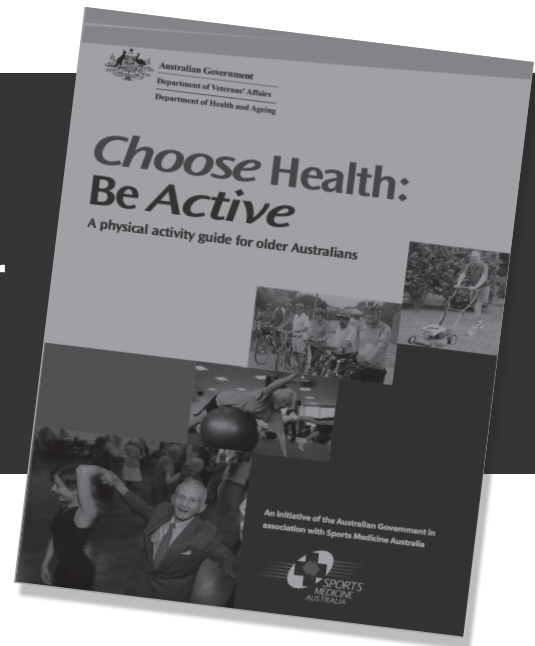
This booklet is designed to help older Australians be physically active for good health as they age. It is mainly for people who are not currently getting the recommended daily 30 minutes of physical activity in their lives, and are looking for ways they can do so.

This booklet includes specific information on exercising with chronic illness and has some advice about healthy eating. It explains what the physical activity guidelines are, why physical activity is important and includes a monthly activity plan to help people get started. There are also some low intensity exercises to try; stretching and balancing exercises and some others that can be done while watching TV.

When to use this resource:

This booklet can be given to older people and their carers to read, to motivate them to be physically active and stay healthy as they age. It can be used when discussing health issues with individuals or groups of older people, and has some good ideas on how to answer people's excuses for not exercising.

This is not an Indigenous specific resource.



Producer:

Brown WJ, Moorhead GE, Marshall AL,
Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

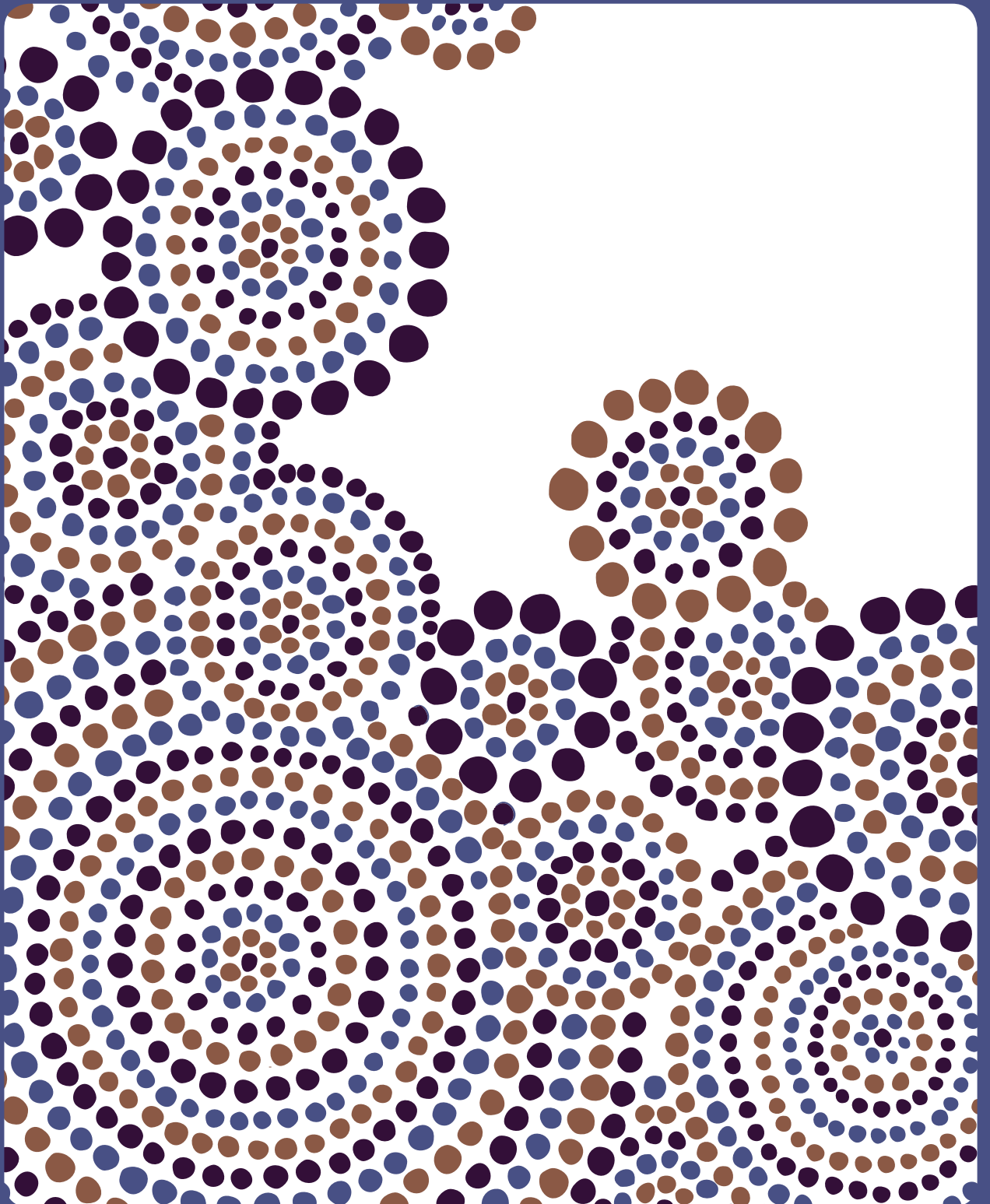
Email: health@nationalmailing.com.au

View website:

Department of Health and Ageing

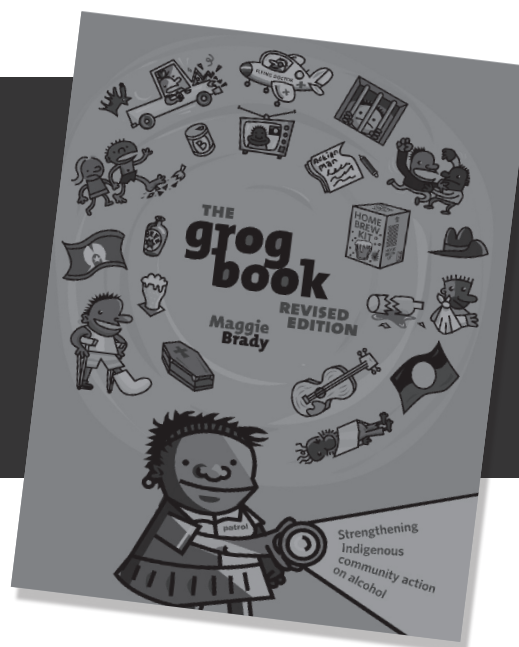
<http://www.health.gov.au>

Alcohol



The grog book

revised edition (2005)



Type: Book

Description:

This book was developed for Aboriginal and Torres Strait Islander people who want to tackle the effects that grog has on their communities. The book has eight chapters on: history; alcohol; action; prevention; controls; strategies; care and handouts. For each chapter there is:

- a list of contents
- a key word (chapter title) tab
- a colour coded tab
- colourful pictures that relate to the topic
- colour coded arrows which allow the user to find other topics within the book which deal with the same issue
- a list of resources that might be helpful to learn more about an issue

When to use this resource:

This book provides Indigenous people with ideas and strategies for managing alcohol. It tries to provide as many choices as possible for people to use. The advantages and disadvantages for each course of action are also provided. The book is based on what Indigenous people themselves have been doing in communities.

In the last chapter there are handouts that can be photocopied or put into overheads; these can be used for providing information to a community. Page 246 of the book has a list of key resources that will be useful in finding out more, or keeping up to date with new information.

Producer:

Brady M, Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Quote code AG 42

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

View website:

Australian Department of Health and Ageing:
Alcohol

<http://www.alcohol.gov.au>

Strong spirit strong mind: Aboriginal ways to reduce harm from alcohol and other drugs resources (2008)



Type: Resource package

Description:

This resource package provides Indigenous specific resources including a DVD and gender specific brochures about alcohol use. There are 13 brochures and one DVD in the resource package with the titles:

- Strong babies
- Mixing drugs is dangerous
- Injecting drug users - never share
- Strong spirit strong mind - gunja
- Gunja - simple
- Speed
- Making sense and supporting change: a guide for our people (A5 yellow booklet)
- Making changes
- What our women need to know about alcohol
- What our men need to know about alcohol
- What our people need to know about alcohol (DVD)
- Reducing risk
- Understanding hepatitis C. What our people need to know
- Taking care: a guide to managing hepatitis C

The brochures use a simple design with a minimum of words and plenty of colourful pictures to get across the messages they are promoting.

The DVD covers many issues relating to alcohol use including the introduction of alcohol, the new alcohol guidelines and the impact of hazardous and harmful alcohol use.

When to use this resource:

These brochures would be useful for giving to community members to help raise awareness of the issues of alcohol and drug use. They can also be used to generate discussions on the subjects with small or large groups of people.

The DVD provides useful background information for workers. Some sections could be used in group discussions to raise awareness of the effects of harmful use of alcohol and to discuss ways of preventing the potential effects.

Producer:

Drug and Alcohol Office (WA)

To order copies of this resource

Currently available for distribution only within WA

Drug and Alcohol Office (WA)

Ph: 1300 518 963

Online order form: www.health.wa.gov.au/ordering

View website:

Drug and Alcohol Office

<http://www.dao.health.wa.gov.au>

Alcohol, tobacco and other drugs during pregnancy and breastfeeding

(2009)



Type: Brochure

Description:

This brochure explains why alcohol, tobacco and other drugs (legal and illegal) should be avoided during a woman's pregnancy and the breastfeeding of her baby. It outlines the health risks to both the mother and the developing baby. In addition, it highlights the harmful effect of family and friends smoking near a pregnant woman. It delivers a powerful message in a clear and easy to understand way.

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about the harmful effects of alcohol, tobacco and other drugs to a pregnant woman and her baby. It is an effective resource to use with individuals or in a group meeting. It is an important resource for all families who are expecting a baby or who are wanting to have a baby. It could be left in community centres for all community members to look at, or take home.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

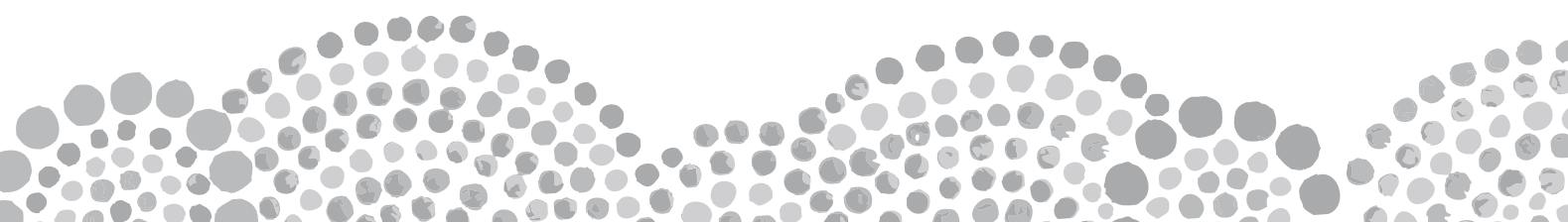
Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health
<http://www.health.qld.gov.au/ph>



Kick the gap: let's stay healthy!

(no date)

Type: Brochure

Description:

This brochure is about encouraging people to live a long, happy and healthy life. The expression 'Kick the Gap' is referring to closing the gap in life expectancy between Indigenous Australians and non-Indigenous Australians. The brochure is colourful and full of helpful and achievable suggestions including:

- exercise at least once a day
- have lots of friends
- eat healthy food
- drink lots of water
- don't take drugs, smoke or drink lots of alcohol

Producer:

National Aboriginal Community Controlled Health Organisation, Canberra

To order copies of this resource

National Aboriginal Community Controlled Health Organisation

Ph: (02) 6248 0644

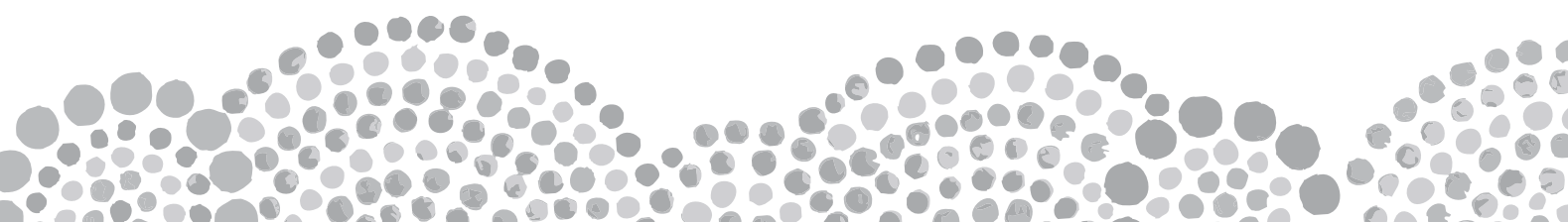
View website:

National Aboriginal Community Controlled Health Organisation

<http://www.naccho.org.au>

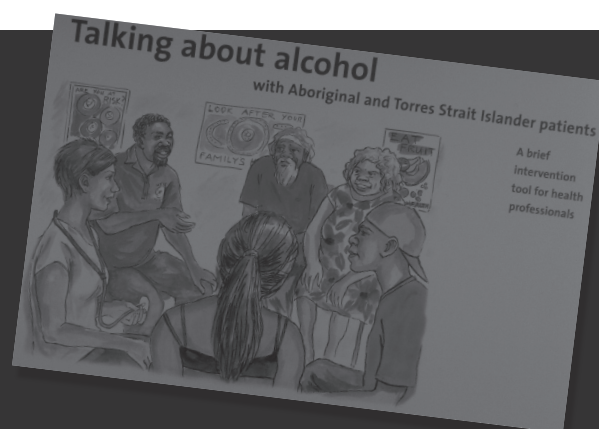
When to use this resource:

This resource can be used to encourage people to adopt a healthy lifestyle. It could be given out at community events, at workshops or at information sessions.



Talking about alcohol with Aboriginal and Torres Strait Islander patients (second edition)

(2003)



Type: Flipchart

Description:

This flipchart is a guide to doing a brief intervention with someone who is having problems with alcohol. It has been shown that a brief intervention by a health professional can help to motivate individuals to change their drinking behaviour, either by cutting down or stopping completely. A brief intervention can include:

- screening
- brief advice
- referral
- brief motivational interviewing
- counselling

The flipchart has prompts for the health professional on one side, with colourful, culturally appropriate illustrations for the client on the other side. It also contains some useful information for the health professional on how to conduct a brief intervention and suggests important topics for discussion with clients.

The flipchart comes with a 'Safer drinking action prescription' pad where the health professional can 'prescribe' action for the client such as 'Have at least one alcohol free day each week' and 'Eat food before and while you drink'.

When to use this resource:

The flipchart is intended for use by health professionals including Health Workers, nurses and GPs, who are assisting Aboriginal and Torres Strait Islander patients with alcohol-related issues. It is a useful tool for one-on-one consultations, for conducting brief interventions with someone who is having problems with alcohol.

The prescription pad gives the client something to take away with them, to remind them of the discussion they have had and the action they have agreed to take.

Producer:

Brady M, Hunter E, Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing
Ph: (02) 6269 1000
Freecall: 1800 020 103

View website:

Alcohol, Department of Health and Ageing
<http://www.alcohol.gov.au/>

No alcohol in pregnancy is the safest choice

(2009)

Type: Wallet card

Description:

This wallet card is designed for pregnant women and offers suggestions on how to say 'no' to alcohol when you are pregnant. The resource lists the possible effects of drinking alcohol during pregnancy and provides phone contact details of alcohol and drug information services in each state and territory.

When to use this resource:

This resource is a handy wallet sized card for pregnant women. It is designed for a woman to keep in her wallet so that when she is being pressured to have an alcoholic drink she has some ready answers and reasons to back up her choice.

This is not an Indigenous specific resource.



