

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 illustrate a discussion on healthy eating or recipes can be chosen to use in a demonstration or cooking class.