

Healthy Male lifestyle program: healthy meals, healthy men

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The aim of this yarning session is a story about engaging Aboriginal males in the top end of the NT to live healthier lifestyles by encouraging them to attend and participate in Aboriginal male health promotion camps/health weeks, which include traditional cultural activities such as hunting and cooking bush tucker, blending them in with healthy nutritional western style cooking.

Key areas that we cover on the camps/health weeks are:

- having adult health checks—including STI screening
- smoking—tobacco and marijuana
- alcohol—beer, wine, spirits
- social and emotional wellbeing (mental health)
- parenting role modelling
- physical activity—walking, playing sport, being active 30 minutes a day
- nutrition.

Below are areas they we cover when presenting nutritional health information/education:

- males learning basic cooking skills
- what is a good affordable healthy meal?
- how to prepare a healthy meal in minutes
- safe food handling
- food before sport, food after sport and fluid intake
- healthy beverages
- healthy breakfast meals
- home economic skills
- encourage eating more bush tucker and seafoods
- encouraging hunting and eating healthy bush tucker
- visit store to see show what is healthy foods
- eat healthy store foods
- cook store food inside (stove)
- cook store food outside (fire).