Producer:

Telethon Institute for Child Health Research,
Perth, WA

To order copies of this resource

Online order form: <http://www.ichr.uwa.edu.au/alcoholandpregnancy>

For bulk orders:

Email: janp@ichr.uwa.edu.au

View website:

Telethon Institute for Child Health Research
<http://www.ichr.uwa.edu.au>

Fetal alcohol spectrum disorders flipchart

(2006)

Type: Flipchart

Description:

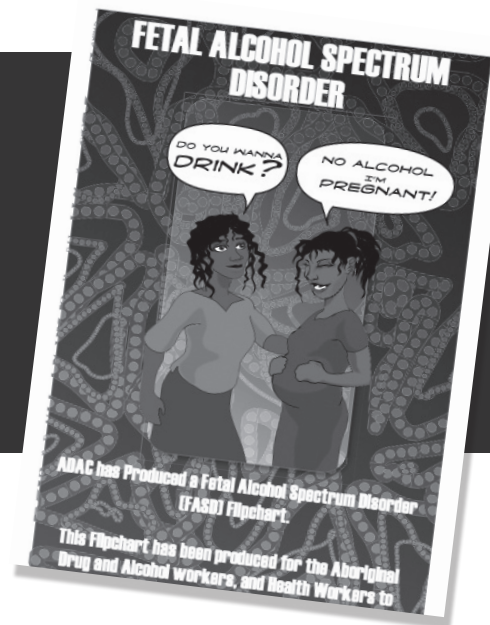
This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal Drug and Alcohol Workers and Health Workers and their clients.

Topics included in the flipchart include:

- false stories
- the dangers of drinking while pregnant
- facial features of children with FASD

When to use this resource:

This resource would be useful to use in a one-on-one consultation with clients.



Producer:

Aboriginal Drug and Alcohol Council (SA),
Adelaide

To order copies of this resource

Online store: <http://www.adac.org.au/resources.php?resType=FASD>

View website:

Aboriginal Drug and Alcohol Council (SA)
<http://www.adac.org.au/>

The grog brain story

(2009)

Type: Flipchart

Description:

This resource is part of a series that also includes the following flipcharts:

- the gunja (yarni) brain story
- the mental health brain story
- sniffing and the brain
- when boys and men sniff
- when girls and women sniff

It uses plain English language and informative images to provide straightforward and clear information about:

- how a healthy brain and nervous system work
- the effects of alcohol (also known as grog) on the brain, nervous system and lifestyle
- addiction
- how and why alcohol treatment programs work

When to use this resource:

This flipchart is designed for use by health professionals, community workers, educators, Aboriginal Health Workers, Aboriginal Mental Health Workers, drug and alcohol workers, students and community members. It can be used to accompany an alcohol treatment program, or as an educational resource. It is intended for use with Indigenous people in urban, rural and remote settings.

Producer:

Cairney S, Fitz J, Thompson S, Currie J, St Vincent's Hospital Melbourne and Menzies School of Health Research, Darwin

To order copies of this resource

Sheree Cairney

Ph: 0438 121 473

Email: Sheree.Cairney@menzies.edu.au

View website:

Menzies School of Health Research

<http://www.menzies.edu.au>

Pregnancy and alcohol don't mix

(2007 est)

Type: Poster

Description:

This poster is a part of a *Pregnancy and alcohol don't mix* social marketing campaign in South Australia. The poster provides the message 'pregnancy and alcohol don't mix' which is supported by three statements:

- there is no safe time to drink alcohol during pregnancy
- there is no safe amount of alcohol
- alcohol can harm your baby for life

Information is also provided on Fetal Alcohol Spectrum Disorder (FASD) which can affect babies who have been exposed to alcohol in the womb.

When to use this resource:

This resource is aimed at pregnant women however it would be also suited to women who are thinking of becoming pregnant. The poster would preferably be displayed in a place where many women will see it, such as a community hall, clinic or shopping centre, and can be used to promote group discussions on pregnancy and alcohol.



Producer:

Centre for Health Promotion, Adelaide, SA

To order copies of this resource

Centre for Health Promotion, SA

Ph: (08) 8161 7777

Fax: (08) 8161 7778

View website:

Centre for Health Promotion

<http://www.chdf.org.au/>

Kaiyai girl: an interactive film

(2008)

Type: Audiovisual

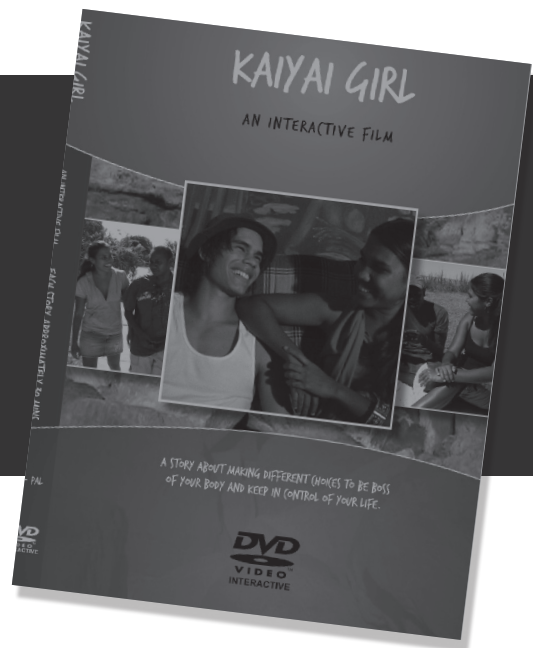
Description:

This DVD tells the story of a young girl Missy, and her friends from Broome and the Dampier Peninsula in Western Australia. Missy and a friend attend a party and are faced with many choices in relation to alcohol and other drug use. The film then follows the girls as they come to deal with the consequences of their choices.

This story is all about making choices. It shows that the use of drugs and alcohol can affect decision making and personal control. The film seeks to highlight how alcohol and other drug use can affect decisions about being boss of your own body and keeping in control of your life.

Kaiyai girl is an interactive DVD, which means it not only tells a story, but allows the viewer to make decisions on behalf of the characters in the story. Questions are asked and participants can use their DVD remote control to answer the questions. The viewer's decisions will determine how the story ends for Missy and her friend.

The DVD runs for about 30 minutes.



When to use this resource:

This DVD is a teaching resource for use with students in early adolescence through to early adulthood. It tackles the issues of drug and alcohol use. It aims to give participants knowledge and understanding of these issues and the self management skills to cope when faced with choices about drug and alcohol use. It can be used alone or in groups where discussions can be held about the choices made and facing the consequences of those choices.

Producer:

Travers H, McKeon V, Augustine P, Djiagween T, Ishiguchi N, Gamble L, HITnet, Brisbane

To order copies of this resource

HITnet

Ph: (07) 4226 3204

Fax: (07) 4226 3245

Email: info@hitnet.com.au

View website:

HITnet

<http://www.hitnet.com.au/projects.html>

Party girl (2010)

Type: Comic

Description:

This comic is an easy to read and entertaining story of an Indigenous woman as she learns how to resist drugs and alcohol during pregnancy. Broadly concerned with substance use this comic also touches upon the stages of pregnancy. Other themes considered include cardiovascular health, parenting and domestic violence.

Producer:

Australian Government Department of Health and Ageing, Milliya Rumurra, Inception Strategies, Adelaide, SA

To order copies of this resource

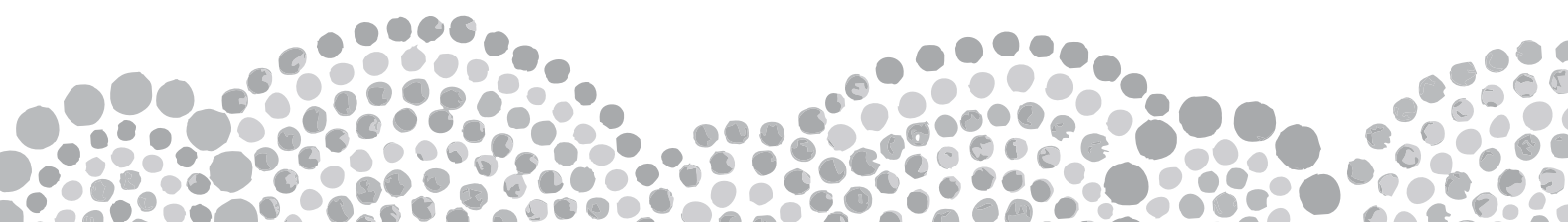
Milliya Rumurra Aboriginal Corporation
Ph: (08) 9192 1699

View website:

Inception Strategies
<http://www.inceptionstrategies.com>

When to use this resource:

This comic is primarily targeting pregnant women, however it would also be a useful resource to distribute to women prior to becoming pregnant. The illustrations are simple and easy to understand and would be suitable for younger members of the community.



Making sense of Australia's alcohol guidelines (2009)

Type: Factsheet

Description:

This factsheet provides clear and easy to understand information about the new National Health and Medical Research Council (NHMRC) alcohol guidelines. Where relevant the new guidelines are compared with the previous guidelines to show where many changes have been made. It provides useful background information for health professionals as to how the new guidelines were developed, the reasons and evidence that led to the new guidelines.

When to use this resource:

The factsheet aims to help health workers understand the content and direction of the new alcohol guidelines, and to make it easier for health workers and others to apply the new guidelines in their day-to-day practice.

This is not an Indigenous specific resource.



Producer:

Roche AM, National Centre for Education and Training on Addiction, Adelaide

To order copies of this resource

Ph: (08) 8201 7535

Fax: (08) 8201 7550

Email: nceta@flinders.edu.au

View website:

National Centre for Education and Training on Addiction

<http://www.nceta.flinders.edu.au>

Reduce your risk: new national guidelines for alcohol consumption (2009)



Type: Brochure

Description:

In 2009 new national guidelines for alcohol consumption were developed by the National Health and Medical Research Council. The guidelines are based on the most current and best available scientific research and evidence. This brochure provides information on:

- the new recommended levels of alcohol consumption for adults
- the health risks from drinking alcohol
- what is a standard drink?
- tips to reduce the health risks of drinking alcohol

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

View website:

Department of Health and Ageing, Alcohol

<http://www.alcohol.gov.au>

When to use this resource:

This brochure is specifically for adults. It can be used as background information for health professionals or Health Workers or as a quick reference for health professionals when they are faced with questions from clients. It can also be used to distribute to clients or members of the community for them to keep as a reference for themselves, their friends and families.

This is not an Indigenous specific resource.

Lifescrpts: Indigenous resources

(2009)



Type: Resource package

Description:

This resource kit focuses on the five lifestyle risk factors for chronic disease: smoking; poor nutrition; alcohol misuse; physical inactivity; and unhealthy weight. The kit contains evidence-based tools (based on research results) to enable general health practices to assist patients to modify and/or change their lifestyles. The resources include a:

- patient brochure
- healthy lifestyle action plan
- separate action plan for each of the five risk factors
- lifescrpts flipchart

The resources use pictures to illustrate the key messages. Topics covered are:

- smoking
- poor nutrition
- alcohol misuse
- physical inactivity
- unhealthy weight

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

When to use this resource:

A full range of *Lifescrpts* resources have been produced specifically for use with Aboriginal and Torres Strait Islander people. The resources can be used by Aboriginal Health Workers, general practitioners and practice nurses within general practice or in Aboriginal and Torres Strait Islander health care settings. The resources have been developed to assist health professionals address lifestyle risk factors for chronic disease with their clients.

The resources give health practitioners a way to discuss and create individual goals for their clients, and to organise support arrangements. It gives the practitioners information on:

- the risk factors
- the five practice steps to follow when working with clients (ask, assess, advise, assist and arrange)
- the 'stages of change' model that clients can work through (not ready to change, unsure, sure, keeping the change)

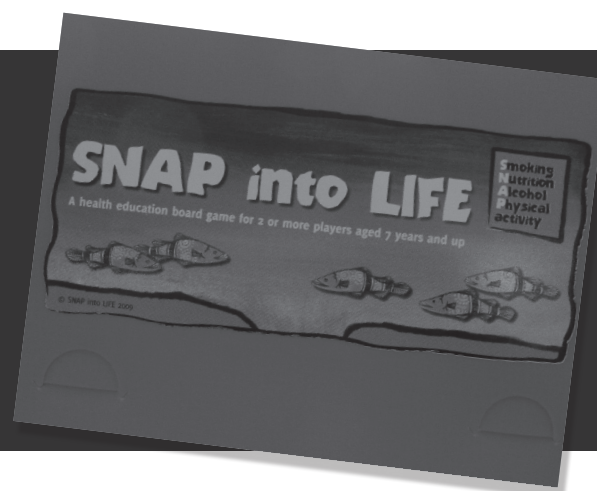
View website:

Department of Health and Ageing

<http://www.health.gov.au>

SNAP into life

(2010)



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Type: Resource package

Description:

SNAP into life is an interactive and culturally appropriate game for players aged 7 and up. The game has been developed and trialed in Kimberley schools with Kimberley children and their families, with the input from the Kimberley Aboriginal community and local health and education professionals. The game is based on the popular game Snakes and Ladders, and aims to develop awareness of lifestyle health risk factors such as smoking, nutrition, alcohol and physical activity (SNAP). The game also covers basic health education topics including 'our bodies', mental health, environmental health and road safety.

During the game, players who make healthy lifestyle choices are rewarded by moving forward in the game. When they make unhealthy lifestyle choices there will be long term consequences, for instance the player will need to go to hospital or even to prison. By seeing the consequences of their actions in a game situation, it is hoped that the players will learn the importance of healthy lifestyle choices, and make the right choices as they grow up.

When to use this resource:

The game is suitable for all age groups, but would particularly appeal to children and teenagers. It can be used in a school setting or in a community group as a fun way to teach them about health risk factors. It can be used to illustrate lessons that have been taught in the classroom or as a lead-up to more in depth lessons.

Adults can also enjoy the game in a social group. It can be used to reinforce what they already know, as well as teaching them something new.

Producer:

Tippetts A, Kimberley Division of General Practice, Broome, WA

To order copies of this resource

Order from: <http://www.snapintolife.com.au/OrderForm.pdf>

Ph: 0417 904 538

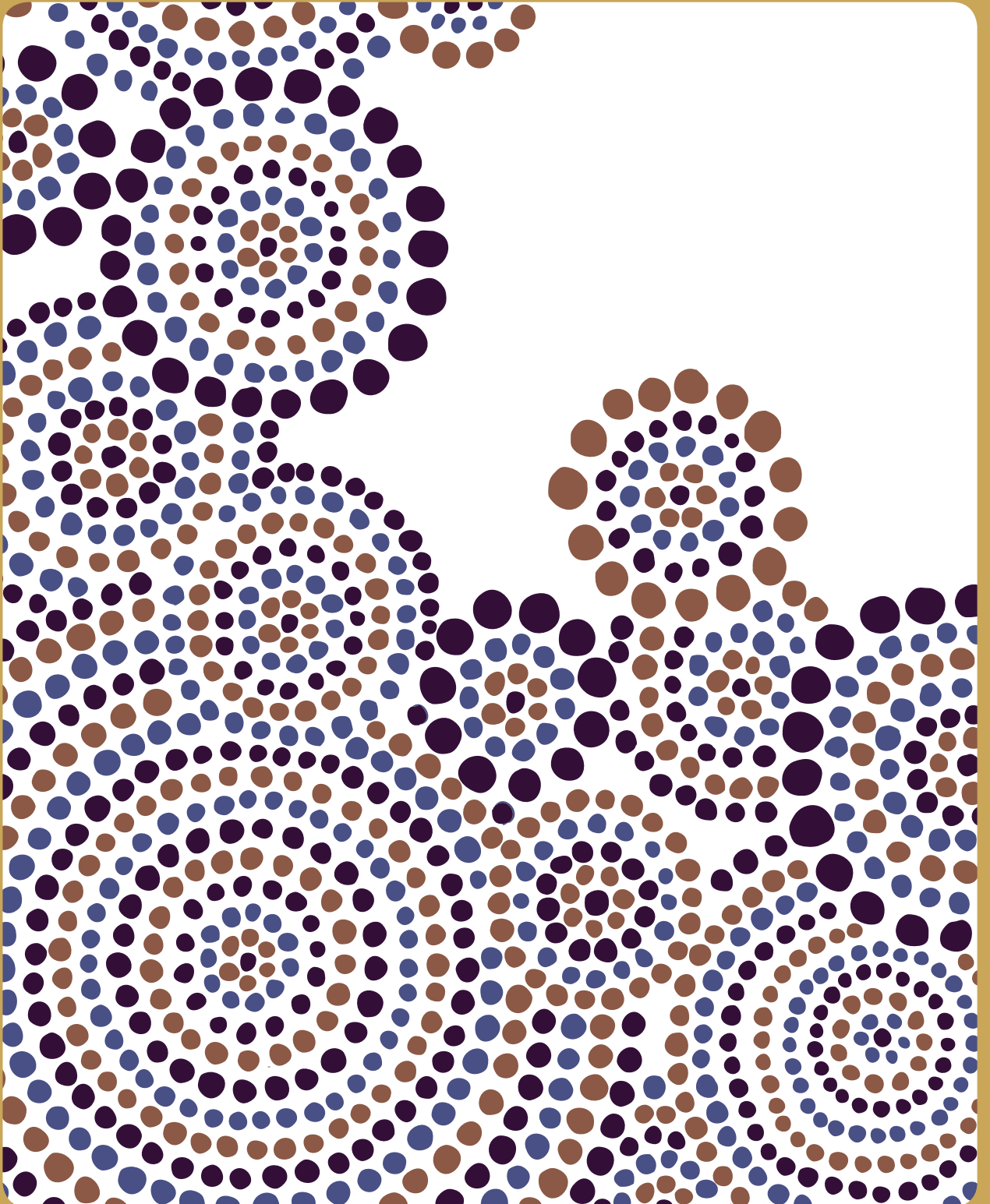
Email: justine.holmes@kdgp.com.au

View website:

SNAP into life

<http://www.snapintolife.com.au>

Smoking



Talkin' up good air: Australian Indigenous tobacco control resource kit (2007)



Type: Resource package

Description:

This resource kit provides information, ideas, activities, success stories, and reference materials on tobacco control for Indigenous Australian communities. It aims to assist health professionals, in particular Aboriginal and Torres Strait Islander Health Workers, to become community leaders in the area of tobacco control and to raise the importance of tobacco control in Indigenous communities. The kit also encourages community action and aims to build community ownership in tobacco control by supporting community-initiated and controlled action.

