

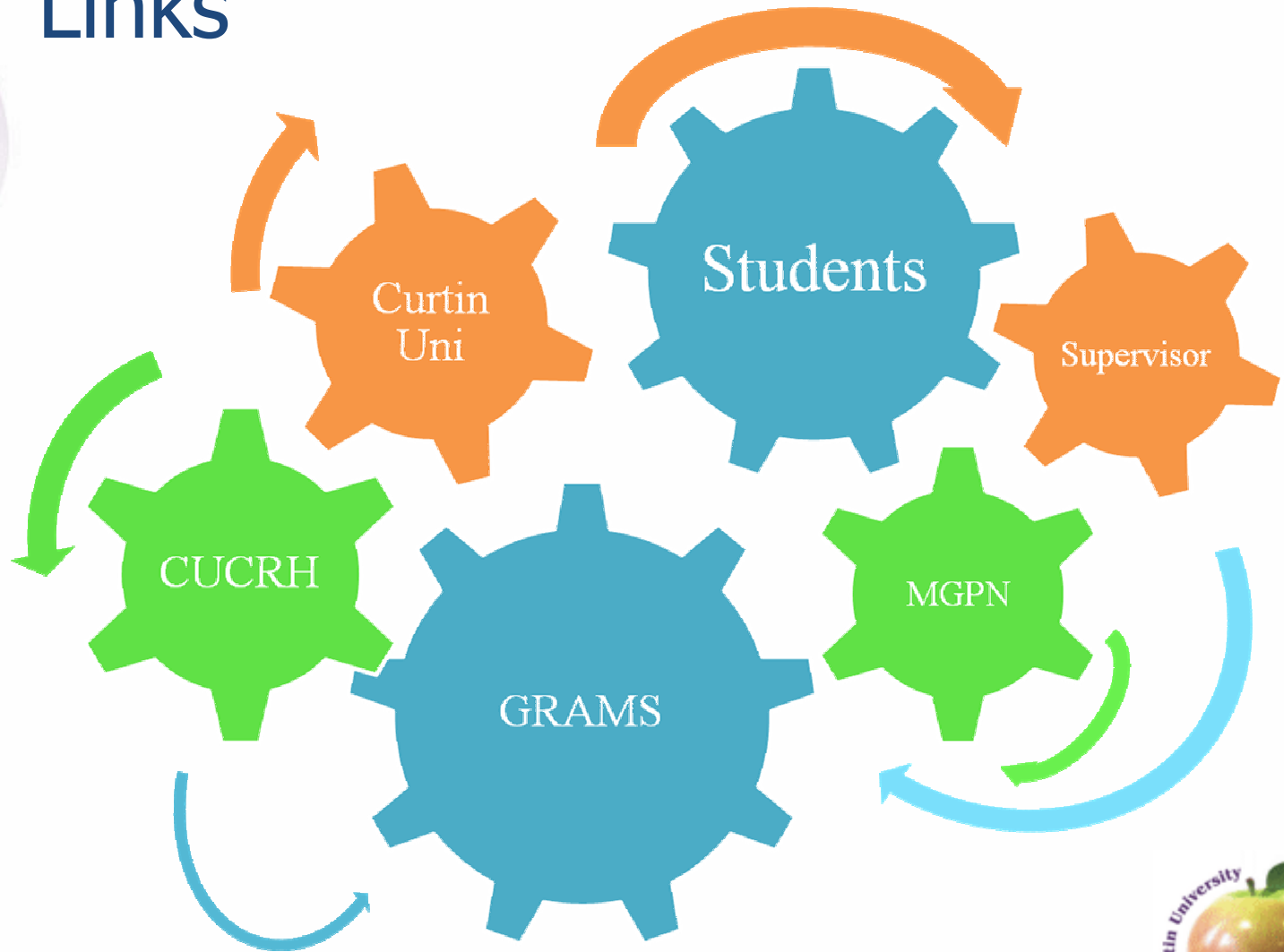
Making it happen:

Linkages between students and
health workers create great
nutrition resources

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University of Technology
Alan McDonald & Debby Woods, GRAMS



Links



Student placement

- 🍏 Postgraduate Dietetic students
- 🍏 Competencies for community placement
- 🍏 Four weeks in rural setting - Geraldton CUCRH



What dietetic students gave

- 🍏 Time
- 🍏 Computing skills
- 🍏 Expert nutrition knowledge
- 🍏 Health promotion theory



GRAMS

- 🍏 Needs identified to target chronic disease - diabetes, lifestyle issues and maternal health
- 🍏 Limits to achieving these targets
 - time
 - computing skills
 - funding
 - personnel



