

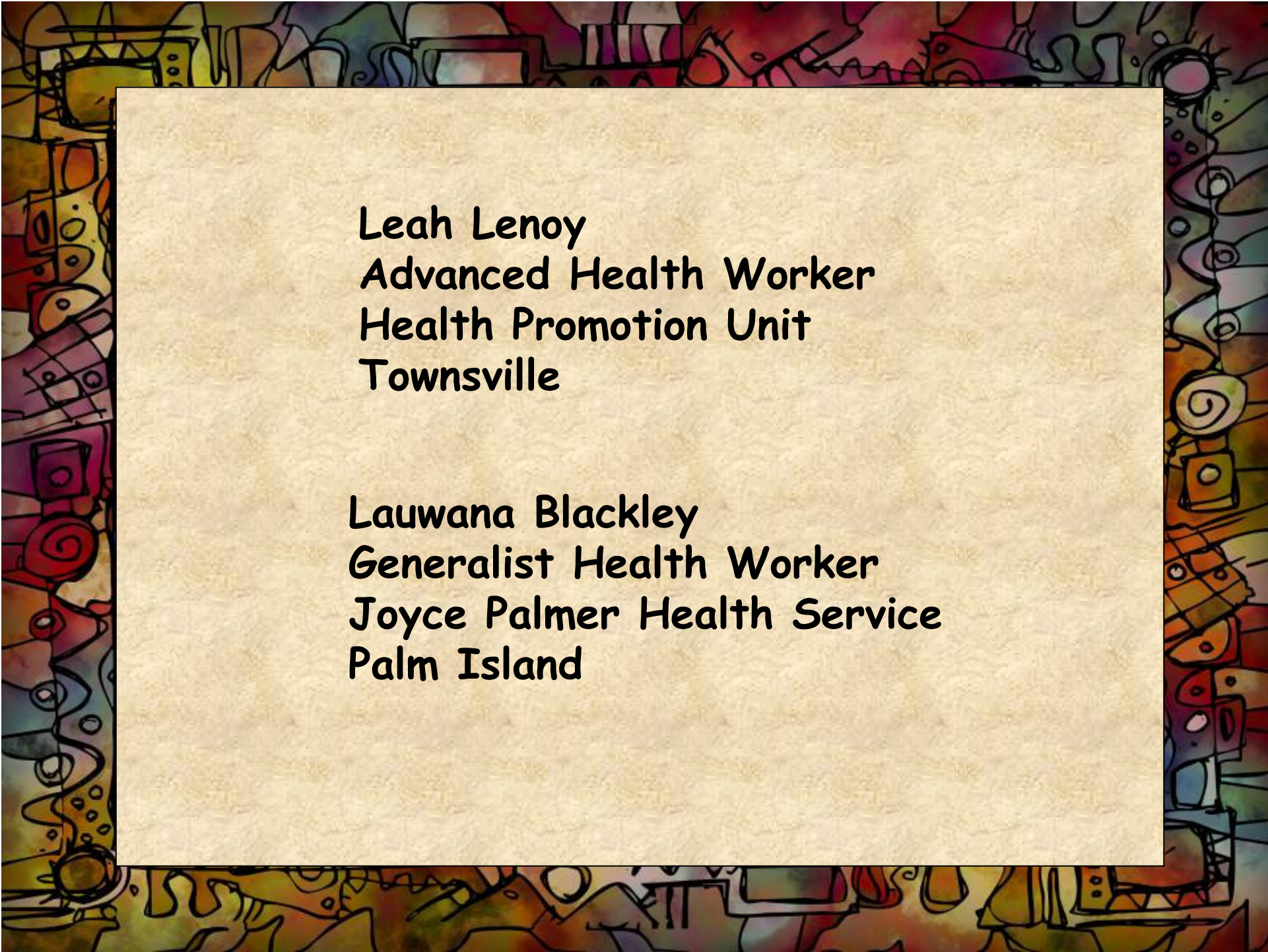


Working Towards a Healthier Palm Island

National Nutrition Networks
Conference

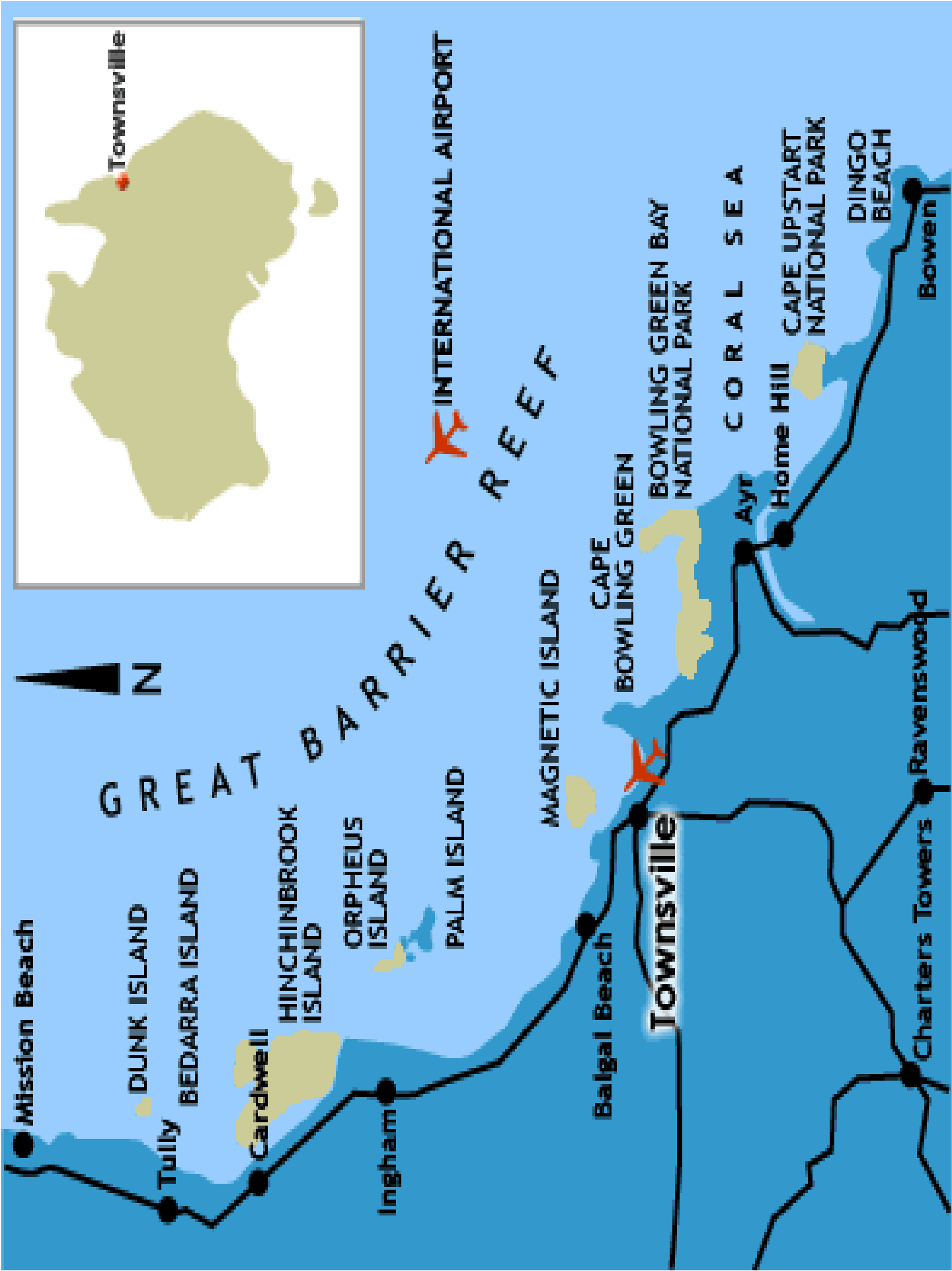
Alice Springs

11th - 14th March 2008



Leah Lenoy
Advanced Health Worker
Health Promotion Unit
Townsville

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Generalist Health Worker
Joyce Palmer Health Service
Palm Island