When to use this resource:

This resource is designed as a comprehensive reference for health professionals to use when working in the area of tobacco control.

Producer:

Kruger K, McMillan N, Russ P, Smallwood H,
Centre for Excellence in Indigenous Tobacco
Control, Melbourne

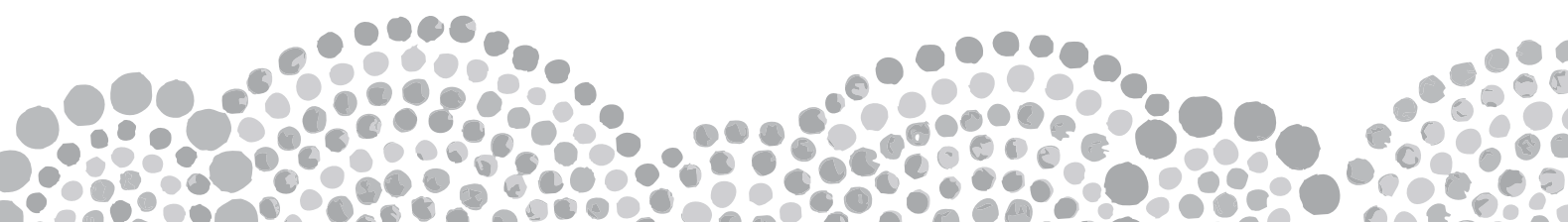
To order copies of this resource

Email: ceitc-info@unimelb.edu.au

View website:

Centre for Excellence in Indigenous Tobacco
Control

<http://www.ceitc.org.au>



Just the facts: a fact sheet about tobacco use among Indigenous Australians (2010)



Type: Factsheet

Description:

This factsheet contains information on tobacco use among Indigenous Australians. It includes information on:

- Indigenous smoking rates
- who is likely to smoke
- smoking and health
- smoking and disease risk
- why people smoke

When to use this resource:

This factsheet can be used by Health Workers to provide them with background information on smoking issues as they relate to the Indigenous population.

It could also be used to hand out to community members who are attending healthy lifestyle events, workshops, or classes to give them background information and to help them understand how smoking can impact on their lives and those of the people around them.

Producer:

Centre for Excellence in Indigenous Tobacco Control, Melbourne

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from

http://www.ceitc.org.au/system/files/Just_the_facts_2010.pdf

View website:

Centre for Excellence in Indigenous Tobacco Control

<http://www.ceitc.org.au>

Alcohol, tobacco and other drugs during pregnancy and breastfeeding

(2009)



Type: Brochure

Description:

This brochure explains why alcohol, tobacco and other drugs (legal and illegal) should be avoided during a woman's pregnancy and the breastfeeding of her baby. It outlines the health risks to both the mother and the developing baby. In addition, it highlights the harmful effect of family and friends smoking near a pregnant woman. It delivers a powerful message in a clear and easy to understand way.

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about the harmful effects of alcohol, tobacco and other drugs to a pregnant woman and her baby. It is an effective resource to use with individuals or in a group meeting. It is an important resource for all families who are expecting a baby or who are wanting to have a baby. It could be left in community centres for all community members to look at, or take home.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health
<http://www.health.qld.gov.au/ph>

Kick the gap: let's stay healthy!

(no date)

Type: Brochure

Description:

This brochure is about encouraging people to live a long, happy and healthy life. The expression 'Kick the Gap' is referring to closing the gap in life expectancy between Indigenous Australians and non-Indigenous Australians. The brochure is colourful and full of helpful and achievable suggestions including:

- exercise at least once a day
- have lots of friends
- eat healthy food
- drink lots of water
- don't take drugs, smoke or drink lots of alcohol

Producer:

National Aboriginal Community Controlled Health Organisation, Canberra

To order copies of this resource

National Aboriginal Community Controlled Health Organisation

Ph: (02) 6248 0644

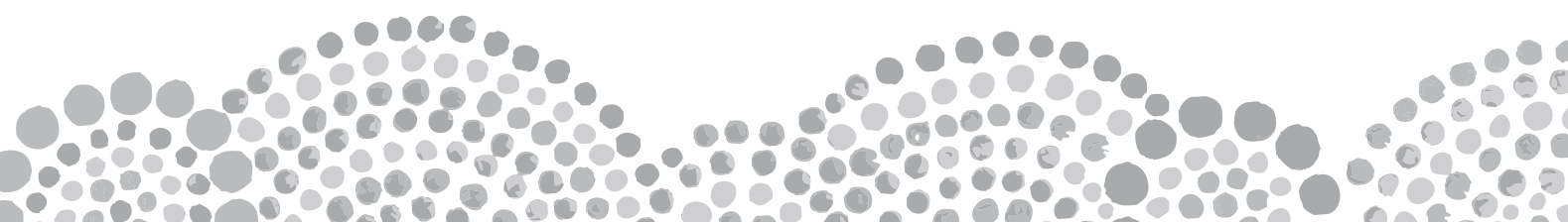
View website:

National Aboriginal Community Controlled Health Organisation

<http://www.naccho.org.au>

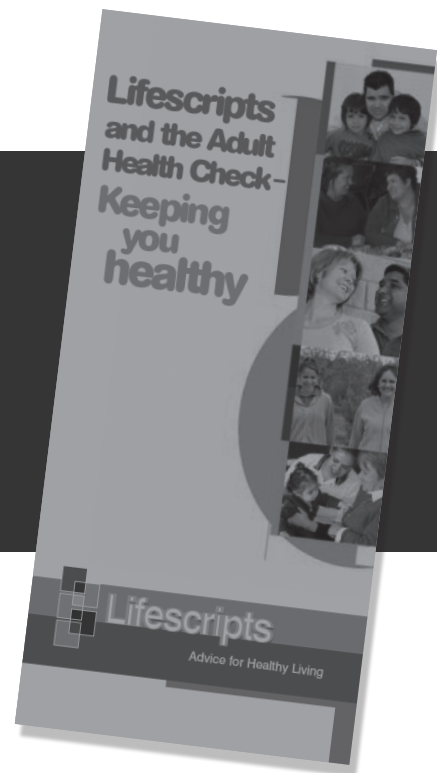
When to use this resource:

This resource can be used to encourage people to adopt a healthy lifestyle. It could be given out at community events, at workshops or at information sessions.



Lifescrpts: Indigenous resources

(2009)



Type: Resource package

Description:

This resource kit focuses on the five lifestyle risk factors for chronic disease: smoking; poor nutrition; alcohol misuse; physical inactivity; and unhealthy weight. The kit contains evidence-based tools (based on research results) to enable general health practices to assist patients to modify and/or change their lifestyles. The resources include a:

- patient brochure
- healthy lifestyle action plan
- separate action plan for each of the five risk factors
- lifescrpts flipchart

The resources use pictures to illustrate the key messages. Topics covered are:

- smoking
- poor nutrition
- alcohol misuse
- physical inactivity
- unhealthy weight

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: health@nationalmailing.com.au

When to use this resource:

A full range of *Lifescrpts* resources have been produced specifically for use with Aboriginal and Torres Strait Islander people. The resources can be used by Aboriginal Health Workers, general practitioners and practice nurses within general practice or in Aboriginal and Torres Strait Islander health care settings. The resources have been developed to assist health professionals address lifestyle risk factors for chronic disease with their clients.

The resources give health practitioners a way to discuss and create individual goals for their clients, and to organise support arrangements. It gives the practitioners information on:

- the risk factors
- the five practice steps to follow when working with clients (ask, assess, advise, assist and arrange)
- the 'stages of change' model that clients can work through (not ready to change, unsure, sure, keeping the change)

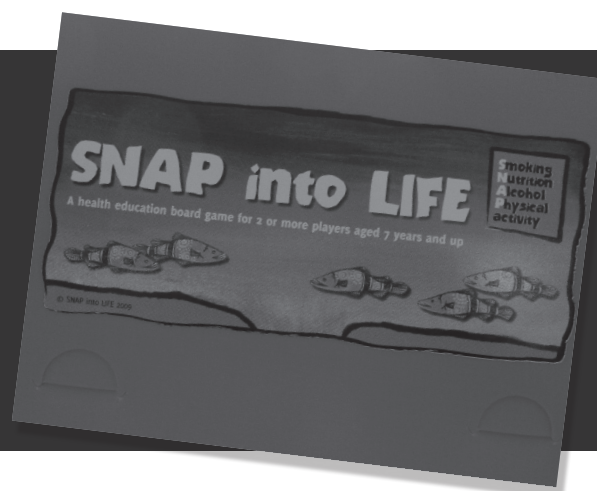
View website:

Department of Health and Ageing

<http://www.health.gov.au>

SNAP into life

(2010)



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Type: Resource package

Description:

SNAP into life is an interactive and culturally appropriate game for players aged 7 and up. The game has been developed and trialled in Kimberley schools with Kimberley children and their families, with the input from the Kimberley Aboriginal community and local health and education professionals. The game is based on the popular game Snakes and Ladders, and aims to develop awareness of lifestyle health risk factors such as smoking, nutrition, alcohol and physical activity (SNAP). The game also covers basic health education topics including 'our bodies', mental health, environmental health and road safety.

During the game, players who make healthy lifestyle choices are rewarded by moving forward in the game. When they make unhealthy lifestyle choices there will be long term consequences, for instance the player will need to go to hospital or even to prison. By seeing the consequences of their actions in a game situation, it is hoped that the players will learn the importance of healthy lifestyle choices, and make the right choices as they grow up.

When to use this resource:

The game is suitable for all age groups, but would particularly appeal to children and teenagers. It can be used in a school setting or in a community group as a fun way to teach them about health risk factors. It can be used to illustrate lessons that have been taught in the classroom or as a lead-up to more in depth lessons.

Adults can also enjoy the game in a social group. It can be used to reinforce what they already know, as well as teaching them something new.

Producer:

Tippetts A, Kimberley Division of General Practice, Broome, WA

To order copies of this resource

Order from: <http://www.snapintolife.com.au/OrderForm.pdf>

Ph: 0417 904 538

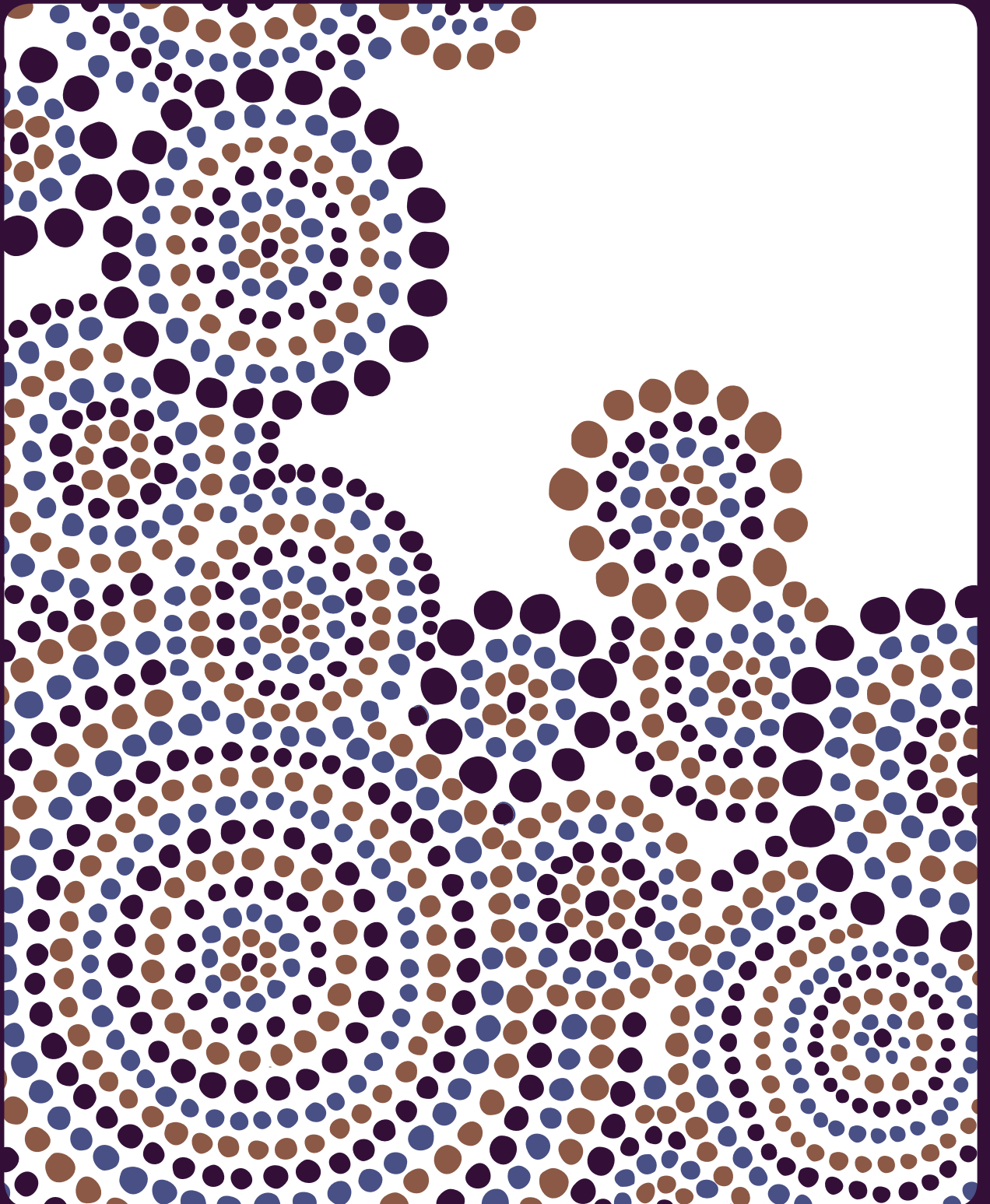
Email: justine.holmes@kdgp.com.au

View website:

SNAP into life

<http://www.snapintolife.com.au>

Diabetes



Pregnancy and diabetes

(2009)



Type: Brochure

Description:

This resource stresses the importance of regular health checks for women who have diabetes when they are pregnant. It looks at the risk factors for developing gestational diabetes and the steps women can take to look after their health during a pregnancy including; a healthy diet and drinks, physical activity and weight control.