GRAMS input

- 🍏 Cultural security
- 🍏 Cultural sensitivity- women's and men's business
- 🍏 Local Yamiji needs

Next step the most important

🍏 Yarning, yarning, yarning

🍏 Consultation, consultation,
consultation

🍏 Again, again & again

Resource development

- 🍏 Topics
- 🍏 Format - pamphlets & posters
- 🍏 Colours & language
- 🍏 Style - simple & positive messages
- 🍏 Local content - used local people in photos
- 🍏 Visual - photos better than clip art



Pamphlets & posters

Pregnancy and antenatal care

- Calcium
- Iron
- Folate

Diabetes and pregnancy

- GDM
- GDM simple version



Pamphlets

- 🍏 Caffeine - addressing stress and boredom
- 🍏 Salt - hypertension and renal failure
- 🍏 Fat
- 🍏 Fibre
- 🍏 Sugar

Fat and your health



Fibre and your health



Sugar and your health



Iron in Pregnancy



Look after yourself
Look after your baby



Folate in Pregnancy



Look after yourself
Look after your baby



Calcium in Pregnancy



Picture

Look after yourself
Look after your baby



Calcium in Pregnancy



Look after yourself
Look after your baby



Calcium in Pregnancy

See the Health Worker,
Midwife or Dietitian at
GRAM'S for more
information.

GRAM'S is open
 Mon - Wed 9:30 - 4:30
 Thurs 9:30 - 12:30
 Fri 9:30 - 4:30
 GRAM'S Antenatal Clinic
 Wed 9:30 - 12:30
 Phone: 8668 8666



Eat good food to be
Healthy and Strong



And remember to always
eat healthily!



What is folate?

Folate (or folic acid) is a B-group vitamin found in some foods, which will be listed below.

Who needs folate?

All women who are:
Capable of getting pregnant.
Planning a pregnancy.

Why do you need folate?

Folate is important to help reduce the risk of neural tube defects (such as spina bifida) in babies.



How much folate do you need?

0.4–0.5 mg per day.

Ask your doctor for folate supplements to be taken before pregnancy and for the first three months of pregnancy.



1 folate tablet = 0.5 mg per day—take 1 daily.



What are the food sources of folate?

In general, folate can be found in leafy greens, dried peas and beans, fortified cereals and grain products, and some fruits and vegetables.

Excellent food sources of folate:

- Asparagus
- Bran flakes
- Broccoli
- Brussels sprouts
- Chick peas
- Dried beans
- Lentils
- Spinach



Very good food sources of folate:

- Cabbage
- Cauliflower
- Leeks
- Oranges
- Orange juice
- Parsley
- Peas
- Wheat germ
- Wholegrain bread



Good food sources of folate:

- Hazelnuts
- Vegemite
- Parsnips
- Potato
- Salmon
- Strawberries
- Tomato
- Unsalted peanuts
- Walnuts





Baby Food Recipes

Making your own baby food has many benefits for both you AND your baby!

- Homemade baby food ...
- Is cheaper
- Is tastier
- Is more nutritious or
- Has no additives or preservatives



1. Cook rice cereal, baby's first vegetables and fruits such as potato, or cooked and pureed



Vegetables (from 6 months)

1. finely chopped / minced

2. to the boil in

3. until soft

4. or puree in



5. Cook until soft

6. In a saucepan, cover with water.

3. Press pulp through a strainer or puree in a blender / food processor



Once baby is enjoying a good range of fruits and vegetables, you can introduce the to some fresh beef, lamb, pork or chicken.



Blended meat (from 6 months)

Ingredients:

- 1/2 cup of chicken, lean beef, veal or lamb- finely chopped / minced

Method:

1. Place meat in a saucepan & cover with water
2. Simmer gently until meat is tender & cooked.
3. Press meat through a strainer or blend it



Gradually become more adventurous with different foods and textures. When teeth start coming in, try flaky loose fish, mashed legumes, ~~soy~~ in, try flaky loose fish, mashed legumes, ~~soy~~ and fruits like berries, citrus & stone fruit

Steamed fish

(may be offered from ~9months)

Ingredients:

- 1 fillet of fish

Method:

1. Place the fillet of fish in a steamer or saucepan with a small amount of water.
2. Steam until the fish is well cooked.
3. Carefully remove bones and skin.
4. Serve plain or with white sauce





Posters

- 🍏 New format: a series of posters
- 🍏 Women's health series - Five Generations!
- 🍏 Dental health care
- 🍏 Posters for the gym advertising *More than Medicine* program

Salt and your health



Salt and your health



Eating too much salt can lead to high blood pressure which is bad for your heart and kidneys



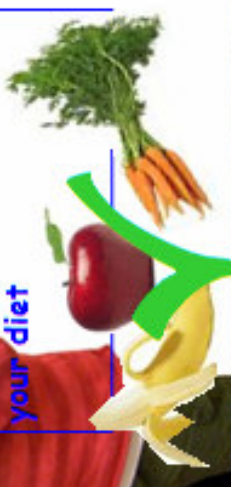
You can reduce your salt intake by cutting down on fast food and not adding salt to meals or during cooking



Try adding herbs and spices or garlic and lemon instead



Fresh fruit and vegetables are naturally low in salt so include lots of these in your diet



WARNING !!
Is **CAFFEINE** Affecting Your Health?



