

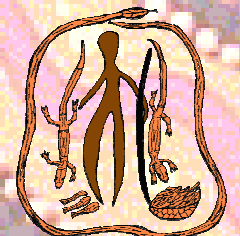
**“GOOD TUCKER GOOD
HEALTH”**

***Koori's Cooking Healthy
Recipe Cards***

Clive Carroll and Natalie Burak

Sydney South West Area Health
Service

SYDNEY SOUTH WEST
AREA HEALTH SERVICE
NSW HEALTH

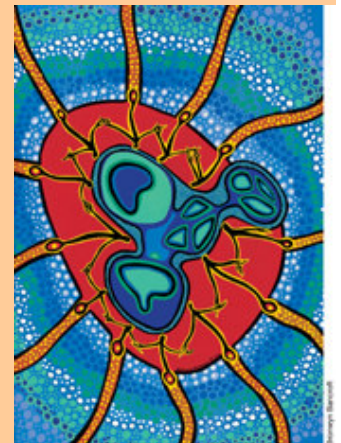


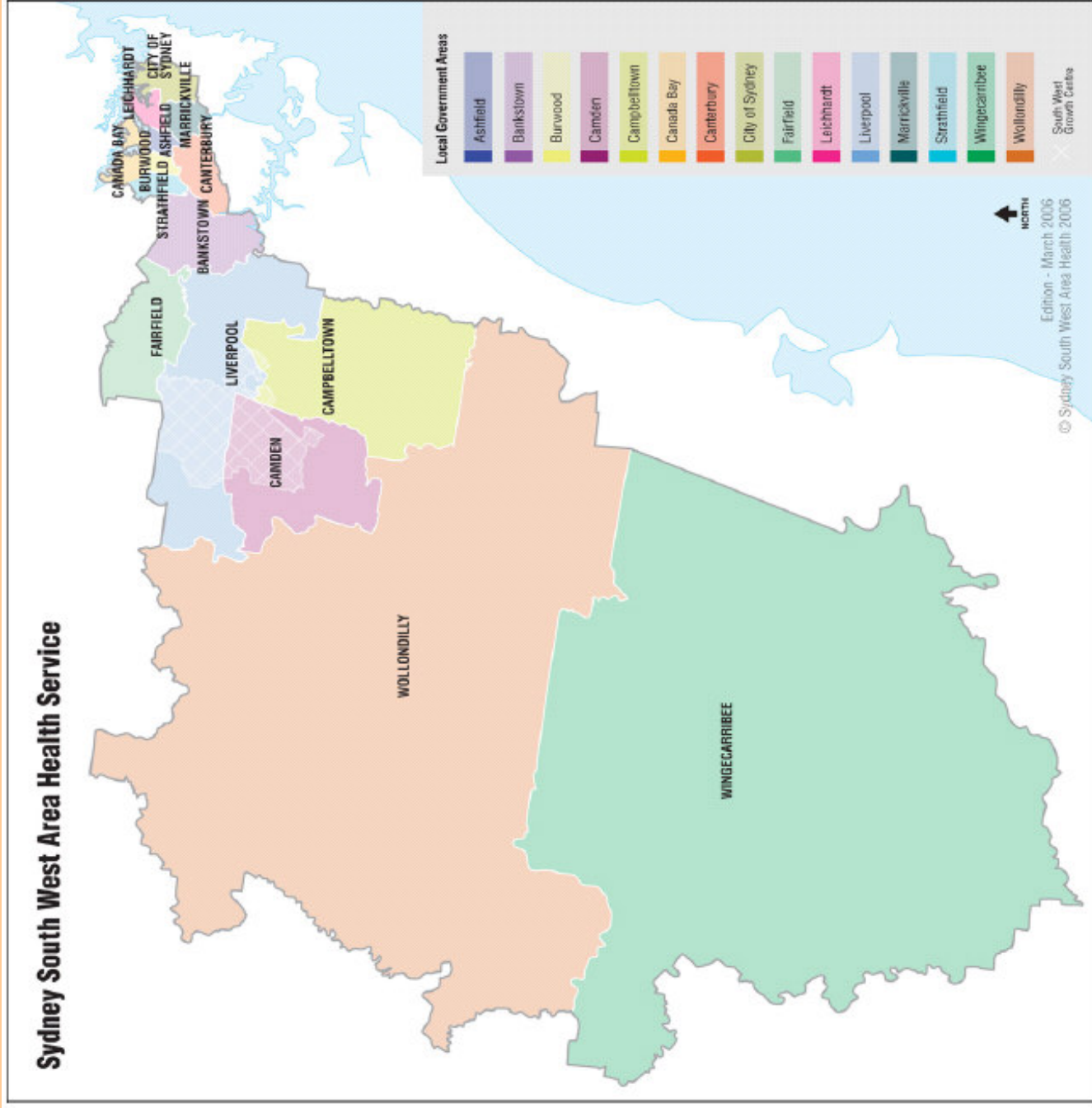


BACKGROUND....