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mothers who develop diabetes during pregnancy. It is useful for pregnant women and women who are considering pregnancy.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

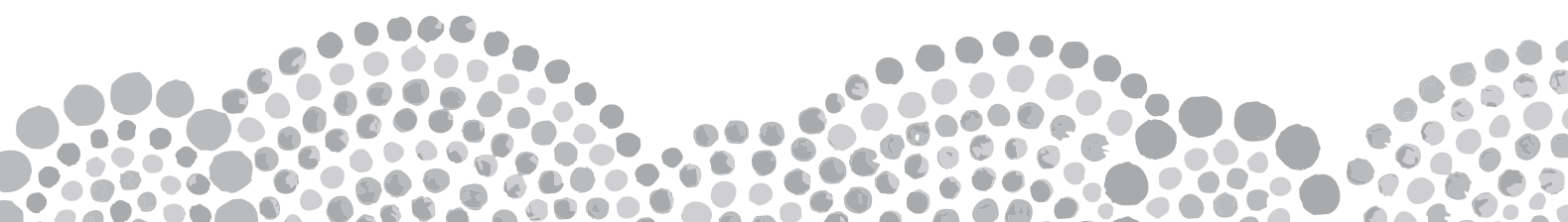
If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>



Diabetes it's in your hands

(2008)

Type: Factsheet

Description:

This set of diabetes factsheets were produced to support Aboriginal Health Workers and improve health outcomes for Aboriginal Australians. This series of factsheets on diabetes covers topics including:

- what is diabetes
- steps to good health
- medication for diabetes
- physical activity
- insulin
- nutrition and diabetes

The factsheets are clearly presented with easy to understand instructions and tips.

Producer:

Diabetes Australia Vic, Melbourne

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://www.diabetesvic.org.au/health-professionals/resources>

View website:

Diabetes Australia Vic

<http://www.diabetesvic.org.au>

When to use this resource:

These factsheets on diabetes have been created specifically for Aboriginal Health Workers and health professionals to use with their Indigenous clients.

Live now and have hope for the future (2009)

Type: Booklet

Description:

This booklet is a collection of quotes from Indigenous people about diabetes and is part of the diabetes campaign *Don't ignore diabetes*. It aims to change the current negative talk surrounding diabetes, to give hope to people suffering from the chronic disease and move the focus on diabetes to a belief that the disease can be prevented or delayed. The booklet shares comments of local Aboriginal community members living with diabetes, and members who have a family history of diabetes.

It also highlights how health professionals can help people to prevent and manage diabetes, and provides a list of phone contact details for health services in the Perth metropolitan region.

Producer:

Diabetes WA, Perth

To order copies of this resource

Diabetes WA

Ph: (08) 9325 7699

Online order form: http://www.dontignorediabetes.com.au/Order_Resources

View website:

Diabetes WA

<http://www.diabeteswa.com.au>

When to use this resource:

This resource was developed for Indigenous people and provides information on diabetes and diabetes support. It can be used to generate discussion during a group workshop or information session, to show clients how diabetes can be managed and to give them a positive attitude to living with and managing their own diabetes. The booklet can be given to individuals for their own information and to share with their families.

Live now and have hope for the future (2009)

Type: Poster

Description:

This poster is Indigenous-specific and carries the message 'Live now and have hope for the future'. It is a promotion poster for the *Don't ignore diabetes* health campaign. The poster gives contact details for the campaign website where people can get further information on the disease.

When to use this resource:

This poster can be displayed in medical health service centres or community centres for people to be made aware of the contact details for information on diabetes and the support they can receive to manage, prevent or delay the disease.

Producer:

Diabetes WA, Perth

To order copies of this resource

Diabetes WA

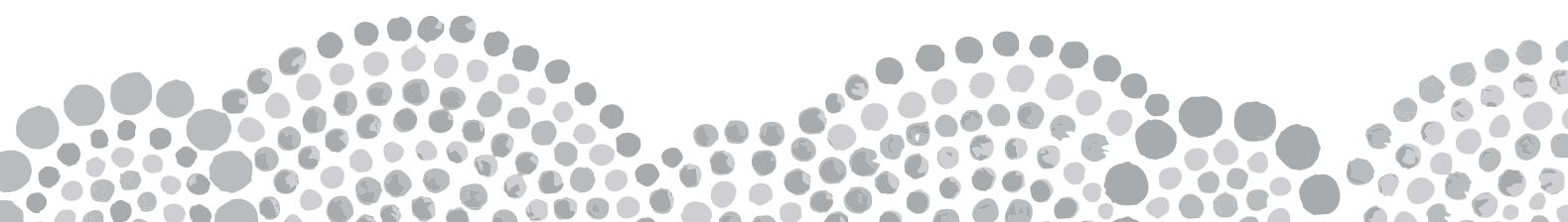
Ph: (08) 9325 7699

Online order form: http://www.dontignorediabetes.com.au/Order_Resources

View website:

Diabetes WA

<http://www.diabeteswa.com.au>



How much sugar is in your drink?

(2010)

Type: Poster

Description:

This poster gives a pictorial representation of how much sugar can be found in some popular drinks that can be purchased at the supermarket. The amount of sugar is shown as teaspoons of sugar per 600ml of drink. The drinks are:

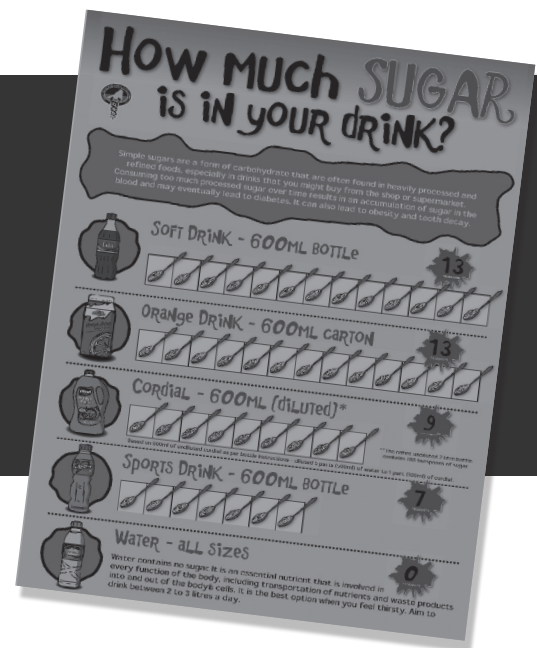
- soft drink
- orange fruit drink
- orange cordial
- sports drink
- water

The message on the poster is that consuming too much processed sugar can lead to a range of complications over time including:

- diabetes
- obesity
- tooth decay

When to use this resource:

This poster can be used at community events or workshops to help people visualise how much sugar they are consuming. The poster can be used to generate discussions about what other foods have large amounts of 'hidden' sugars, and what foods and drinks can be used as more healthy alternatives.



Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

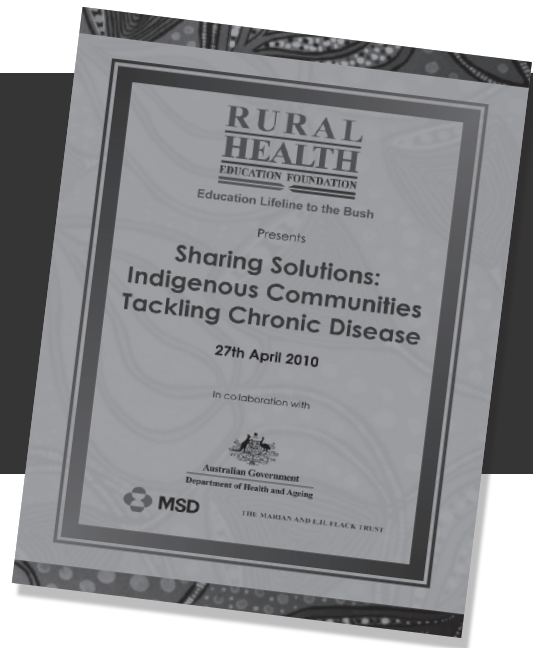
Kimberley Aboriginal Medical Services Council
Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council
<http://www.kamsc.org.au>

Sharing solutions: Indigenous communities tackling chronic disease (2010)

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Type: Audiovisual

Description:

This DVD aims to help health professionals respond in more effective ways to the health and wellbeing needs of Indigenous adults. It looks at successful community-based primary healthcare programs that focus on prevention and health promotion. It also examines community-based plans that have been successful in reducing Indigenous health disadvantage. The program stresses an important message about closing the gap in life expectancy. The gap cannot be closed unless chronic disease issues are given special attention and dealt with in a way that gives Indigenous people independence, cultural identity and community responsibility.

The program discusses projects that are making a difference: *The family wellbeing program* at Yarrabah in Queensland; a diabetes self-management program developed by the Far North Queensland Rural Division of General Practice and currently run by Apunipima Cape York Health Council; and the *Chronic care program* developed by Dharah Gibinj Aboriginal Medical Service in Casino, NSW

When to use this resource:

This resource could be used with health professionals to educate them in chronic disease factors affecting Indigenous people, and the potential answers or solutions to tackling this.

Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

<http://www.rhef.com.au>

Live strong: closing the gap on chronic disease

(2010)

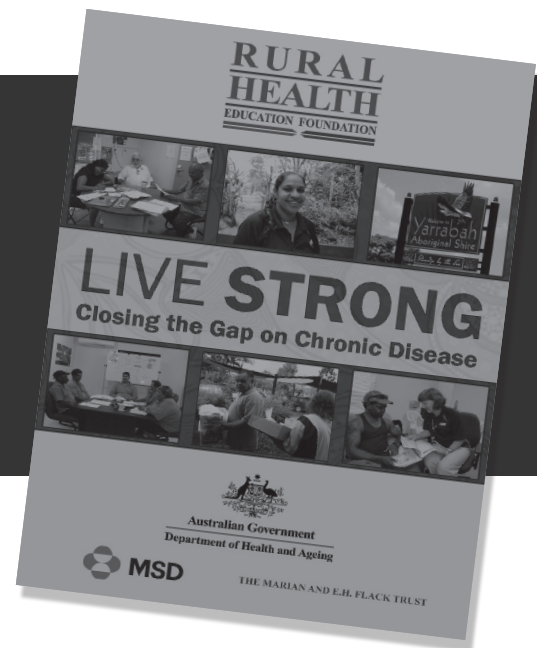
Type: Audiovisual

Description:

This program focuses on the need for a comprehensive plan for the prevention, treatment and management of chronic disease. It also explains the Indigenous notion of health and explores how this might shape more effective intervention programs. The program stresses that the gap in life expectancy cannot be closed unless chronic disease issues are addressed in a way that values independence, cultural identity, and community responsibility.

When to use this resource:

This documentary program is suitable for use by health professionals in health promotion and communication activities. It could be played to community groups or distributed to individuals wishing to gain a greater insight into chronic disease.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

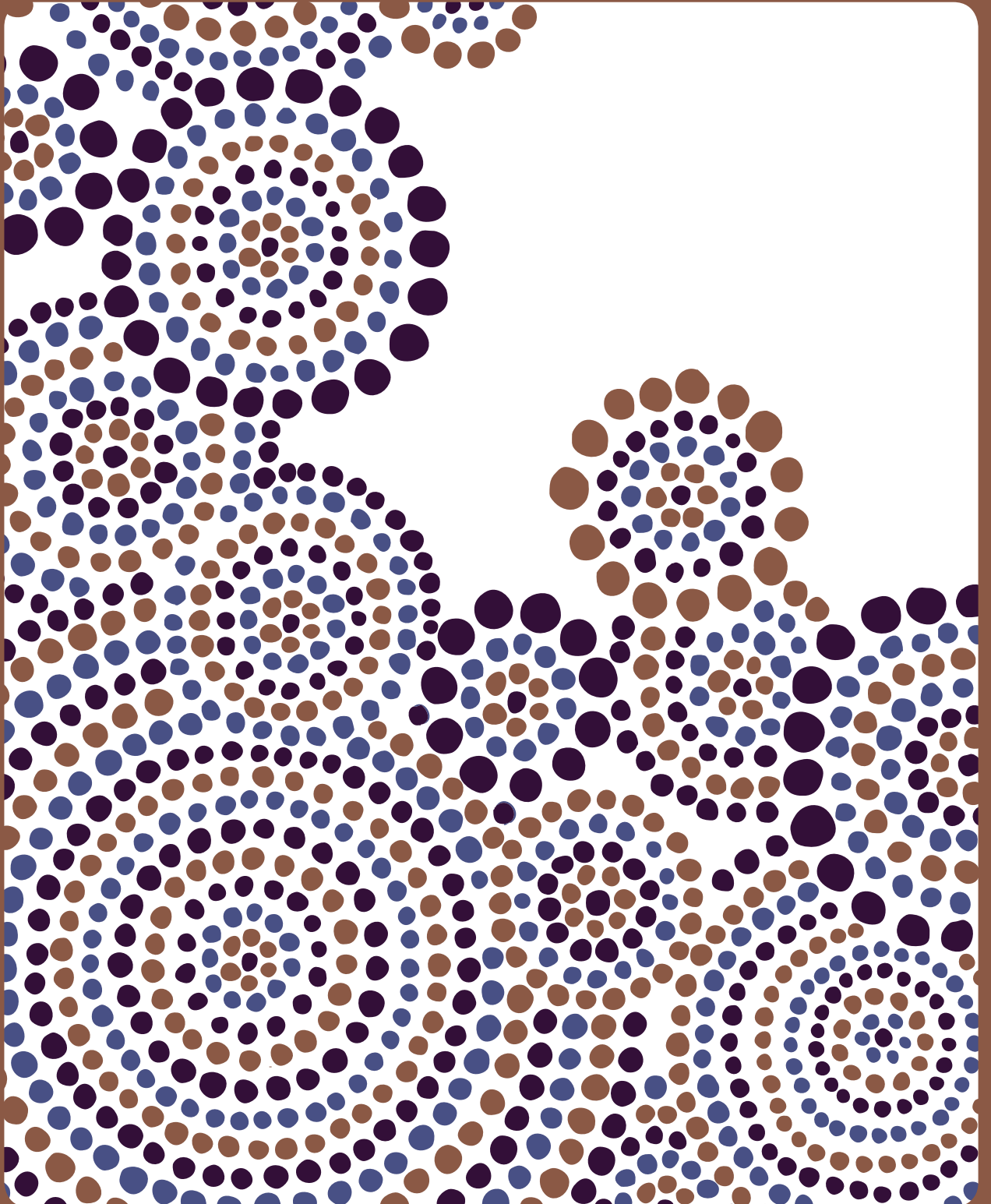
Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

<http://www.rhef.com.au>

Kidney health



Risks of kidney disease

(2006)

Type: Poster

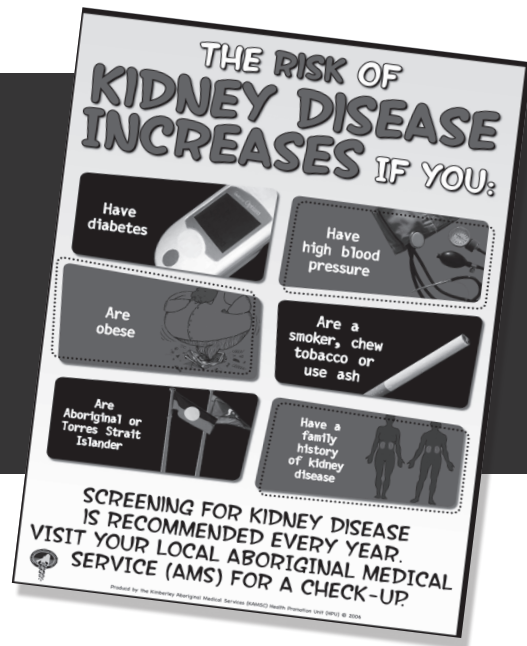
Description:

This colourful poster provides a very brief overview of the risk factors of kidney disease including:

- diabetes
- weight
- family history
- tobacco use
- blood pressure

When to use this resource:

This resource could be displayed at community events or at workshops. It could also be distributed to people at risk of chronic kidney disease. It can be used to generate discussions about how to reduce the risks of kidney disease and can be used to encourage participants to talk about their own experiences.



Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

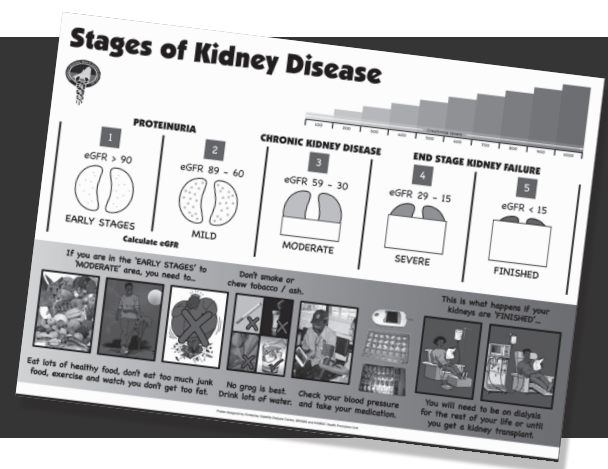
Kimberley Aboriginal Medical Services Council
Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council
<http://www.kamsc.org.au>

Stages of kidney disease

(no date)



Type: Poster

Description:

This poster outlines the stages of kidney disease with easy to read captions and simple illustrations. The stages illustrated are:

- proteinuria
- chronic kidney disease
- end stage kidney failure

Information is included on the risk factors and treatment options for chronic kidney disease.

Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

Kimberley Aboriginal Medical Services Council

Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council,

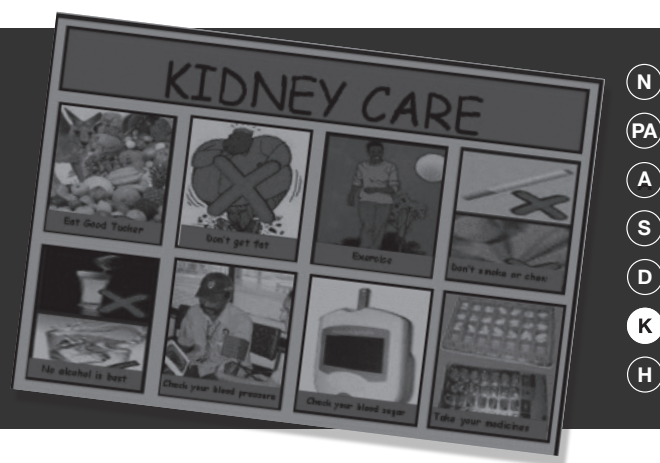
<http://www.kamsc.org.au>

When to use this resource:

This resource could be displayed at community events or at workshops. It could also be distributed to people at risk of chronic kidney disease. It can be used to generate discussions about how to reduce the risks of kidney disease and can be used to encourage participants to talk about their own experiences.

Kidney care

(no date)



Type: Booklet

Description:

This booklet provides a comprehensive but easy to understand overview of kidney disease. Combining colourful illustrations with simple text this booklet covers:

- stages of kidney disease
- treatment
- risk factors
- family support
- preventative measures

Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

Kimberley Aboriginal Medical Services Council

Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council

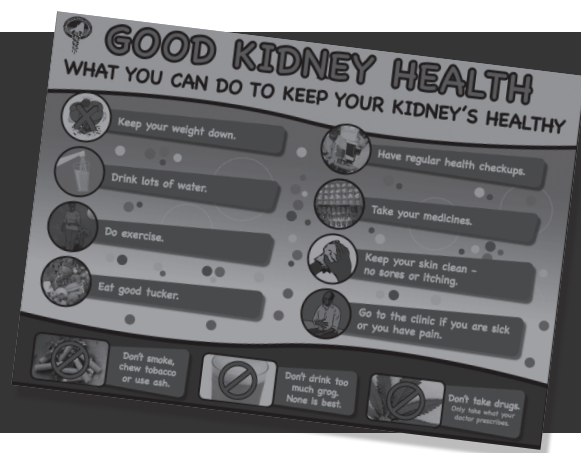
<http://www.kamsc.org.au>

When to use this resource:

This booklet could be used with any person at risk of kidney disease or as a means of educating the wider community on kidney disease. It can also provide useful background information to the health professional.

Good kidney health

(no date)



N
PA
A
S
D
K
H

Type: Poster

Description:

This colourful poster lists the protective behaviour that people can undertake to keep their kidneys healthy. This includes:

- keep your weight down
- drink lots of water
- eat good tucker
- get exercise
- have regular health check-ups
- take your medicines
- keep you skin clean
- go to the clinic if you are sick or in pain
- don't use substances (e.g. drugs)

Producer:

Kimberley Aboriginal Medical Services Council,
Broome, WA

To order copies of this resource

Kimberley Aboriginal Medical Services Council

Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council

<http://www.kamsc.org.au>

When to use this resource:

This poster could be displayed in a prominent community area, at a community event or workshop, or distributed to people at risk of developing kidney disease. It can be used to generate discussion about how to keep kidneys healthy.

Big girls don't cry (2002)

Type: Audiovisual

Description:

This resource looks at kidney disease and the impact it has on the sufferers and their families, both culturally and emotionally. It consists of three clips. Clip one uses a series of interviews intercut with photographs that tell the story of Mariah, a young baby, and the effect of kidney disease on her and her family. During the clip a doctor provides information about kidney disease. The second clip is Mariah as a young girl living an active life after a kidney transplant. Mariah's parents talk about what is required to support Mariah in living with her condition. The doctor tells us that after a transplant, patients need to take medicine everyday so that their body does not reject the new kidney. The final clip shows a renal ward in Darwin. Dr Paul Snelling, the director of Northern Territory Renal Health, tells us about the impact of renal disease on Indigenous peoples and their communities. Glenda Kerinaiau shares her experience with living with dialysis.

The video is well presented with clear messages about kidney disease and the lifelong health and emotional impact they have on Indigenous people and their families.



When to use this resource:

This a valuable resource for health professionals or educators working with Indigenous people in remote, rural or urban communities or schools. It is relevant for all age groups as a means of highlighting the impact chronic kidney disease has on sufferers and their families.

Producer:

Ballangarry D, CAAMA Productions, Alice Springs

To order copies of this resource

Ph: (02) 6248 0851

Fax (02) 6249 1640

Email: orders@roninfilms.com.au

View website:

CAAMA Productions

<http://caama.com.au>

Live strong: closing the gap on chronic disease

(2010)

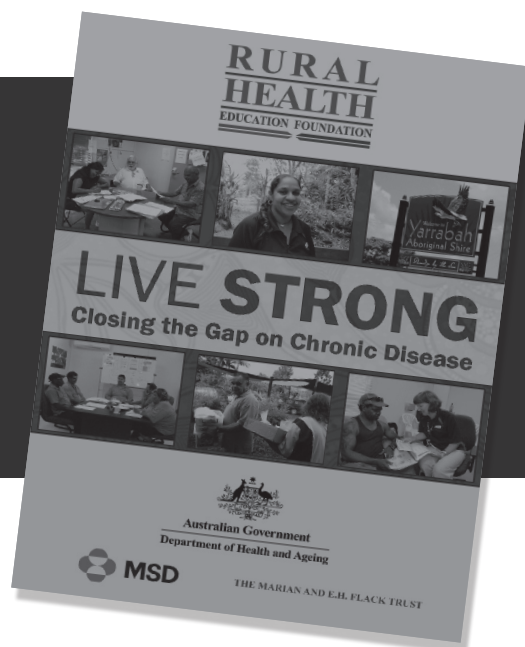
Type: Audiovisual

Description:

This program focuses on the need for a comprehensive plan for the prevention, treatment and management of chronic disease. It also explains the Indigenous notion of health and explores how this might shape more effective intervention programs. The program stresses that the gap in life expectancy cannot be closed unless chronic disease issues are addressed in a way that values independence, cultural identity, and community responsibility.

When to use this resource:

This documentary program is suitable for use by health professionals in health promotion and communication activities. It could be played to community groups or distributed to individuals wishing to gain a greater insight into chronic disease.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

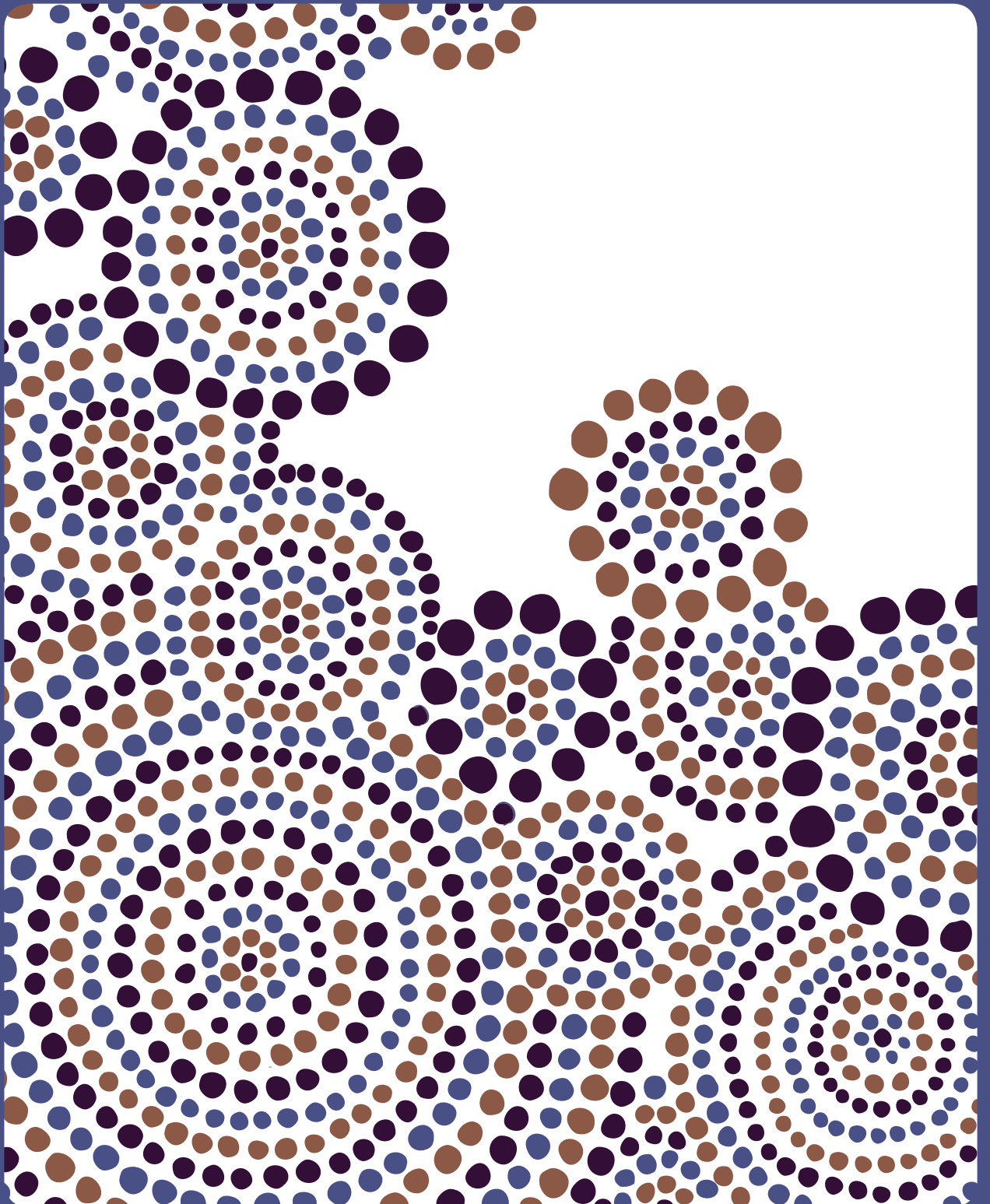
Email: rhcf@rhcf.com.au

View website:

Rural Health Education Foundation

<http://www.rhcf.com.au>

Heart health



My heart my family our culture (consumer resource kit) (2011)



Type: Resource package

Description:

This resource package has been created by the Heart Foundation specifically for Indigenous people. It contains four separate items to inform people about how to look after their hearts:

- 'Listen to your heart' DVD - a personal story of a heart attack
- fridge magnet - tips on warning signs of heart attack and an action plan
- food ideas and recipes booklet - includes the fat and sugar content of some common foods and drinks
- risk factor information sheets (4) – blood pressure, medicines, smoking, weight, cholesterol, diabetes, social isolation and depression, physical inactivity, alcohol

Producer:

National Heart Foundation of Australia, Canberra

To order copies of this resource

Heart Foundation WA

Ph: (08) 9382 5924

Fax: (08) 9388 3383

View website:

National Heart Foundation of Australia

<http://www.heartfoundation.org.au>

When to use this resource:

This resource package can be handed out to people at community events, workshops or educational sessions. The items can be used to generate discussion on topics such as heart attack warning signs, or personal stories. The recipe book can be used to generate a discussion on healthy eating or recipes can be chosen to use in a demonstration or cooking class.

My heart my family our culture (health professional resource kit) (2011)



Type: Resource package

Description:

This resource kit for health professionals contains five Indigenous specific items containing information about risk factors and warning signs of cardiovascular disease (CVD):

- A3 flipchart
- A4 flipchart
- information booklet
- large poster
- small posters

Although all items are about the same topic, they contain different levels of information, so the health professional can choose the resource to suit their audience. The information booklet is designed to provide background information to the health worker, and the other resources are designed to show to members of the general public while providing detailed explanations.

Producer:

National Heart Foundation of Australia, Canberra

To order copies of this resource

Heart Foundation WA

Ph: (08) 9382 5924

Fax: (08) 9388 3383

View website:

National Heart Foundation of Australia

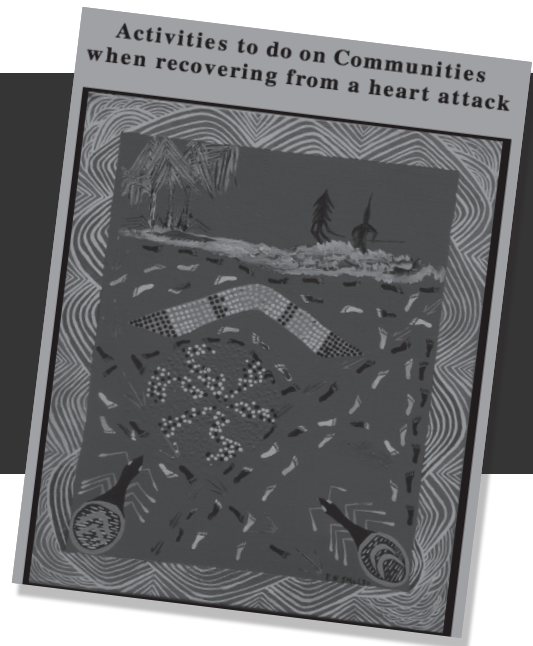
<http://www.heartfoundation.org.au>

When to use this resource:

The flipcharts could be used in a small group setting or with individuals to talk in depth about CVD, the risk factors and warning signs. The posters could be displayed at community events, in an office, a health centre or a community centre. They could be used to generate discussions about the warning signs of a heart attack, or to advertise a talk. The information booklet is more for use by a health worker to provide themselves with more background information on CVD, the risk factors and warning signs.

Activities to do on communities when recovering from a heart attack

(2010)



Type: Leaflet

Description:

Activities to do on communities when recovering from a heart attack is a leaflet of practical advice and an activity plan. The activity plan begins with a recommendation for slow walking 5-10 mins for the first week, and gradually builds up to longer and more strenuous activities for the patient. For example, by week 6 the activity plan includes long walks, collecting shellfish from rocks, swimming and digging for honey ants.

This activity plan has been specifically designed for people living in rural or remote communities, as some of the activities are bush activities.

The leaflet also includes some information on why exercise is important, and when to seek medical advice.

Producer:

Healthy Living NT, Casuarina, NT

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://www.healthylivingnt.org.au/content/?id=84>

View website:

Healthy Living NT

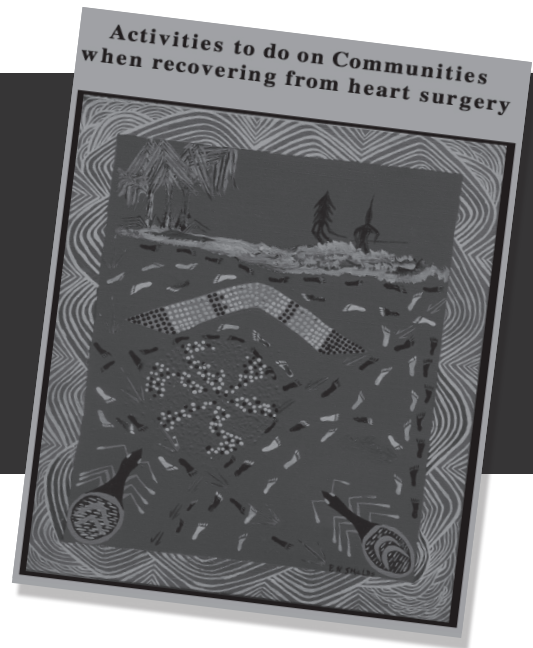
<http://www.healthylivingnt.org.au>

When to use this resource:

This leaflet is for people who are recovering from a heart attack, or their carers. It can be used to provide ideas for physical activity with a client, (they may not like to do all the activities suggested) and to make them aware that they should not try to do anything too strenuous when they are recovering.

