

Working towards a healthier Palm Island

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In September 2006, staff from the Townsville Health Services District Health Promotion Unit and the Joyce Palmer Health Service began working together to develop, implement and evaluate a range of strategies to improve the nutritional health of the Palm Island community.

This work has included:

- providing Palm Island based health workers with training in nutrition and health promotion
- developing and delivering workshops in nutrition to community groups
- working with the Palm Island retail store to increase access to healthy food and implement a “Green Label” program
- working with the local primary school to implement the Queensland Education “Smart Choices” policy and integrate learning about nutrition into a broad range of school-based activities
- developing and implementing a range of strategies to increase the demand for healthy food within the community.

The collaborative, action learning approach has increased the capacity of the local workforce to identify and respond to the nutrition needs of the Palm Island community in a sustainable way.