What is CAFFEINE?

- ☞ Is a natural substance found in the leaves and fruits of some plants
- ☞ It acts as a stimulant in your body and you can become addicted to it

How does CAFFEINE affect your health?

- ☞ Through its stimulating effects excessive caffeine consumption of 500 mg/day can cause.

Increases:

- Blood pressure
- Heart beat rate
- Blood sugar levels

Causes:

- Sleeplessness
- Anxiety and Irritability
- Dehydration
- Dizziness and headaches

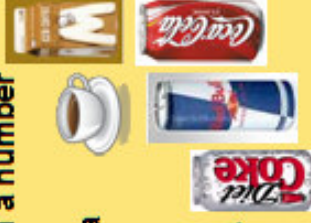
All of these problems can lead to health problems such as diabetes or heart disease!



Where is CAFFEINE found?

Caffeine is found in a number of drinks including

- Coffee and Tea
- Cola drinks
- Chocolate
- Energy drinks
- Red Bull
- "V"



How much CAFFEINE is in these drinks?

	mg/250 ml
Brewed Coffee	100-150
Instant Coffee	60-100
Tea	30-100
Energy drinks	80-90
Cola drinks (375ml)	30-50
Chocolate drinks	30-60

6 cups of coffee + 2 cans of coke =

How much CAFFEINE is too much?

Adults:

It is recommended that adults have less than 500 mg per day.

Pregnant Women:

Limit caffeine intake to

200 mg per day OR

avoid it altogether!

Too much caffeine can increase the risk of miscarriage, difficult births and a low birth weight baby!!

Children: Caffeine is not suitable for children it can cause:

- Stomach upsets
- Irritability
- Inability to sleep





Healthy Women Healthy Families



Yamatji women need to have
regular check-ups to stay healthy

5 Generations of Healthy Women



GRAM 8 Is Open
Mon - Wed 8.30 - 4.30
Thurs 8.30 - 12.30
Fri 8.30 - 4.30
GRAM 8 Antenatal Clinic
Wed 8.30 - 12.30
GRAM 8 Women's Clinic
Wed 8.30 - 4.30
Phone: 9956-8555



Healthy Woman Healthy Family

Yamatji women need to have regular check-ups to stay healthy

31-45 years old

Eye Check Every 2 Years

Teeth Check Every 6 Months

AND REACTIVE Everyday

Well Woman's Check-up Contact GAIMS for more information on 9594-6522

PIP SMEAR Every 2 Years Breast Check

Well Woman's Check-up Every 2 Years

Ear Health & Balance Everyday

Check GAIMS for more information on 9594-6522

Healthy Children Healthy Family

Yamatji children need to have regular check-ups to stay healthy

0-16 years old

Eye Check Contact GAIMS for more information on 9594-6522

Well Children's Check-Up Contact GAIMS for more information on 9594-6522

PIP SMEAR & BREAST CHECK Every 2 Years

Teeth Check Every 6 Months

AND REACTIVE Everyday

Well Woman's Check-up Contact GAIMS for more information on 9594-6522

PIP SMEAR Every 2 Years Breast Check

Well Woman's Check-up Every 2 Years

Ear Health & Balance Everyday

Check GAIMS for more information on 9594-6522

Healthy Woman Healthy Family

Yamatji women need to have regular check-ups to stay healthy

Over 60 years old

Eye Check Every 2 Years

Teeth Check Every 6 Months

AND REACTIVE Everyday

Well Woman's Check-up Contact GAIMS for more information on 9594-6522

PIP SMEAR Every 2 Years Breast Check

Well Woman's Check-up Every 2 Years

Ear Health & Balance Everyday

Check GAIMS for more information on 9594-6522



Good Tucker Good Teeth

Good tucker is important for Yamaji people to be healthy and strong

Good tucker is important for both Yamaji kids and adults' teeth

You need healthy teeth to:

- Talk good
- Chew good food
- Feel good
- Look good

Good Teeth



Unhealthy teeth are: Painful, Ugly, Smelly. They make it hard to eat good tucker. BUT ... bad teeth can be prevented!!