Activities to do on communities when recovering from heart surgery

(2010)



Type: Leaflet

Description:

Activities to do on communities when recovering from heart surgery is a leaflet of practical advice and an activity plan. The activity plan begins with a recommendation for slow walking 5-10 mins for the first week, and gradually builds up to longer and more strenuous activities for the patient. For example, by week 6 the activity plan includes long walks, collecting shellfish from rocks, collecting pandanus, swimming and digging for honey ants.

This activity plan has been specifically designed for people living in rural or remote communities, as some of the activities are bush activities.

The leaflet also includes some information on why exercise is important, and when to seek medical advice.

Producer:

Healthy Living NT, Casuarina, NT

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://www.healthylivingnt.org.au/content/?id=84>

View website:

Healthy Living NT

<http://www.healthylivingnt.org.au>

When to use this resource:

This leaflet is for people who are recovering from heart surgery or their carers. It can be used to provide ideas for physical activity with a client, (they may not like to do all the activities suggested) and to make them aware that they should not try to do anything too strenuous when they are recovering.

Sharing solutions: Indigenous communities tackling chronic disease (2010)

Type: Audiovisual

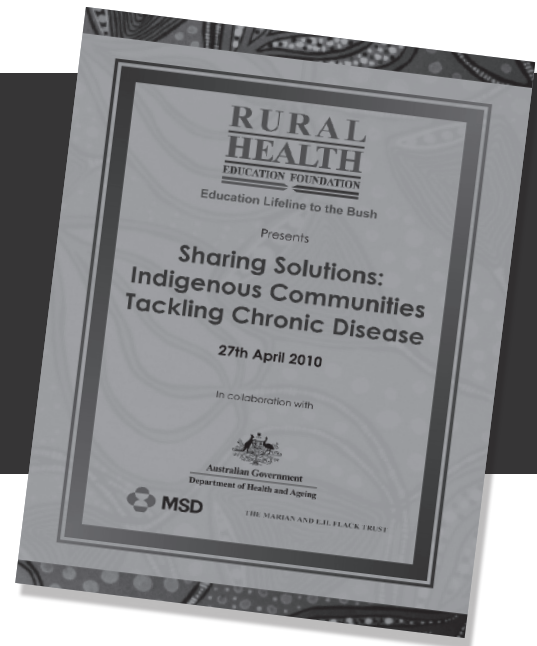
Description:

This DVD aims to help health professionals respond in more effective ways to the health and wellbeing needs of Indigenous adults. It looks at successful community-based primary healthcare programs that focus on prevention and health promotion. It also examines community-based plans that have been successful in reducing Indigenous health disadvantage. The program stresses an important message about closing the gap in life expectancy. The gap cannot be closed unless chronic disease issues are given special attention and dealt with in a way that gives Indigenous people independence, cultural identity and community responsibility.

The program discusses projects that are making a difference: *The family wellbeing program* at Yarrabah in Queensland; a diabetes self-management program developed by the Far North Queensland Rural Division of General Practice and currently run by Apunipima Cape York Health Council; and the *Chronic care program* developed by Dharah Gibinj Aboriginal Medical Service in Casino, NSW

When to use this resource:

This resource could be used with health professionals to educate them in chronic disease factors affecting Indigenous people, and the potential answers or solutions to tackling this.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

<http://www.rhef.com.au>

Live strong: closing the gap on chronic disease

(2010)

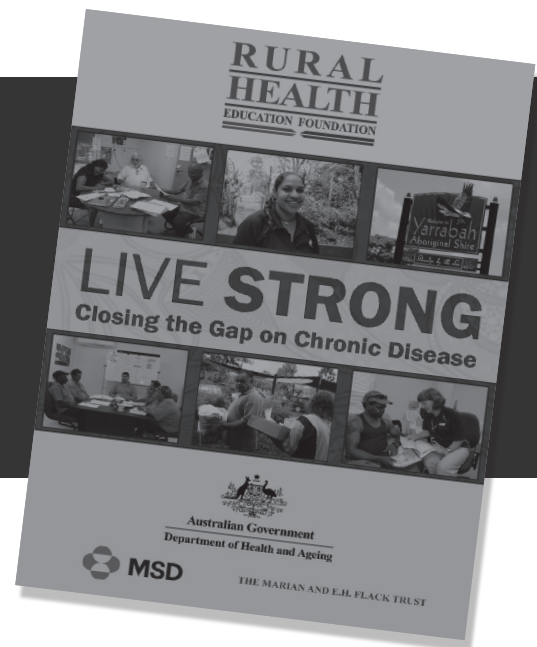
Type: Audiovisual

Description:

This program focuses on the need for a comprehensive plan for the prevention, treatment and management of chronic disease. It also explains the Indigenous notion of health and explores how this might shape more effective intervention programs. The program stresses that the gap in life expectancy cannot be closed unless chronic disease issues are addressed in a way that values independence, cultural identity, and community responsibility.

When to use this resource:

This documentary program is suitable for use by health professionals in health promotion and communication activities. It could be played to community groups or distributed to individuals wishing to gain a greater insight into chronic disease.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

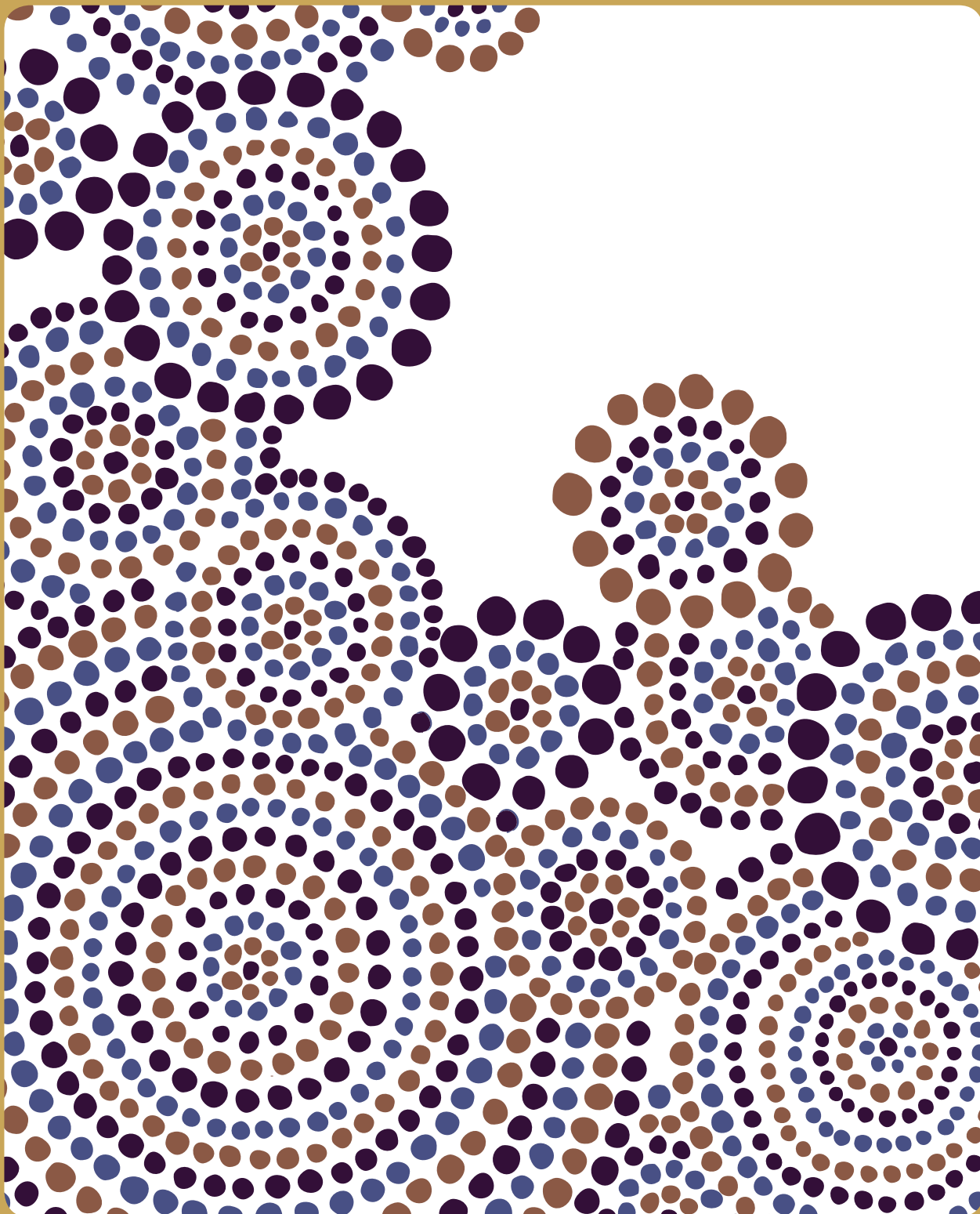
Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

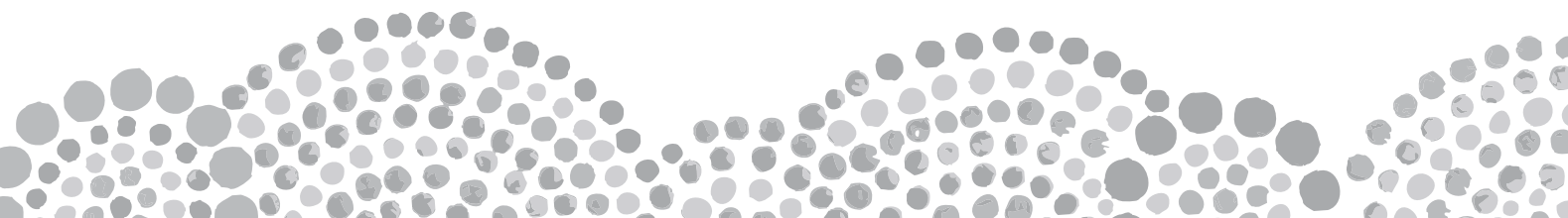
<http://www.rhef.com.au>

Other resources



Other resources

This section contains information about more resources that may be useful to you as a Healthy Lifestyle Worker, but are not contained in your resource pack.



A story about feeding babies

(2005)

Type: Flipchart

Description:

This flipchart is about food for babies. It covers ages from birth to six months, six months to one year, and over one year. It provides key messages for each of these age groups. This resource stresses the importance of breastfeeding throughout this period, and describes foods and drinks that are not good for babies/infants to eat in each of the age groups.

The flipchart uses colour pictures and photos to illustrate the key messages. Remote community members were invited to give advice on the flipchart content and layout, making it more relevant for people in these communities.

Producer:

Northern Territory Department of Health and Community Services, Darwin

To order copies of this resource

Nutrition and Physical Activity Program, NT

Ph: (08) 8985 8021

View website:

Northern Territory Department of Health and Community Services

<http://www.health.nt.gov.au>

When to use this resource:

This flipchart has been developed to help illustrate to mothers what foods are best for their babies. It can be used by individuals, or for group information sessions in Indigenous communities. It can be used to illustrate the message being taught, and to promote discussion among mothers about their breastfeeding and infant feeding experiences, challenges and strategies.

Feeding your mob with fruit & veg: bush tucker tips

(2008)

Type: Booklet

Description:

The *Feeding your mob* recipes booklet is based on the fruit and veg cookbook put together by the former Mid North Coast Aboriginal Partnership.

The booklet has many popular and nutritious fruit and vegetable recipes, including pictures to show how to prepare the recipes in a fun and easy way. The recipes include 'bush tucker tips' so that Aboriginal and non-Aboriginal people can become familiar with foods that have been part of the Aboriginal diet for many years, and maybe try some of these traditional ingredients when preparing Aboriginal food.

The recipes in this booklet are very economical to make, and use a variety of fresh, dried, canned and frozen fruit and vegetables.



When to use this resource:

The recipes in this booklet can be used when running cooking classes, to show examples of how economical, healthy and tasty meals can be created using a variety of ingredients that are easily obtained.

The recipes can be shared with members of the community to take home and try themselves, thereby encouraging them to practice at home the skills they have learned in a class or group setting.

The detailed descriptions of the bush tucker ingredients can be used to encourage discussion on traditional foods and traditional cooking, and a healthier way of life.

Producer:

Mid North Coast Aboriginal Health Partnership,
The 2 & 5 Campaign, Canberra

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://admin.gofor2n5.hstprdweb01.perthix.net/DataStore/files/pdf/NSW/Feedingyourmob.pdf>

View website:

The 2 & 5 Campaign

<http://www.gofor2and5.com.au/campaign.aspx?c=5&a=26&s=118&t=396&n=396>

The flour-drum stove cookbook for easy outdoor cooking for families (2009)



Type: Booklet

Description:

The *Flour-drum stove cookbook* is a collection of recipes that can be prepared in the flour-drum stove.

The flour-drum stove was invented by nutritionist Roy Price as a simple system for cooking healthier foods, for those people who did not have the appropriate cooking facilities or equipment in their houses. It is an alternative for those people who buy a lot of convenience or fast foods from their local store.

Outdoor cooking using the flour-drum stove gives large numbers of community members a chance to take part in the cooking process. Cooking even simple meals in the flour-drum stove can help to improve the health of members by reducing the amount of unhealthy take-aways they buy. Maintaining a healthy weight can assist with prevention of diabetes and other chronic conditions.

The recipes in this cookbook use ingredients that can be purchased in most locations, and are simple, tasty and healthy.

This method is intended only as a short term solution while housing and infrastructure problems are being experienced in remote Aboriginal communities.

When to use this resource:

Flour-drum stove nutrition education activities can be used to promote:

- cooking as a viable option to buying takeaways
- use of vegetables in meals
- demand for vegetables to be available
- healthy cooking techniques
- food and personal hygiene
- flavour without excessive fat and salt
- family meal variety
- a nutrient dense diet
- self-sufficiency
- recycling and sustainability

The recipes can also be made in conventional kitchens using standard equipment.

Producer:

Price R, Nutrition & Physical Activity section
Northern Territory Department of Health and Families, Darwin

To order copies of this resource

Northern Territory Department of Health and Families

Ph: (08) 8985 8017

View website:

Department of Health and Families, Northern Territory Government

<http://www.health.nt.gov.au>

Tomorrow people (2008)

Type: Resource package

Description:

This resource package is part of the Australian better health initiative's *Measure up* campaign, a joint federal, state and territory health initiative. Tomorrow people focuses on how Aboriginal and Torres Strait Islander people can be healthier and live longer. The website has information about how people can improve their health by making a few simple changes to eating habits, and by being more active in daily life. This information includes:

- why is a healthy lifestyle so important?
- healthy eating is the key to a healthy life
- be a team player
- you can do it
- is your lifestyle damaging your health?
- health recipes for you and your mob
- diabetes
- our kids - our future
- 10 steps to a healthier you
- grog rules
- do you measure up?
- want to learn more?

There are posters and radio interviews with well-known Indigenous sports people and media personalities, and a booklet that promotes the messages on the website.

When to use this resource:

This resource package has been created to help Aboriginal and Torres Strait Islander people understand the importance of, and the way to a healthy lifestyle. The posters, with pictures of Rohanee Cox and Mark Olive, can be used to highlight the message that a healthy diet and regular physical activity can help lead to a healthy body. The radio interviews with other Indigenous media personalities can help to inspire people to be more healthy like their role models. The website contains information for people at all stages of life and includes recipes, and a recommendation for people to talk to their doctors.

Producer:

Australian Better Health Initiative, Canberra

To order copies of this resource

Not available in hardcopy. The booklet and posters can be downloaded and the advertorials and interviews can be viewed online at:

<http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/tomorrow+resources-1p>

View website:

Tomorrow people

<http://www.measureup.gov.au>

Healthy pregnancies, healthy babies for Koori communities (2007)



Type: Flipchart

Description:

Healthy pregnancies, healthy babies for Koori communities is a flipchart developed by the Victorian Department of Health.