Aboriginal Chronic Care Program

- TEAM MEMBERS:
- Aboriginal Health Worker- Clive Carroll
- Nurse Practitioner (Diabetes)- Julie Bligh
- Clinical Nurse Specialist (Diabetes)- Vickilee Mackay
- Dietitian: Natalie Burak





**AHS TOTAL POPULATION AND Aboriginal & Torres Strait
Islander POPULATION, 2001, 2006 & 2009
SYDNEY SOUTH WEST AHS**

AHS	LGA	Total Population			ATSI Population		
		2001	2006	2009	2001	2006	2009
Sydney South West	Ashfield (A)	40,520	42,110	42,326	212	233	253
Sydney South West	Bankstown (C)	171,990	174,950	176,541	1,388	1,526	1,659
Sydney South West	Burwood (A)	30,580	32,150	33,326	120	132	143
Sydney South West	Camden (A)	45,450	54,610	64,012	599	658	716
Sydney South West	Campbelltown (C)	150,150	154,310	160,672	4,022	4,421	4,809
Sydney South West	Canada Bay (A)	62,330	66,990	70,381	239	263	286
Sydney South West	Canterbury (C)	137,490	139,710	141,061	782	860	935
Sydney South West	Fairfield (C)	189,030	191,920	191,754	1,276	1,403	1,526
Sydney South West	Leichhardt (A)	50,460	51,670	51,986	562	618	672
Sydney South West	Liverpool (C)	159,050	175,630	191,336	2,304	2,533	2,755
Sydney South West	Marrickville (A)	76,740	76,230	77,040	1,175	1,292	1,405
Sydney South West	Strathfield (A)	29,430	33,920	36,164	107	118	128
Sydney South West	Sydney (C)	72,840	84,670	90,412	2,253	2,477	2,694
Sydney South West	Wingecarribee (A)	42,740	46,050	47,809	554	609	662
Sydney South West	Wollondilly (A)	38,420	42,170	43,901	647	711	774
Totals		1,297,220	1,367,090	1,418,721	16,240	17,853	19,416
Totals - NSW		6,574,940	6,863,910	7,039,808	139,739	153,618	167,069

Estimated residential populations based on the 2001 ABS Census of Population and Housing.

Source: ABS population estimates (HOIST). Centre for Epidemiology and Research, NSW Department of Health.



- Miller is part of the Liverpool LGA, Sydney South West
- Established residential area, low socio-economic
- Features include TAFE, shopping centre, leisure centre, parks, schools, community health centre





- Miller shopping centre is situated 50m from clinic.
- 1 fruit shop, 2 butchers, 2 supermarkets (Woolworths, Franklins)
- Access to food.....*but is it always healthy tucker?*



- Commenced January 2002
- Recruitment of team members



AIM

- To increase access to culturally appropriate prevention and early intervention programs in chronic care for Aboriginal people



Services offered

- Weekly drop-in clinic
 - BP, BGL, cholesterol, weight, spirometry, nicotine cessation, dietary review, education
- Home visits
- Group visits
- Community events/screening



Access to other services: “1 stop shop”

- Eye clinic
- Centrelink
- Housing
- Child immunisation
- Drug and alcohol counsellor
- Naturopath
- Mental health worker
- Continence nurse
- Podiatry



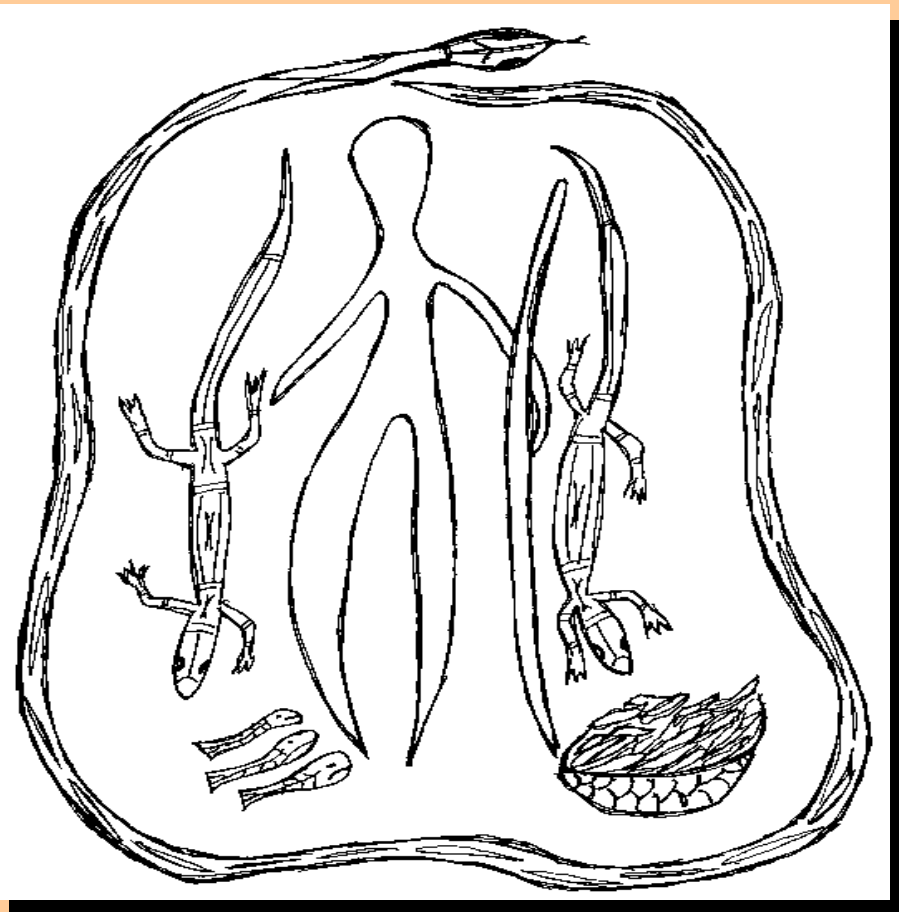
Why Cooking Groups?