GREAT BARRIER REEF

INTERNATIONAL AIRPORT

CORAL SEA

Mission Beach

DUNK ISLAND

BEDARRA ISLAND

Cardwell

HINCHINBROOK ISLAND

ORPHEUS ISLAND

PALM ISLAND

MAGNETIC ISLAND

CAPE BOWLING GREEN

Townsville

Balgall Beach

Home Hill

CAPE UPSTART NATIONAL PARK

DINGO BEACH

Charters Towers

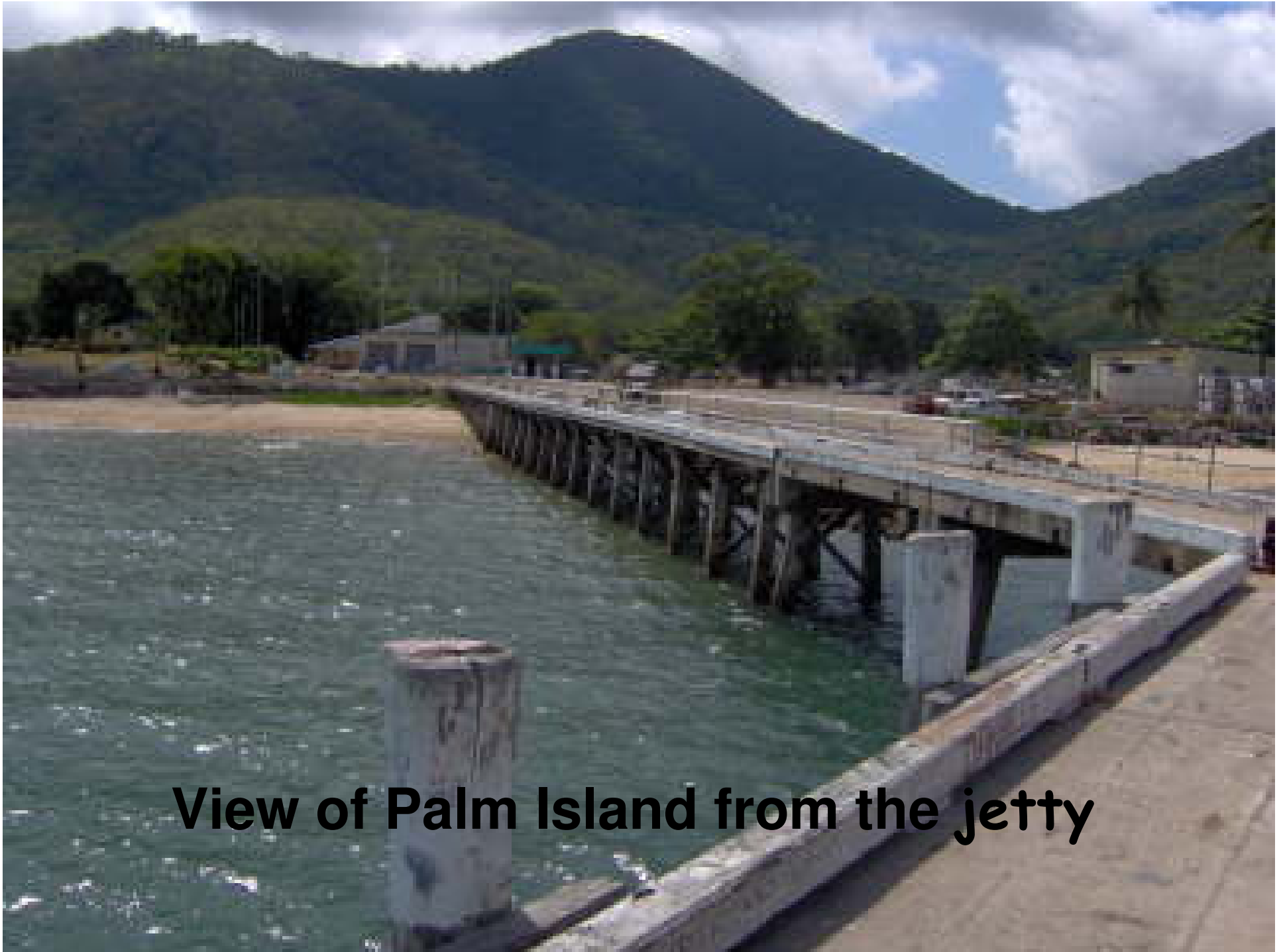
Ravenswood

Bowen

Townsville

The natural beauty of Palm Island

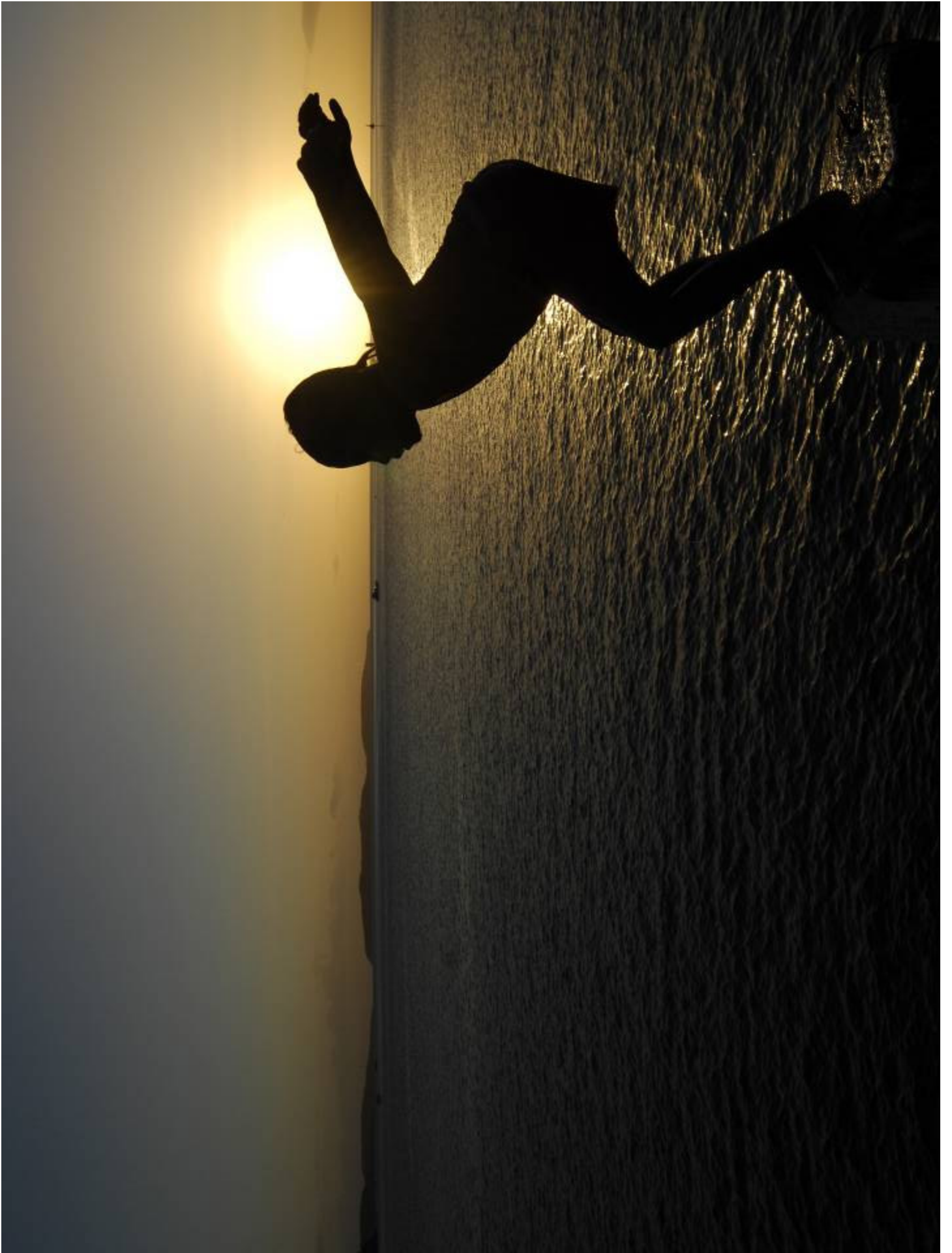




View of Palm Island from the jetty

Sunset on Palm Island







NAIDOC Week dancers





Where does our story begin?

- The Townsville based Health Promotion Unit started working with Health Workers at the Joyce Palmer Health Service in September 2006
- Together we developed an umbrella strategy that we called "Towards a Healthier Palm Island"
- Since then we have worked together to improve the health of the Palm Island community

Why did we focus on nutrition?

- Nutrition is the cornerstone of good health
- Going back to basics and finding the root of the problem
- There has been no real focus on or interest in nutrition on Palm Island for a very long time
- Letting our people know that there are simple things that can be done to significantly improve health



What have we achieved so far?