It covers a range of topics including:

- having a healthy placenta
- healthy eating and pregnancy
- alcohol and pregnancy
- smoking and pregnancy
- drugs and pregnancy
- it's everyone's responsibility to support a pregnant woman to be healthy

Each section provides clear and easy to understand information on the topic with the flipside showing a diagram or photos to illustrate the key ideas for the topic.

Producer:

Victorian Department of Health, Melbourne

To order copies of this resource

Victorian Drug and Alcohol Prevention Council

Ph: (03) 9096 0378 or 1300 253 942

View website:

Victorian Department of Health

<http://www.health.vic.gov.au>

When to use this resource:

The flipchart was designed to be used by Aboriginal Health Workers, maternal and child health nurses, midwives, GPs and other health service providers who work with Aboriginal and Torres Strait Islander women, their families and communities. It takes a holistic approach and states that it is the responsibility of the whole community to support the health and wellbeing of pregnant women.

Quick meals for Kooris

(2008)

Type: Resource package

Description:

This resource package relates to *Quick meals for Kooris*, a 'hands-on' cooking program that was designed to assist urban Aboriginal people to cook healthy meals for the family. The program is delivered in two three-hour sessions and is very flexible and versatile. The program aims to make meal preparation enjoyable and achievable. This is important if participants are to put what they have learned into practice at home. The participants in the program gain practical knowledge and skills which helps them and their families to eat nutritious food.

This kit contains:

- simple nutrition related health information as background for the group leader
- information and guidelines to train Aboriginal health workers and Aboriginal community members to conduct the *Quick meals for Kooris* cooking program. This includes a timeframe (what to do 8 weeks before; 1 week before; what to do on the day) and covers information on funding sources, equipment needed, shopping list for foods, recipes, transport, childcare, promotion and sample letters/flyers/posters/press releases

When to use this resource:

Quick meals for Kooris is designed to be run by Aboriginal Health Workers or by Aboriginal community members who are trained to deliver the program. The group leader does not need extensive nutrition knowledge, just some basic home cooking skills and knowledge of their local community. The cooking program can be run as a 'stand alone' program or included in larger programs, including those that address diabetes, heart disease, living on a budget, working with youth, community gardens, vacation care etc.

Producer:

Harris J, Leahy J, Bunney C, Anderson M, Central Coast Health NSW, Sydney

To order copies of this resource

Ph: (02) 4320 3691

View website:

Central Coast Health NSW

<http://www.healthpromotion.com.au>

Leaping lizards, little garden / big change: growing a community with a simple seed (2010)



Type: Book

Description:

The *Leaping lizards, little garden/big change* book provides a comprehensive account of the creation of the Onslow organic school community garden, which led to the creation of the Onslow community garden next door.

The Onslow organic school community garden was born out of a need to improve the quality of the food at the Onslow school canteen, and the need for fresh ingredients for the newly formed Breakfast club. The school garden grew a variety of fruit and vegetables that were used in the canteen and breakfast club, but also became the place for school based and youth holiday programs teaching children and young people the importance of a healthy diet. The garden was also used as an outdoor classroom to teach subjects like science, environmental health and cooking.

The success of the school garden inspired the development of the Onslow community garden. The community garden was designed to be a meeting place, a place to engage in recreation and sport, health and healing, a place for family gatherings, barbeques, festivities and events.

The book is divided into five sections:

- the story - how the gardens came about
- gardening - advice on setting up a community garden
- learning activities - school-based activities
- recipes - from the Onslow school canteen
- resources - useful books, websites and suppliers

When to use this resource:

This book provides a useful account of how a community garden was created. It can be used to provide ideas on how to go about establishing gardens in other areas. The tips on gardening, the learning activities and the recipes can be used separately or as part of a community garden initiative.

Producer:

Leaping Lizards Onslow project, Onslow, WA

To order copies of this resource

Pilbara Health Network

Ph: (08) 9185 6662

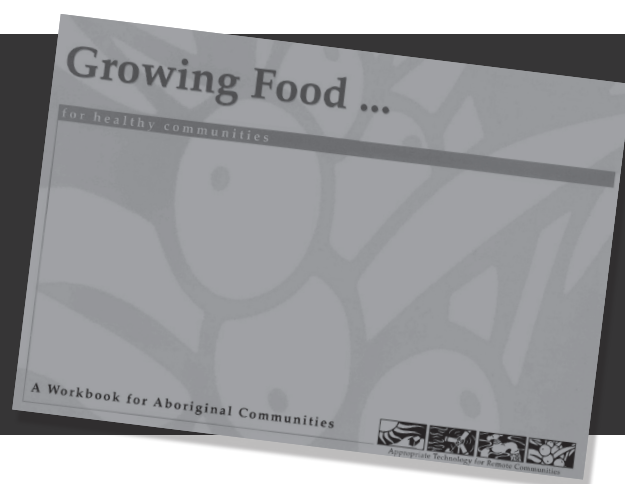
Fax: (08) 9185 6664

View website:

Pilbara Health Network

<http://www.phn.org.au>

Growing food for healthy communities: a workbook for Aboriginal communities (2006)



Type: Handbook

Description:

This handbook has been developed together with a DVD, to demonstrate how communities can grow their own fruit and vegetables for healthy nutrition. Presented in the form of a story, the book follows the Warrel family as they make improvements to their home and property. Topics covered include:

- observing nature
- understanding your site
- shelter
- plant water needs
- healthy soil
- choosing plants
- planting techniques
- irrigation

When to use this resource:

This booklet aims to provide practical information that may be useful to Indigenous communities interested in growing their own fresh fruit and vegetables. It can be used to guide the creation of community gardens which are an excellent source of low-cost fresh fruit and vegetables, as well as providing exercise for those working in the gardens.

The booklet is also linked to training modules so it can be used as part of other training programs such as the Certificate of Horticultural Skills (Aboriginal Communities) and Certificate II Australian Land Conservation and Restoration.

Producer:

Byrne J, Anda M, Remote Area Developments Group, Murdoch, WA

To order copies of this resource

Not available in hardcopy. A pdf can be downloaded from the HealthInfoNet website from:

http://www.healthinfonet.ecu.edu.au/uploads/resources/18724_18724.pdf

View website:

Josh Byrne and Associates

<http://www.joshbyrne.com.au>

It's your life, so make the most of it: a guide for Aboriginal and Torres Strait Islander peoples

(no date)



Type: Booklet

Description:

This nine page booklet designed by the Queensland Government has large, colourful pictures and brief descriptions. The aim of the booklet is to encourage Indigenous people to eat healthy foods and be physically active to enable them to live healthy lives and reduce their risk of chronic disease.

The booklet includes information on:

- eating well - including the *Guide to healthy eating*
- keeping healthy during pregnancy
- being active every day
- diabetes
- cutting down on drinking and smoking
- what is a healthy weight

Producer:

Find Your 30, Queensland Department of Communities, Brisbane

To order copies of this resource

Ph: 1300 656 191

Email: your30@communities.qld.gov.au

View website:

Find Your 30

<http://www.your30.qld.gov.au>

When to use this resource:

This resource can be used with all members of the community as it covers male, female and child/adolescent health. It is designed for people who have perhaps thought about making healthy changes to their lives but have not yet made any significant changes. The booklets can be distributed at community events, workshops or information sessions.

Mangarri palya (cooking good food) (2010)

Type: Book

Description:

This recipe book is a collection of recipes developed during the *Mangarri palya community cooking and nutrition project*. The project focused on running training for community cooking leaders, running community events, and promoting nutrition and healthy lifestyles in the four western desert communities of Kintore, Mt Liebig, Papunya and Ikuntji in the NT.

In each community, local cooking leaders worked with the Mangarri palya project worker to create recipes, some old favourites for the community and some new. These recipes have been collected and used to create a cookbook which is simple to use and packed with photos and illustrations.

Producer:

Waltja Tjutangku Palyapayi Aboriginal Corporation, Central Australia

To order copies of this resource

Waltja Tjutangku Palyapayi Aboriginal Corporation

Ph: (08) 8953 4488

View website:

Waltja Tjutangku Palyapayi Aboriginal Corporation
<http://www.waltja.org.au>

When to use this resource:

This recipe book can be used as a starting point from which to run healthy cook-up activities which engage and educate young people and adults, both men and women. Cooking can take place outdoors on gas stoves, to demonstrate equipment available to people who do not have working stoves, and also inside available community kitchens. The events should involve training in basic food preparation and hygiene.

Our pathway to living longer

(no date)

Type: Booklet

Description:

This booklet provides a detailed overview of nutrition, diabetes and cardiovascular health. It provides an explanation of technical terms in simple language with accompanying illustrations. Topics include:

- blood pressure
- smoking
- healthy eating
- healthy bodyweight
- diabetes
- physical activity
- footcare
- angina, stroke and heart attacks

Producer:

Western Australian Department of Health, Kidney Health Australia, Perth, WA

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://www.kidney.org.au/LinkClick.aspx?fileticket=cn1H64hffF30%3d&tabid=770&mid=1755>

View website:

Kidney Health Australia
<http://www.kidney.org.au>

When to use this resource:

This resource is an educational tool to use with people with chronic health conditions. It can also be used to educate the wider community. It contains some sample meal plans which could be distributed to people trying to change their eating patterns.

First taste: how Indigenous Australians learned about grog (2008)

Type: Booklet

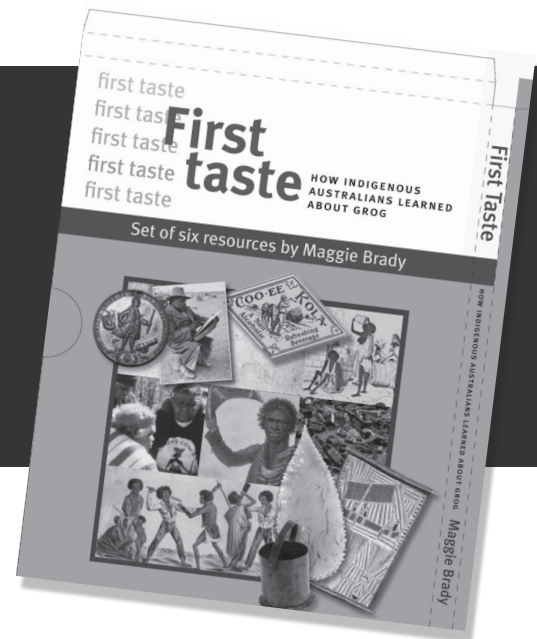
Description:

Maggie Brady, a social anthropologist from the Australian National University, has written a series of short books called *First taste*, which explore the social history of alcohol use in Australia. The series of six booklets investigates the factors that have been a foundation for Indigenous drinking habits. The booklets provide a complete analysis of the history relating to the introduction of alcohol to Indigenous Australians. The topics covered by the booklets include:

- aims and ideas (introduces the series)
- the first taste of alcohol
- strong spirits from SE Asia (strong liquor arriving in the northern region of Australia)
- the story of the bottle (cultural significance of glass)
- learning how to drink from the English (how the English taught the Aboriginal people drinking customs)
- struggles over drinking rights (effects of the ban on drinking alcohol)

When to use this resource:

This resource can be used to give Indigenous people an understanding of how history has played a role in the current levels of alcohol drinking. It is applicable to all age groups and settings (rural, urban or remote). It provides useful background information to anyone working in the area of Indigenous health and alcohol use.



Producer:

Brady M, Alcohol Education & Rehabilitation Foundation (AER), Deakin West, ACT

To order copies of this resource

AER Foundation Ltd

Ph: (02) 6122 8600

Online shop: <https://aerf.evolvedshop.com.au/epages/aerf.sf>

View website:

Alcohol Education and Rehabilitation Foundation

<http://www.aerf.com.au>

Drinking for two? (2007)

Type: Audiovisual

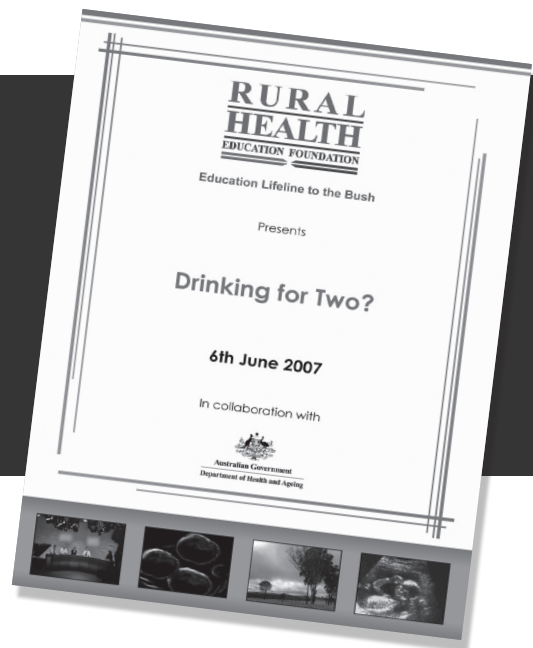
Description:

This DVD of the program *Drinking for two?* addresses the question 'Is it safe to drink at all when you're pregnant?' Individuals experiencing this problem, their families and a panel of health experts have got together to discuss this question and offer their stories. Case studies are used to illustrate the issues for children, adults and Indigenous communities. *Drinking for two?* is a short version of program 614 *Foetal Alcohol Spectrum Disorder*, which was first broadcast in 2006 by the Rural Health Education Foundation.

When to use this resource:

This resource has been produced for children, adults and Indigenous communities to look at the issues surrounding drinking during pregnancy.

This is not an Indigenous specific resource.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

<http://www.rhef.com.au/>

Durri Aboriginal Corporation Medical Service education resource package (no date)



Type: Resource package

Description:

This diabetes resource kit has been put together to support teachers who wish to teach students how to identify and prevent the onset of type 2 diabetes. This health promotion kit which carries messages about lifestyle choices aims to make a difference in health outcomes for students.

The boxed kit contains:

- kit overview booklet
- camp booklet (information on how to prepare health-based excursions)
- factual health booklet (contains diabetes facts that can be copied for students)
- games and activities booklet (contains ideas to support the teaching of personal development/health/physical education in schools)
- stickers (designed by local students to be used for health promotion)

The kit is available by mail order from Durri Aboriginal Medical Service.

Producer:

Durri Aboriginal Corporation Medical Service,
Kempsey, NSW

To order copies of this resource

Ph: (02) 6560 2300

Fax: (02) 6562 3371

Email: dt2kit@durri.org.au

Order form: http://www.healthinfolnet.ecu.edu.au/uploads/resources/16336_education-resource-package-order-form.pdf

View website:

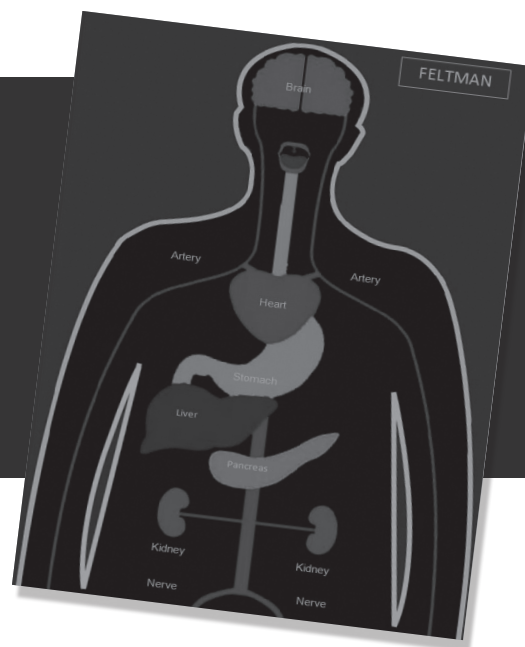
Durri Aboriginal Medical Service

<http://durri.yolasite.com>

When to use this resource:

This resource kit is for school-based diabetes programs. It will provide teachers and staff involved in health promotion, with tools to structure lessons with an effective and informed health perspective. It is aimed at school students from years 5-8, as well as those in a tertiary setting, as this is a time in students' lives when they are making decisions and forming attitudes which will carry them into adulthood.

Feltman (2010)



Type: Resource package

Description:

Feltman is a diabetes education tool developed by Diabetes Australia - Vic to teach Aboriginal people about diabetes management and the prevention of type 2 diabetes.

This diabetes educational resource is a felt mat that can be either laid out on a flat surface or hung up. It is in the shape of the human body and shows the systems and organs relating to diabetes. Using the stick-on felt pieces, Aboriginal Health Workers can show their patients or community groups how insulin works in the body.

Feltman comes with an instructional DVD and cards.

