



Consulting with Aboriginal communities; finding out about the facilitators of and barriers to healthy eating for children

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NSW HEALTH
HUNTER NEW ENGLAND
AREA HEALTH SERVICE

Session overview



- Introduction to Good for Kids
- Adapting Good for Kids so its Good for **Aboriginal** Kids too
- Outline of consultation process
 - Overview of consultation outcomes
 - Outline of draft strategies



What's good for kids?

clicker

About 'Good for Kids. Good for Life.'



- Population-based program targeting healthy eating and physical activity for kids in HNE
- Settings are schools, childcare services, health services and 'community'.
- Targeting of Aboriginal kids and communities
- Aims - more fruit & veg, more water and more physical activity for kids

Making Good for Kids work for Aboriginal kids

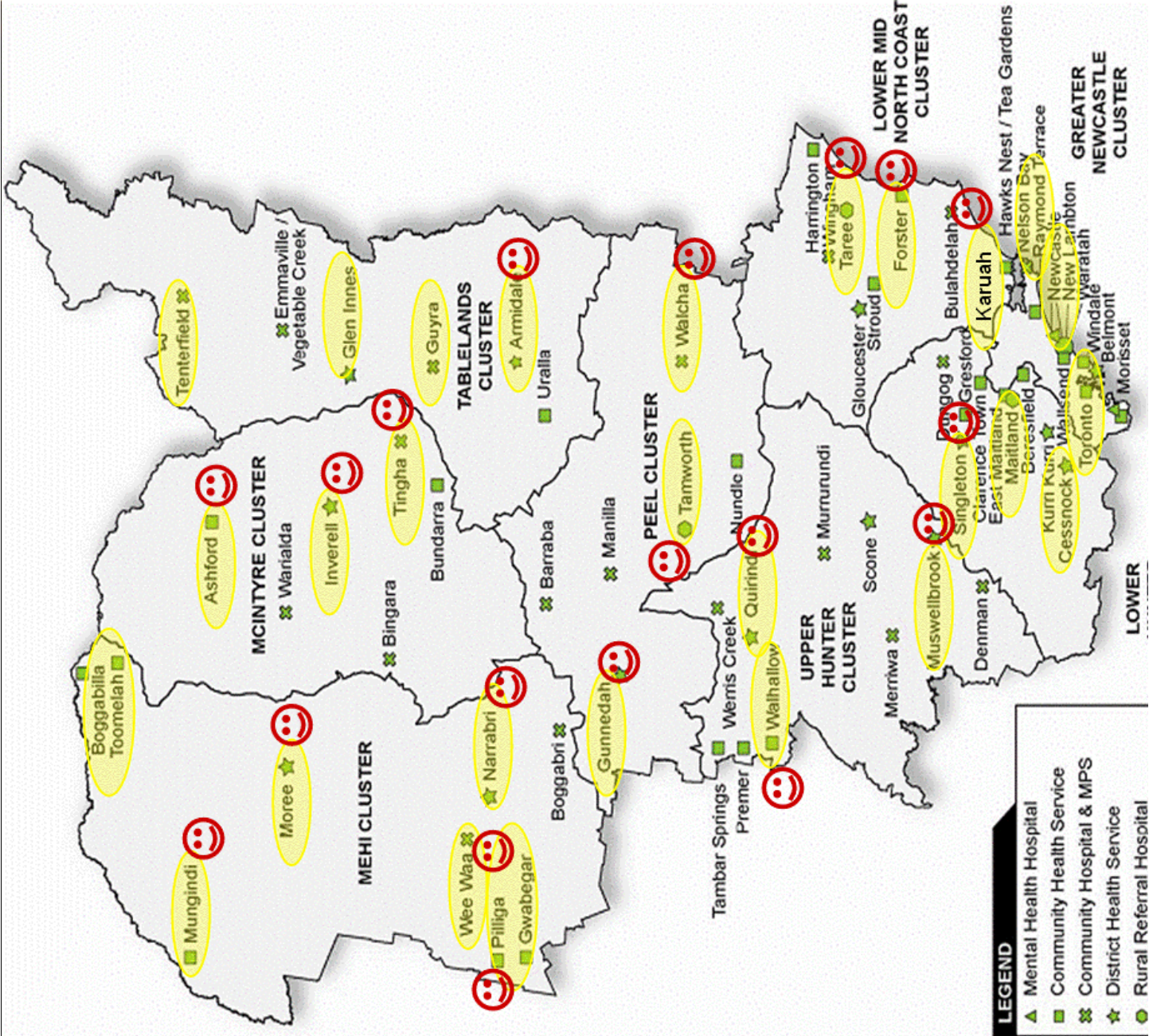


- Equity focussed Health Impact Assessment
- Aboriginal Employment Strategy
- Targeted funding
- **Consultation** (planning, ongoing) + Aboriginal Health advisory group

