

Indigenous Preventive Health Initiatives

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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

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

2020 Targets - Children

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

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 be 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