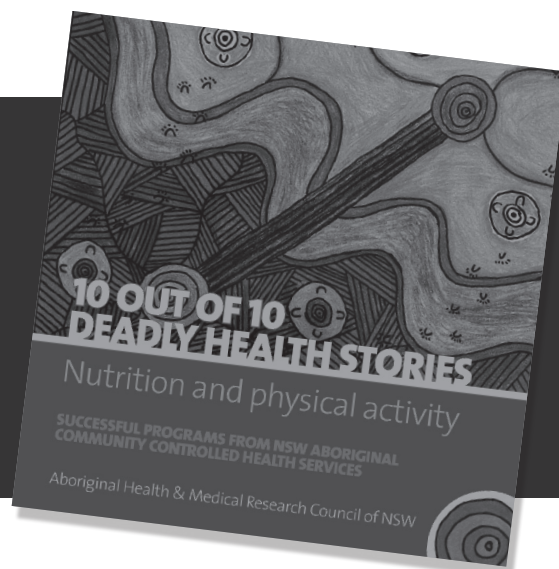


# 10 out of 10 deadly health stories - nutrition and physical activity (2009)



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**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**

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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.