1. We have developed our workforce

Recruited six trainee health workers

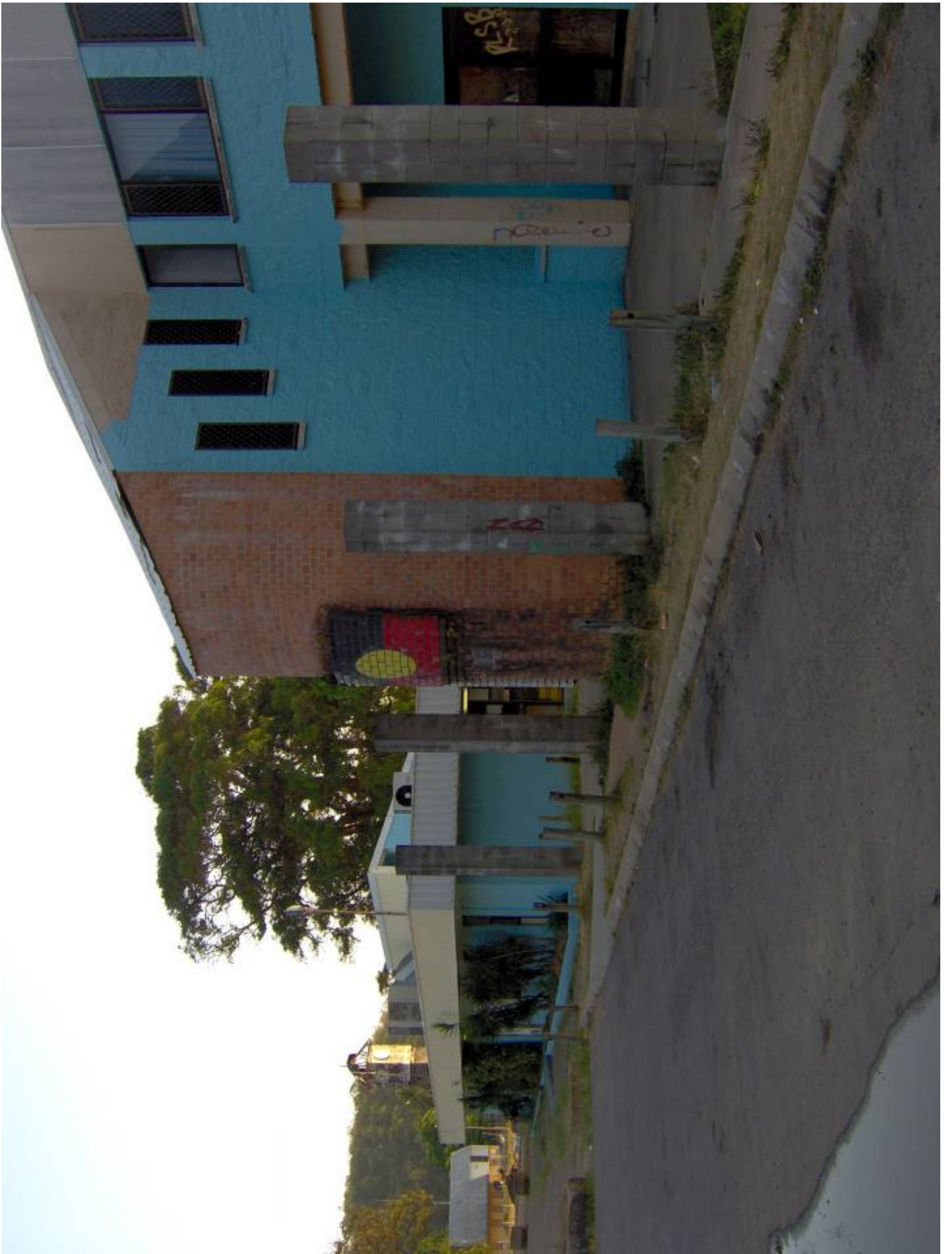
Provided regular action based training in health promotion to develop a preventative approach in our work

Provided opportunities for senior staff to learn about health promotion to be able to support the health workers



2. We have established community-based partnerships

- Palm Island Council
- Bwngcolman Futures Inc
- Schools
- Kootana Women's Group
- PI Men's Group
- PCYC
- Ferdies Haven
- TAFE