Producer:

Diabetes Australia Vic, Melbourne

To order copies of this resource

Ph: (03) 8648 1833

Email: cmitchell@diabetesvic.org.au

View website:

Diabetes Australia Vic

<http://www.diabetesvic.org.au>

When to use this resource:

Feltman can be used by health workers with individuals or groups, in demonstrations or interactive workshops. The particular advantage of the *Feltman* is that it is life-sized, enabling people to better visualise the body parts in their own bodies.

How's your sugar? (2010)

Type: Audiovisual

Description:

This website was developed for Indigenous people by Indigenous people. The aim of the website was to provide information on living well for people with type 2 diabetes.

The website uses 'ordinary people' who discuss their challenges and successes, describing the practical truths they face, rather than just providing diabetes management information.

Based on the idea that diabetes, even though it is a medical condition, is also a social and cultural experience, the use of narrative (speaking) is vital to the web page, in the same way that narrative is important as a cultural method of sharing knowledge in communities.

Producer:

Australian Community Centre for Diabetes,
Victoria University, Melbourne

To order copies of this resource

How's your sugar?

<http://www.howsyoursugar.com.au/#/kitchen>

View website:

Victoria University

<http://www.vu.edu.au>

When to use this resource:

This resource could be a useful point of information for people who are concerned about type 2 diabetes. It can be used by individuals who have access to a computer and the Internet, and its simplicity makes it suitable for most people in the community.

It can also be used as a simple tool for showing to groups of people, at a workshop or talk, to highlight important messages. These may include: the value of family and community support in managing your diabetes; and the factors that may make diabetes management more difficult, but not impossible.

Diabetes: it's in my hands

(no date)

Type: Factsheet

Description:

This resource is a set of factsheets on diabetes. Each factsheet uses colourful pictures and everyday language to explain what diabetes is and how it can impact on a person's life. They also provide tips on how to manage the disease and how to enjoy a healthy and active lifestyle. Topics covered by the factsheets include:

- what is diabetes and hypoglycaemia?
- ways to manage diabetes
- alcohol and diabetes
- your kidneys and diabetes
- food
- diabetes developed in pregnancy
- physical activity
- reducing risk factors
- smoking and diabetes

Producer:

Australian Diabetes Council, Sydney

To order copies of this resource

Ph: 1300 136 588

View website:

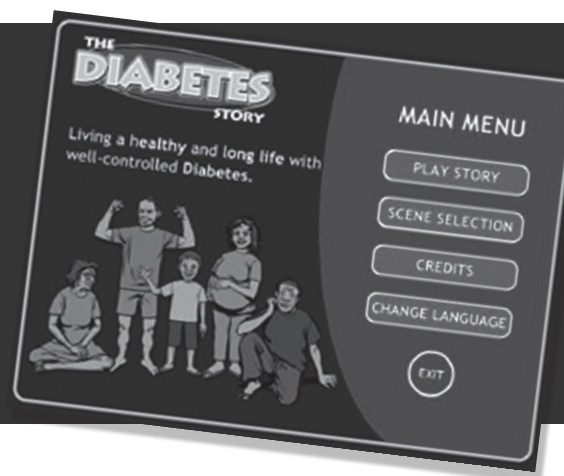
Australian Diabetes Council

<http://www.australiandiabetescouncil.com>

When to use this resource:

This diabetes resource is a set of culturally appropriate factsheets which have been created for the Indigenous community. Community members may like to take them home to read, or may like to discuss the information with a health professional or Health Worker who can explain the information in more detail. The factsheets could be handed out at workshops or be made available in diabetes clinics.

The diabetes story: living a healthy and long life with well controlled diabetes (no date)



Type: Audiovisual

Description:

The *Diabetes story* is a health information movie which has five scenes or chapters which cover the following topics:

- how do you feel?
- what is diabetes?
- why have I got diabetes?
- what could happen to me?
- if you have diabetes or think you might have diabetes

The movie plays in Macromedia Flash and is available in three Central Australian languages (Pitjantjatjara, Warlpiri, Arrernte), as well as English.

Producer:

Central Australian Aboriginal Congress, Alice Springs

To order copies of this resource

Ph: (08) 8958 3664

Email: promotions@caac.org.au

View website:

Central Australian Aboriginal Congress

<http://www.caac.org.au>

When to use this resource:

This movie can be used as a diabetes educational tool and is very useful for people who do not understand many medical terms dealing with diabetes. It can be used to provide background information to practitioners and Health Workers, as well as for use with Aboriginal clients in a group education session or for individual consultations.

Bush tucker in kidney failure and diabetes (2007)

Type: Booklet

Description:

This booklet is designed to assist those living with diabetes and kidney failure. It provides details of the nutritional value of 326 different types of bush tucker, including a selection of more common bush tucker eaten in rural and remote regions. Bush tucker is listed under the following categories:

- animal foods
- insect and insect products
- fruit and vegetables

The nutritional value for each food is set out in tables with details provided on how to understand the symbols used in the tables.

The booklet is designed to assist dietitians and patients in making appropriate choices.

Producer:

Renal Resource Centre, Northern Sydney Central Coast NSW Health, NSW

To order copies of this resource

Aboriginal Studies Press

Ph: (02) 6246 1186

Email: asp@aiatsis.gov.au

For a copy free of charge

Ph: (02) 9362 3995

Ph: 1800 257 189

View website:

Kidney Health Australia

<http://www.kidney.org.au>

When to use this resource:

This guide is written especially for people with chronic kidney disease who wish to eat Indigenous foods. This resource can be used by dietitians and their clients.

Kidney health education - have a health check (2007)



Type: Poster

Description:

This series of five posters provide bright and simple illustrations of core health messages including:

- have a health check
- no smoking
- exercise
- diet
- keep kidneys healthy

Producer:

Kidney Health Australia, Canberra

To order copies of this resource

Kidney Health Australia

Ph: (03) 9674 4300

Email: info@kidney.org.au

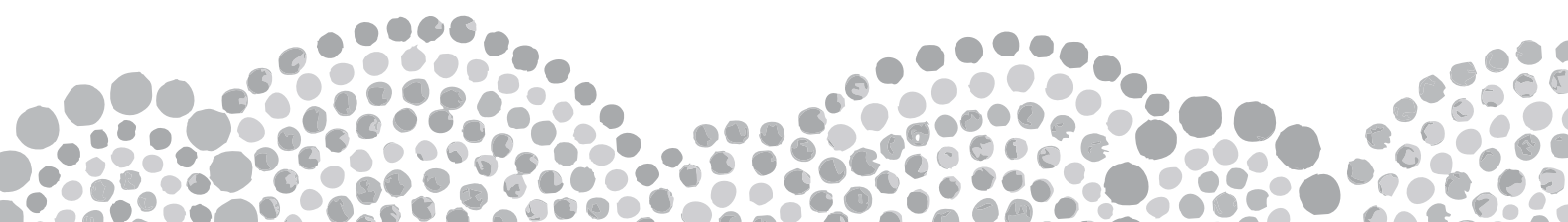
View website:

Kidney Health Australia

<http://www.kidney.org.au>

When to use this resource:

These posters could be displayed at prominent community locations to raise people's awareness of kidney health or to generate discussion on ways to keep kidneys healthy.



Koori kidneys need kindness

(2001)

Type: Brochure

Description:

This brochure provides a basic overview of kidney disease under three major headings:

- what do your kidneys do?
- are you at risk of kidney disease?
- how can you keep your kidneys healthy?

Information is also provided on places where people can find more information on kidney disease.

When to use this resource:

This resource can be distributed to people who have kidney disease or those at risk of developing it.

Producer:

New South Wales Department of Health, Sydney

To order copies of this resource

Kidney Health Australia

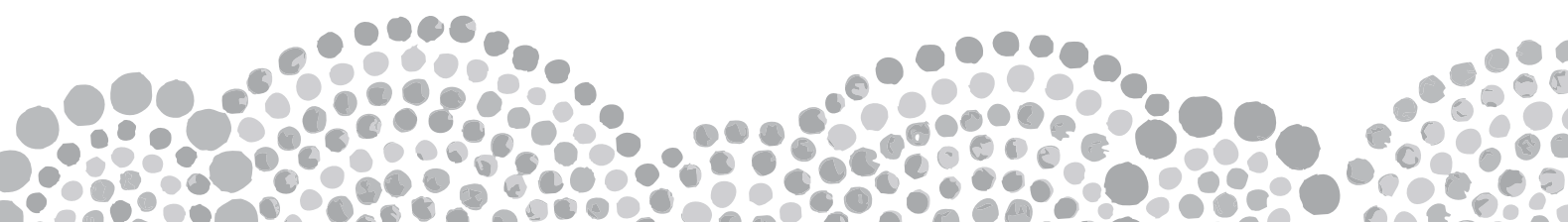
Ph: (03) 9674 4300

Email: info@kidney.org.au

View website:

Kidney Health Australia

<http://www.kidney.org.au>



Circulation and our heart

(no date)

Type: Audiovisual

Description:

The DVD covers the topics of circulation and the action of the heart, including the role of heart valves. This information is vital for understanding a wide range of illnesses including cardiovascular and respiratory diseases, such as stroke, heart failure and rheumatic heart disease. The DVD has two chapters:

Chapter 1: Circulation - Gulan nuli ga marrtji jiw'maram limurrungal rumbalkurr, includes:

- how blood moves around the body
- how blood carries oxygen, carbon dioxide and by-products of metabolism

Chapter 2: Inside our heart - Djinaga' limurrungal gojurknur, includes:

- a detailed look at the internal (inside) structure of the heart, and the role it takes in circulation
- how heart valves work and their importance in maintaining good cardiac or heart function

When to use this resource:

This educational DVD was specifically designed for Aboriginal Health Workers, but will also be useful viewing for community members and/or patients. The information is provided in Yolnu Matha with English subtitles and can be used to increase the understanding of a wide range of cardiovascular and respiratory illnesses.



Producer:

Aboriginal Resource and Development Services, Winnellie, NT

To order copies of this resource

Online shop: http://www.ards.com.au/publications/circulationheart_DVD.htm

View website:

Aboriginal Resource and Development Services
<http://www.ards.com.au>

Rheumatic heart disease: all but forgotten

(2008)

Type: Audiovisual

Description:

Aboriginal people living in the Top End of the Northern Territory have recorded the highest incidence of acute rheumatic fever (ARF) in the world. This DVD raises the awareness of health professionals to population groups within Australia at risk of rheumatic heart disease (RHD), and examines strategies developed jointly by the National Heart Foundation and the Cardiac Society of Australia and New Zealand for best practice to address the prevention, treatment and control of ARF and RHD.

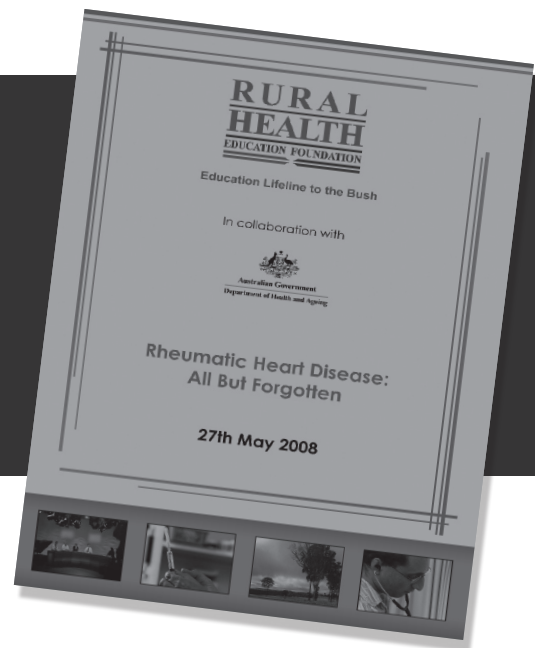
After watching this DVD the health professional should be aware of the following:

- the types of care, including preventive care, required for people with ARF and RHD
- management strategies for ARF and RHD
- resources available for education and training of health care providers
- the need for recall and reminder systems required for people with ARF and RHD, because of the high mobility of individuals and groups
- population groups within the community most at risk of ARF and RHD

When to use this resource:

This DVD provides useful background information for the health professional who would like to learn more about rheumatic fever and rheumatic heart disease.

This is not an Indigenous specific resource.



Producer:

Rural Health Education Foundation, Canberra

To order copies of this resource

Ph: (02) 6232 5480

Fax: (02) 6232 5484

Email: rhef@rhef.com.au

View website:

Rural Health Education Foundation

<http://www.rhef.com.au>

Rheumatic fever (2007)

Type: Audiovisual

Description:

This DVD aims to reduce the incidence of rheumatic heart disease (RHD) in Indigenous Australians by educating young Aboriginal people about rheumatic fever, the risks to their health, and how to prevent those risks. The message is delivered by high profile Aboriginal and Torres Strait Islander people in a manner that will appeal to young Indigenous Australians. The DVD runs for approximately six minutes.

When to use this resource:

The resource is designed to be shown to young Aboriginal people to make them aware of rheumatic heart disease. It can be used in clinics, schools and communities throughout Australia. It can be used to stimulate discussions with students about how to prevent RHD.

Producer:

Rural Health Education Foundation, ACT

To order copies of this resource

Ph: (02) 6232 5480

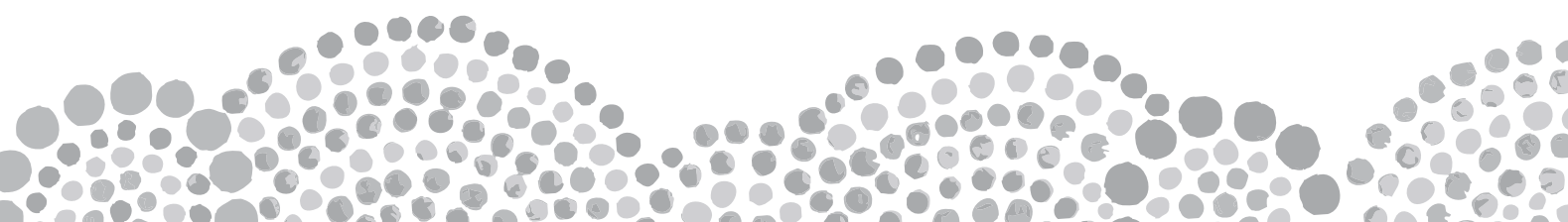
Fax: (02) 6232 5484

Email: rhef@rhef.com.au

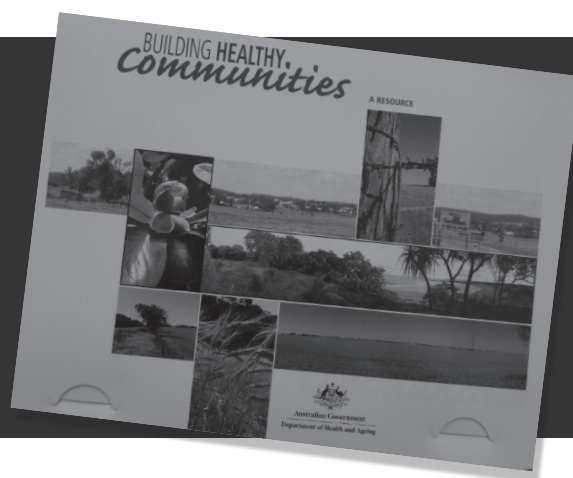
View website:

Rural Health Education Foundation

<http://www.rhef.com.au>



Building healthy communities - a guide for community projects (2004)



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Type: Resource package

Description:

The resource package comprises a book, DVD and video. This guide has been put together to help people running projects to address chronic disease in small rural communities. It is part of the *Building healthy communities project*.

The guide covers the main areas of managing a project under three sections:

- before you begin
- running a project
- winding up

It includes information on preparing a funding submission, planning the project and its evaluation, getting people involved, running the project and sustaining the project once the funding has ended. Examples are given throughout each stage to help the reader understand what the projects have achieved, how they were done, some of the problems faced and what was learnt.

There is an extra section on evaluation called 'More on evaluation'. This section includes a step-by-step guide to evaluation planning, collecting and analysing the information and presenting results.

When to use this resource:

The publication is a guide for people in small rural communities who want to try new ways to make a difference in managing chronic disease at a local level. It is useful as background information for any person wanting to develop a project targeting chronic disease in a small rural community, who has little or no experience in this area.

This is not an Indigenous specific resource.

Producer:

Department of Health and Ageing, Canberra

To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1080

View website:

Department of Health and Ageing

<http://www.health.gov.au>