Indigenous Preventive Health Initiatives

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Queensland Department of Health
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Preventive Health Branch
Health and Wellbeing Strategy 2015-2020

• **Goal:**
  To increase the proportion of Queenslanders who adopt healthy behaviours and reduce unhealthy behaviours

• **Objectives:**
  – Healthy environments
  – Empowered people

• Recognises **partnerships** as critical to achieving our goals and sustained health improvement
## 2020 Targets - Adults

<table>
<thead>
<tr>
<th>Adults</th>
<th>2020 Targets</th>
<th>No needed to reach 2020 targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced overweight and obesity</td>
<td>55% overweight or obese (2014: 58%)</td>
<td>114,000 fewer overweight or obese adults</td>
</tr>
<tr>
<td>Improved physical activity</td>
<td>65% physically active (2014: 60%)</td>
<td>217,000 more adults becoming active</td>
</tr>
<tr>
<td>Increased fruit consumption</td>
<td>64% eating recommended fruit serves daily (2014: 58%)</td>
<td>231,000 more adults eating recommended fruit serves daily</td>
</tr>
<tr>
<td>Increased vegetable consumption</td>
<td>11% eating recommended vegetable serves daily (2014: 10%)</td>
<td>41,000 more adults eating recommended vegetable serves daily</td>
</tr>
<tr>
<td>Reduced daily smoking</td>
<td>10% smoking daily (2014: 14%)</td>
<td>157,000 fewer adults smoking daily</td>
</tr>
</tbody>
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## 2020 Targets - Children

<table>
<thead>
<tr>
<th>Children</th>
<th>2020 Targets</th>
<th>Numbers needed to reach 2020 targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced overweight and obesity</td>
<td>23% overweight or obese (2014: 24%)</td>
<td>47,000 fewer overweight or obese children</td>
</tr>
<tr>
<td>Improved physical activity</td>
<td>43% children active everyday (2014: 39%)</td>
<td>154,000 more children active every day</td>
</tr>
<tr>
<td>Increased fruit consumption</td>
<td>74% eating recommended fruit serves daily (2014: 67%)</td>
<td>265,000 more children eating recommended fruit serves daily</td>
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<tr>
<td>Increased vegetable consumption</td>
<td>7% eating recommended vegetable serves daily (2014: 6%)</td>
<td>25,000 more children eating recommended vegetable serves daily</td>
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</tbody>
</table>
Multi Strategy Approach

1. Public policy and legislation
2. Sector development
3. Social marketing
4. Personal skills development
5. Risk assessment, early intervention and counselling
6. Health surveillance and research
SECTOR DEVELOPMENT
Indigenous Brief Intervention Training Program

• Menzies School of Health Research funded for 3 years to enhance workforce capacity
• Provision of statewide access to nutrition, physical activity and tobacco BI training
• Face-to-face and online training options
• Delivered by qualified trainers
• Proposed commencement date - June 2017
Target group

• **Primary:**
  – Aboriginal and Torres Strait Islander Health Workers, Hospital and Community Liaison Officers, TIS workers and CTG Officers
  – All other health professionals working with Indigenous clients

• **Secondary:**
  – Other professionals in non-health settings such as education and correctional facilities
Program objectives

• Increase access of Indigenous Health Workers to appropriate BI training
• Increase the delivery of BI to Indigenous clients in primary and community care settings
• Increase client referrals to screening and early intervention programs & services
• Increase the knowledge and awareness of key risk factors in community
Healthy Indigenous Communities project

• Apunipima Cape York Health Council funded for 12 months to pilot a supportive environments initiative.

• Purpose: To build the capacity of local Indigenous Councils in Cape York to undertake community-led decision making and implement interventions that create healthier food & smoke-free environments.

• Priority focus:
  – reduce children’s exposure to sugar sweetened beverages
  – reduce harm from smoking for young people and pregnant women
PERSONAL SKILLS DEVELOPMENT
Food Literacy Programs

Jamie’s Ministry of Food

• Supporting the Good Foundation to pilot program delivery in Indigenous communities
  – Mobile kitchen has visited Cherbourg & Mossman Gorge
• Engaged closely with Apunipima & Elders group
• Over 200 community members participating

Need for Feed High School Cooking program

• Supporting DAQ to increase reach to Aboriginal and Torres Strait Islander high school students
  – Piloted in Cape York
• The Cape York resource is being adapted to allow state-wide delivery
RISK ASSESSMENT, EARLY INTERVENTION & COUNSELLING
Quitline

• ‘Yarn to Quit’ program
  – 4 tailored quit smoking support counselling sessions
  – Team of Indigenous Counsellors available if requested

• ‘Quit for You….. Quit for Baby’
  – Tailored quit smoking for pregnant women
  – Recruited through Qld public antenatal services
  – During 2015-2016, 10% of participants were Indigenous

• 13QUIT (13 78 48)
Get Healthy Service

- 6-month confidential telephone coaching
- Offering an Indigenous module this year
- 10 calls, resources and online support
- Lifestyle modification support for clients who are not eligible for My health for life

- www.gethealthyqld.com.au
PHB program contacts

- Indigenous Brief Intervention – simone.nalatu@health.qld.gov.au
- Healthy Indigenous Communities – simone.nalatu@health.qld.gov.au
- Jamie’s Ministry of Food – niamh.scully@health.qld.gov.au
- Need for Feed Program – niamh.scully@health.qld.gov.au
- Quitline – madonna.kennedy@health.qld.gov.au
- Get Healthy Service – madonna.kennedy@health.qld.gov.au
- Heart Foundation Walking – dru.armstrong@health.qld.gov.au
- 10,000 Steps Program – dru.armstrong@health.qld.gov.au
- My health for life – carolyon.young@health.qld.gov.au or sally.russell-hall@health.qld.gov.au
THANK YOU