3. We have increased access to healthy food

- Working with the community store to identify and supply healthy food
- Regular Healthy Food Access Basket Surveys (HFAB)
- Trained local HWs to conduct HFAB



Inside the Retail Store





4. We have promoted healthy food within the community

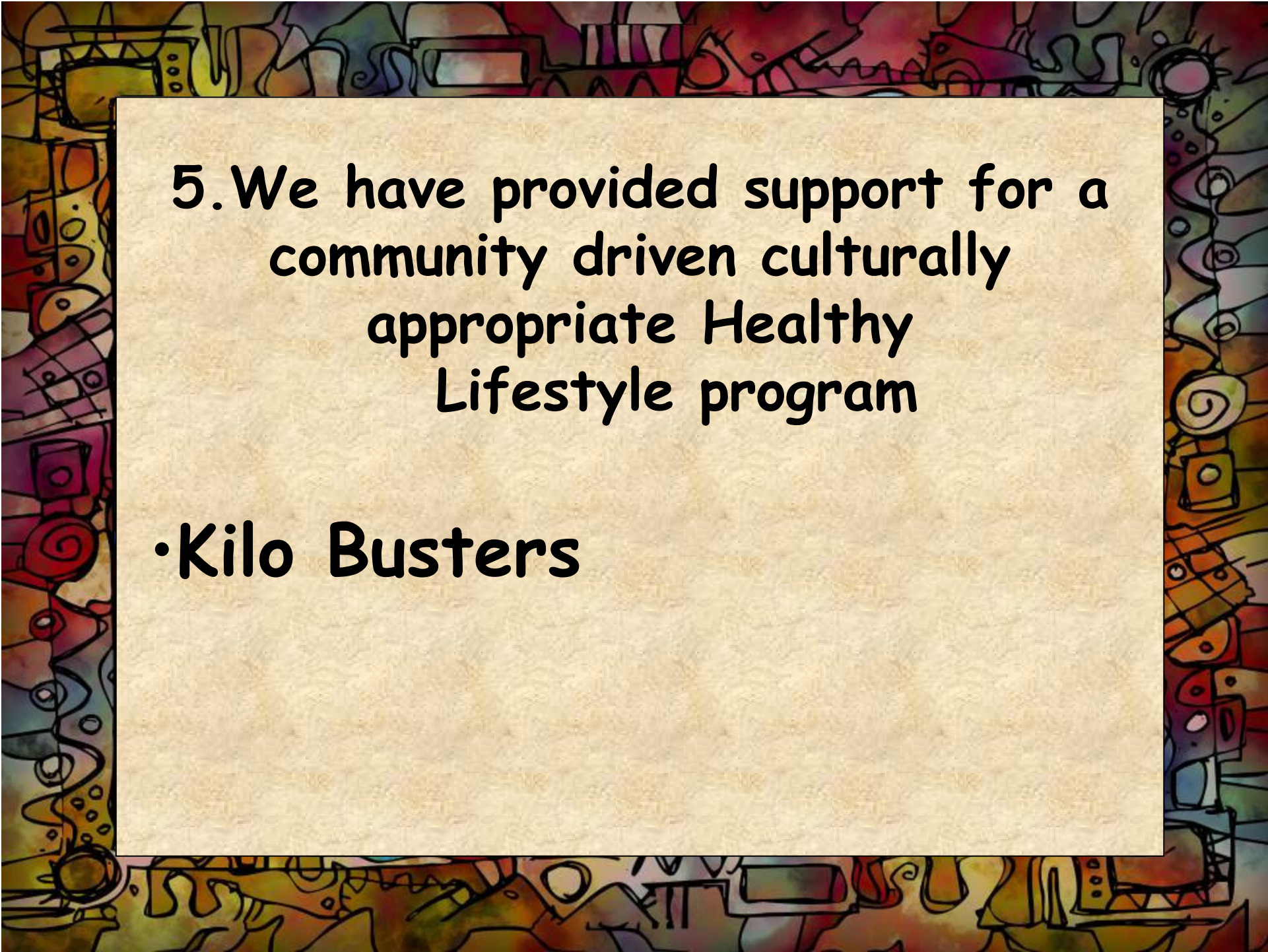
- Cooking demonstrations
- “Smart Choices”
- Community workshops on nutrition
- Green Label Program