“Bringing good health to
our people...”

Bangala Aboriginal Health SSWAHS





- Clients appeared keen to join in cooking groups
- Frequently requesting healthy recipes
- Many had reasonable cooking skills but poor knowledge on healthy cooking and eating
- Group remain together after weekly exercise groups



But what to cook?

- Clients provided their favourite recipes to the team
- Collection of recipes obtained



Recipe Modification

- Recipes were modified by dietitian focusing on reducing:
 - Fat
 - Sugars
 - Salt
 - Total kilojoules



- And increasing
 - Fruit
 - Vegetables
 - Fibre
- Modifications made recipes more suitable for special needs:
- Diabetes, low sodium, low cholesterol diets



- Cooking groups enjoyed
- Plenty of recipes!!



Koori's Cooking Healthy recipe Cards



Recipe Comparison: Cheese and Spinach Rolls

- Ingredients before modification:
- English spinach (1.5 bunch)
- Cheddar Cheese (250g)
- Onion (1)
- Puff pastry (4 sheets)



Ingredients after modification

- English spinach (1.5 bunch)
- Low fat ricotta cheese (250g)
- Onion (1)
- Filo pastry (12 sheets)



And the results
are....

	<u>Before</u>	<u><i>After</i></u>
KJ's	940KJ	<i>380KJ</i>
Fat	15g	<i>3.5g</i>
Sat Fat	9g	<i>1.5g</i>
Carbs	16g	<i>9g</i>



Benefits to clients:

- Easy to read
- Doesn't matter if gets dirty
- Variety of recipes
- Can be ongoing
- Client's recognised for recipe contribution
- Community involvement



Benefits of healthy eating for clinical outcomes

- Reducing body weight
- Improved glycaemic control
- Improved cholesterol levels
- Reduce high blood pressure



All leads to...

- Preventing and/or enabling clients to self manage nutrition related health problems such as obesity, hypercholesterolemia, poorly controlled diabetes



A client's story...

- Mrs S- 38 years old
- Referred by GP after GTT → IGT
- Overweight
- *"I want to live longer, I am only 38 and my daughter is only 8 years old. She is an only child"*



- *“I want to be healthy, drop layers of fat and stay motivated and healthy for my daughter”*
- Joined exercise program
- Weekly clinic visits
- Joined in cooking groups



The results...

- Weight loss
- Stabilised BGL's, BP, cholesterol
- *“Fantastic program...completely adjusted cooking methods to make more healthy meals,teaching my daughter healthy eating habits, can run around, healthier shopping.”*



Health promotion

- The Koori's Cooking Healthy Recipe Cards promote healthy eating for a healthy weight for Indigenous People
- Has helped make *good tucker for good health*



Back to the ACCP aims..

- Culturally specific
- Accessible to the community
- Preventative
- Used as intervention for chronic conditions
- Assists in self management



Barriers

- Cost/budget
- Staffing
- Time
- Transport
- Client motivation



NATSINSAP

- Chronic diseases eg. Diabetes, CVD are contributed by poor nutrition throughout lifespan
- Limited information on nutrition issues in urban areas
- Statistics indicate health outcomes area as poor as rural/remote counterparts



Future Plans and Recommendation

- Make cooking groups available to urban indigenous people
- Recipe cards to be an ongoing project
- Aim to assist Indigenous people to modify their own recipes and lessen intake of takeaways
- Focus on cheaper food options/budgeting to make *affordable*
- Shopping tours



- Practical way to provide ongoing education→
- Assist Aboriginal and Torres Strait Islander People to understand the implications of poor nutrition and diet on chronic disease eg. Obesity, diabetes, cancer



Thankyou

Questions?