Outline of consultations



- A series of targeted consultations were held with parents, youth and workers in schools and community and health organisations.
- About 35 consultations undertaken from March to August 2007, including communities from Mungindi to Newcastle and Pilliga to Taree.
- Each individual consultation session recorded in a report. These individual reports informed the final consultation report.



LEGEND

- ▲ Mental Health Hospital
- Community Health Service
- ⊗ Community Hospital & MPS
- ★ District Health Service
- Rural Referral Hospital

Consultation process



- Networking
- Consultation
 - Formal, semi-formal meetings
 - Professional loitering
 - Written questionnaires
- Reporting
- Program development
- ➔ Further consultation

Outcomes of consultations



Key issues raised by communities (page 1 of 2)

- Cost is a barrier to providing healthy food and accessing facilities & equipment for being physically activity
- Education and training is needed for parents & caregivers, children and community generally on what healthy eating is and how to eat healthily on a budget
- Good for Kids should be delivered in culturally safe and appropriate ways

[photo: community consultation at Newcastle lands council]



Outcomes of consultations



Key issues raised by communities (2/2)

- Social disadvantage within Aboriginal community is a barrier to healthy eating and physical activity (unhealthy lifestyles)
- Encouraging parents and other community members to participate in health promotion programs can sometimes be a challenge
- Low levels of adequate personal transport is a barrier to food supply and accessing sites for physical activity

Outcomes of consultations



- Recommendations** from the community consultation (1/3)
1. Provide education on nutrition for parents and children
 2. Introduce strategies in schools to promote and facilitate healthy eating and physical activity
 3. Introduce strategies for families to overcome transport as a barrier to healthy eating and physical activity
 4. Provide support for healthy weight management to community members
 5. Provide financial assistance to access physical activity and/or healthy eating



[photo: community consultation at Armidale Culture Centre and Keeping Place]

Outcomes of consultations



Recommendations from the community consultation (2/3)



6. Ensure that no additional costs are associated with participating in Good For Kids programs



7. Undertake ongoing consultation with Aboriginal communities at the local level



8. Facilitate access for Aboriginal communities to resources which support healthy eating and physical

9. ~~activity~~ Develop culturally appropriate promotional material and strategies

10. Use well known role models to promote good for kids to

Aboriginal communities



[photo: community consultation at Moree]

Outcomes of consultations



Recommendations from the community consultation (3/3)

11. Promote healthy eating and physical activity tips to adult members of the Aboriginal community too
12. Support local-level community events
13. Embed sustainability into any new programs Good For Kids delivers to Aboriginal community members
14. Where viable, support community fruit & vege gardens
15. Decrease the amount of junk food advertising targeted at Aboriginal kids
16. Provide more opportunities for Aboriginal children to participate in physical activity through schools

Draft objectives



- Raise awareness and provide information on healthy eating and physical activity in Aboriginal communities
- 1) Introduce programs that promote healthy eating strategies for Aboriginal children
 - 2) Introduce programs that promote physical activity for Aboriginal children
 - 3) Promote healthy eating and physical activity for Aboriginal children in schools
 - 4) Ensure ongoing consultation between the Good for Kids program and Aboriginal communities

[photo: community consultation at Mungindi CDEP]





Conclusions

- Community consultation on healthy eating for Aboriginal children effectively identifies facilitators/barriers
- Facilitators to healthy eating
 - Harder to identify
 - Providing free fruit at children's programs
 - Support from community dieticians
 - AMS actively promoting healthy eating

Conclusions cont'



- Barriers to healthy eating are linked to social determinants of health and overcoming institutional racism, including
 - Cost
 - Availability of fresh fruit and vegetables
 - Access to fresh fruit and vegetables
 - Unhealthy nature of food outside homes
 - Lack of culturally appropriate, realistic dietary advice
 - Low levels personal skills/awareness on what healthy eating and how to do it

(recommendations)



- Systemic review of all active federal, state and area-based nutrition policy to identify and address institutional bias against Aboriginal people.
- New nutrition policies should ensure that Aboriginal health and community priorities have been addressed before being implemented.

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thank you and yalu



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