



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.