Bad Teeth and Gum Disease

Every Body Every Day

Brush teeth 2 times every day for strong healthy teeth

Eat good tucker every day

Floss teeth every day

Visit the dentist once every year





MORE THAN MEDICINE

Do you have:



- High blood pressure?
- Diabetes?
- Weight troubles?

Come & join the GRAMS exercise program!

IT'S FREE!

1 hour sessions
MONDAY, WEDNESDAY & FRIDAY

See your Health Worker today!

GRAMS - RIFLERANGERD Ph: 9956 6555



Resource package

 *Train the Trainer* series:

- Man Tucker, Men's tucker and health
- Woman Tucker, Women's tucker and health



Man Tucker

Men's tucker and Health

A nutrition education program for
Indigenous Men

Trainers Package:

- Trainers Manual
- Presentation CD
- Handouts

Vanessa Ellis
Lauren Hall
Curtin University Dietetic Students
Supervised by Cindy Porter (Dietitian)



Woman Tucker

Women's tucker and health

A nutrition education program
for Indigenous Women

Trainers Package:

- Trainers Manual
- Presentations CD
- Handouts

Terri Roberts
Sara Shenton
Curtin University Dietetic Students
Supervised by Cindy Porter (Dietitian)



How big is YOUR gut?

- 94cm around – increased risk of disease
- 102cm around – high risk of diseases



How big is YOUR gut

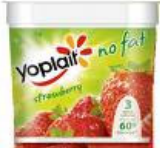
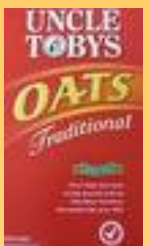
If your gut is wider than 94cm you are increased risk of getting diseases like diabetes & heart disease. If it is over 102cm, you are at greater risk of these diseases.

If you click the mouse or the arrow key on the keyboard – a tick & two crosses will appear on the slide to indicate which picture is acceptable. You can make comments on these pictures if desired.

** (Optional) **Circulate the tape measures so that the participants can measure their own waist in line with the bellybutton. They do not have to share the information – this is just for their own information.***

•If you think your gut is too big, maybe its time to think about reducing its

Where do these foods go?





Woman tucker

Women's tucker and health

 10 – 11 sessions

 45 minutes

 Topics based on Man's tucker program

– Antenatal care, breast feeding

– Introduction of solids, fussy eating, toddler eating

– Includes pamper sessions for stress

– Budgeting & '*FoodCent\$*'

– Cooking from '*Bush Tucker*' – versatile curry


Keeping yourself healthy


 Being healthy affects your:

body

mind

spirit

 If you look after yourself you can look after your family better and for longer


 You can also be an active part of your community

Benefits of the projects

- 🍏 Produced on a limited budget
- 🍏 Produced onto CD's for on selling
- 🍏 Power point slides printed on A4 & laminated for bush camps or sites without computer & projectors as a *flip chart*

Benefits for GRAMS

- 🍏 Culturally appropriate, local resources
- 🍏 Ownership of the resources
- 🍏 Health workers felt valued & ideas listened to
- 🍏 Lifted morale & shifted focus from daily clinical focus to prevention focus

- 
- 🍏 Now on hard drive available to all
 - 🍏 Inexpensive & cost effective resources

Benefits for students

Skills developed:

- researching, producing & evaluating resources
- negotiation & consultation skills
- computing skills in Publisher & photography
- health promotion skills

Completed project cycle

Benefits for students

- 🍎 Rural placement felt autonomy and increased independence
- 🍎 Cultural barriers, prejudices & stereotypes broken
- 🍎 Being out of their comfort zone
- 🍎 No mobile phone or text coverage




What now

- 🍏 Translation of resources into Yamiji language
- 🍏 DVD production for waiting room messages & promotion
- 🍏 Health workers use health messages developed by the students on Radio Mama

Evaluation

- 🍏 All resources have been evaluated with recommendations
- 🍏 Problems include who is responsible for rotating posters & printing pamphlets
- 🍏 Position posters for specific areas - maternal & infant health outside child health room



🍏 “Dietetic students are now known for listening, getting the job done, & they are dedicated with skills beyond nutrition counselling”



Thank you

- 🍎 Students - Lauren, Vanessa, Skye, Kirsty, Terri, Sara, Nicola, Kate, Belinda, Blaise, Stephanie, Aimee, Kyla & Megan
- 🍎 Robynne Snell Curtin University
- 🍎 Debby Woods & staff at GRAMS
- 🍎 CUCRH
- 🍎 Midwest GP Network

Curtin students 2006/2007