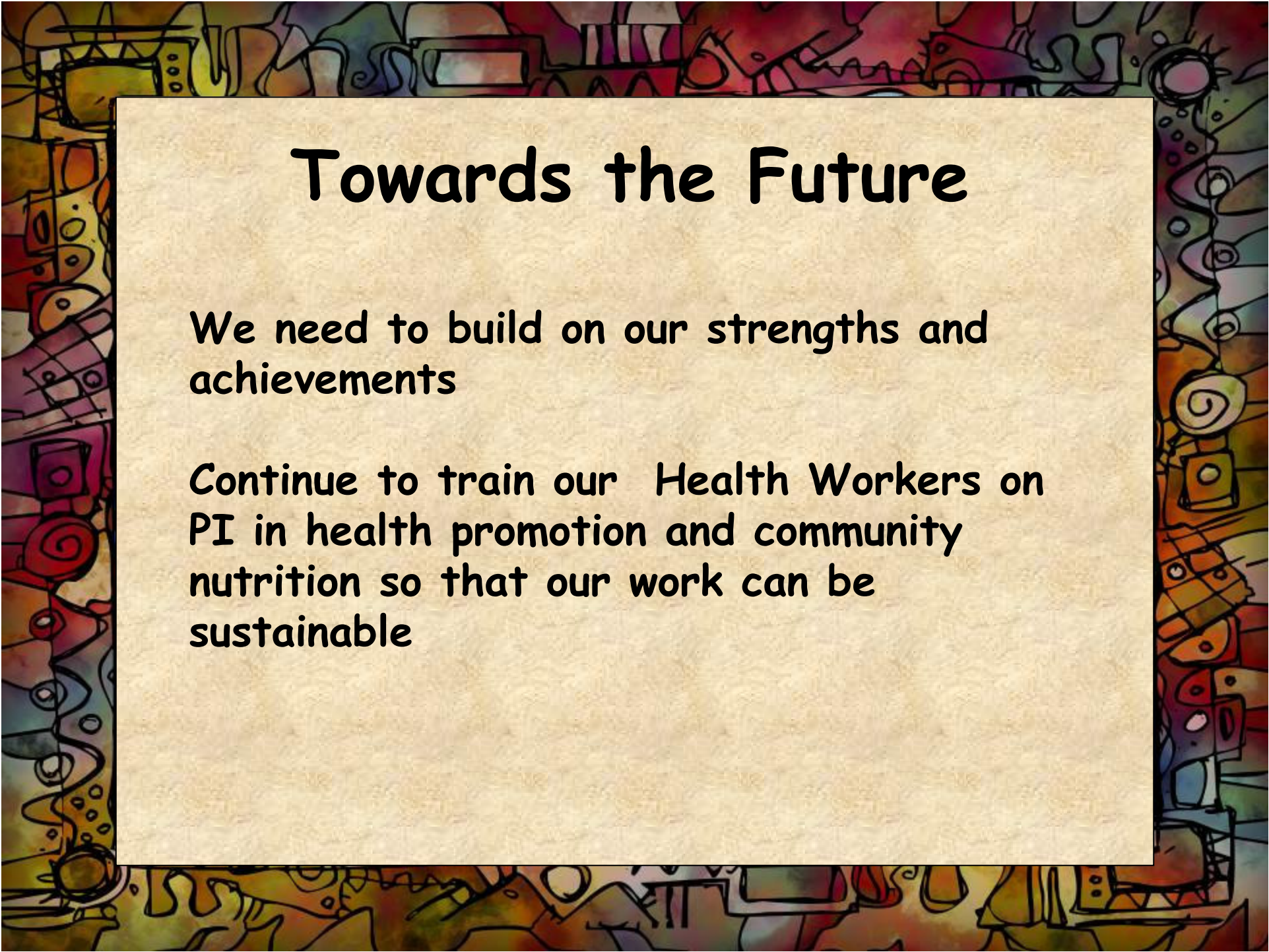




**5. We have provided support for a
community driven culturally
appropriate Healthy
Lifestyle program**

• Kilo Busters

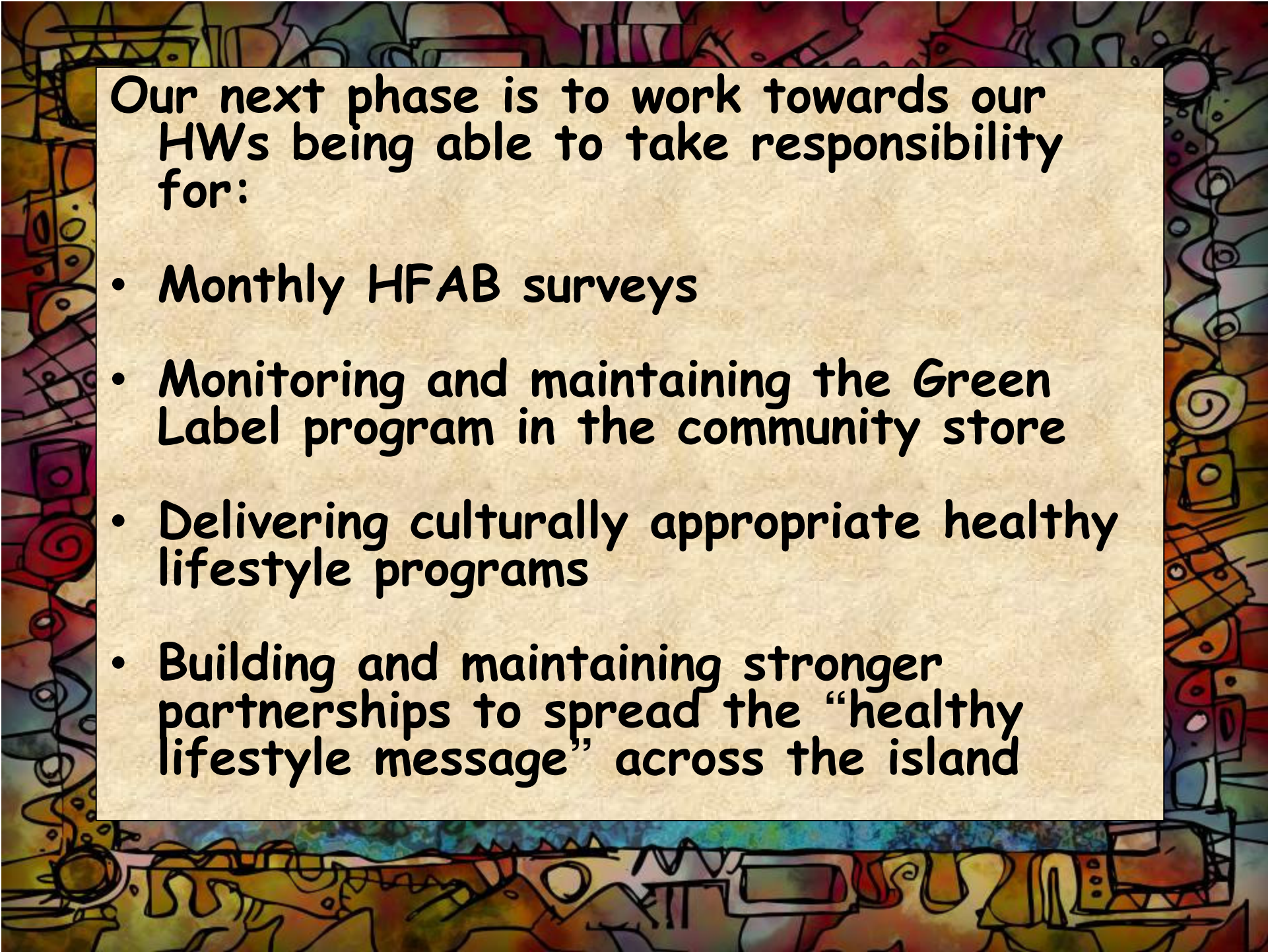




Towards the Future

We need to build on our strengths and achievements

Continue to train our Health Workers on PI in health promotion and community nutrition so that our work can be sustainable



Our next phase is to work towards our HWs being able to take responsibility for:

- Monthly HFAB surveys
- Monitoring and maintaining the Green Label program in the community store
- Delivering culturally appropriate healthy lifestyle programs
- Building and maintaining stronger partnerships to spread the “healthy lifestyle message” across the island



Continue to work together

Towards a Healthier Palm Island

Townsville Health Services District



Queensland
Government
Queensland Health