

# **pakana kipli nayri**

*Aborigines eat well*



## **Making healthy choices easy choices in the Tasmanian Aboriginal Community**



**Tina Goodwin**  
*Senior Aboriginal Health Worker*

**Candy Bartlett,**  
*Aboriginal Health Worker*

**Lisa McQueen,**  
*Pregnancy Support Worker*

**Tasmanian Aboriginal Health  
Service  
Tasmanian Aboriginal  
Centre**

# The Tasmanian Aboriginal Centre



Hobart

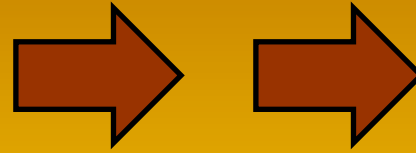
Launceston

Burnie



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# From KFC to Fresh Fruit and Vegies



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# Our First Qualified Aboriginal Health Workers & Staff



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# Cultural Fun Day



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# NAIDOC Week 2002



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# The Picture Today

## Nutrition support worker



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# The Picture Today

## TAC Nutrition Policy includes

- Healthy catering, including use of traditional foods
- Staff knowledge and skills
- Supporting community on positive food attitudes and behaviours
- Community involvement
- Food safety



# The Picture Today

Fresh fruit in waiting rooms



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# The Picture Today

## Healthy catering



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# The Picture Today

## Integration of health areas



# The Picture Today

## Role modelling



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# The Picture Today



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# The Picture Today

## Employment of Dietitian/Nutritionist Nutrition Action Plan



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# What we learned along the way

- Expect and deal with challenges
- Change takes time
- Persistence
- Build on successes
- Small steps
- Involve the community
- Use the skills around you



# Where to from here



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