



How Partnerships Are Key In Delivering Programs In Aboriginal Communities

“Bundjalung Burners”

Casino Aboriginal Healthy Lifestyle Program

Northern NSW

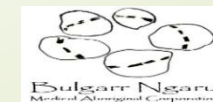
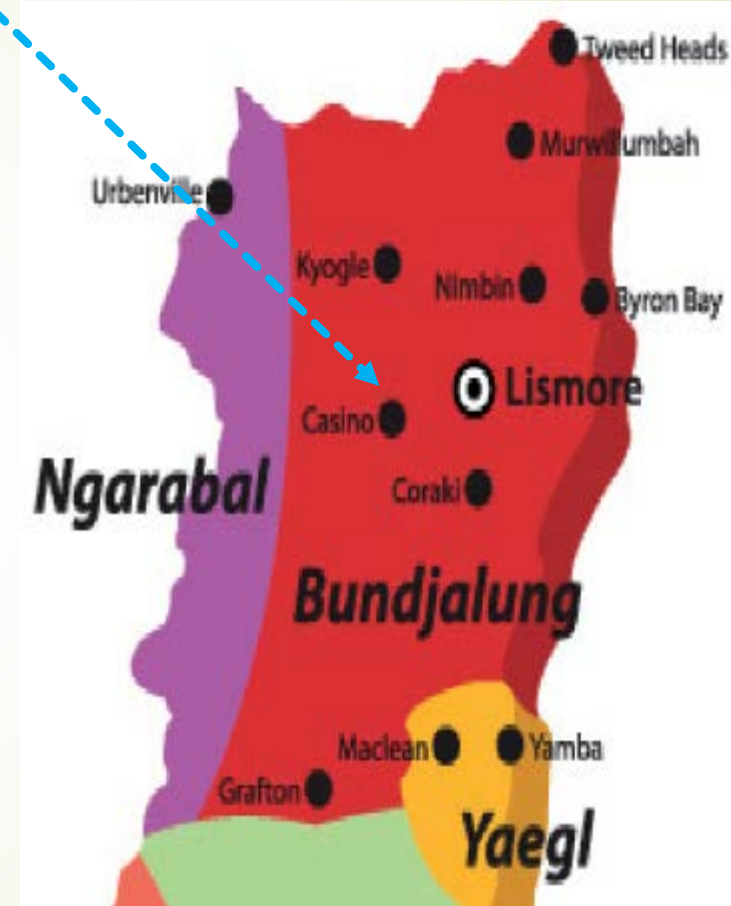
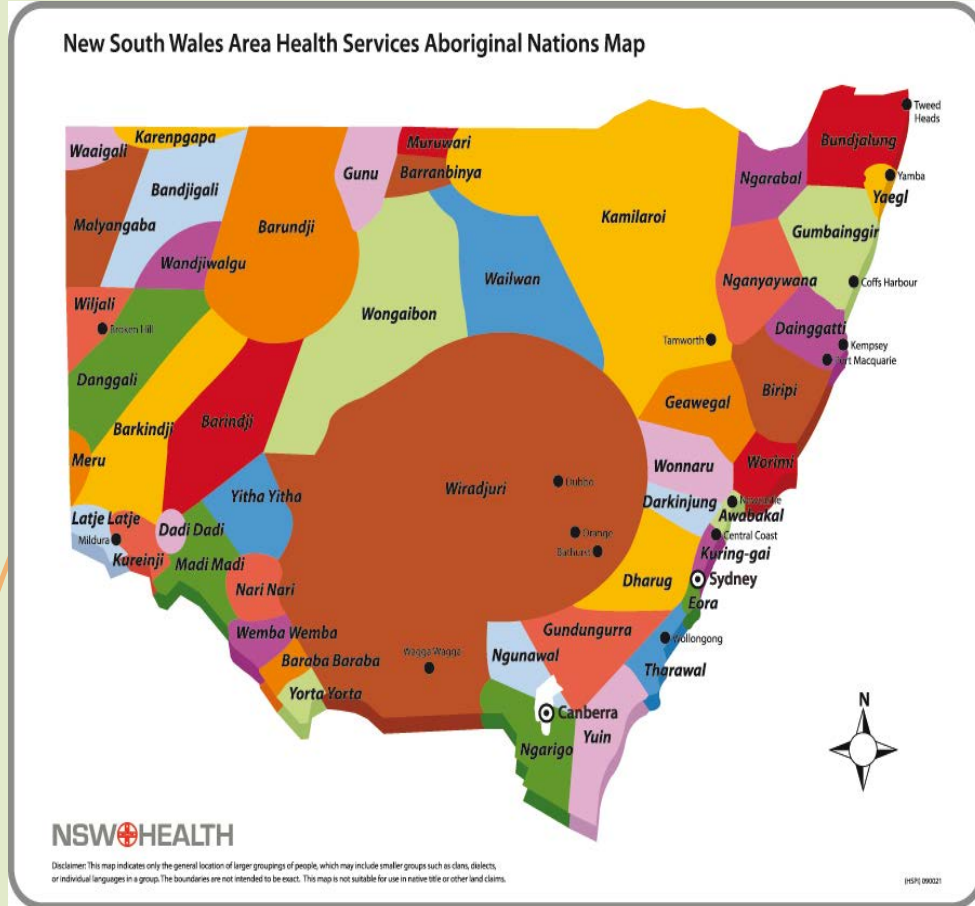




Please note when reading the word Aboriginal, it refers to both Aboriginal and Torres Strait Islander People



Casino Northern NSW



History



- 2011
- 6 week healthy lifestyle program.
- 10 Participants Commenced
- 3 Participants completed





Who Are In The Partnership

- Bulgarr Ngaru Medical Aboriginal Corporation Richmond Clinic (BNMACRC) now known as Djanangmum Health
- Clinical Nurse Consultant (CNC) Aboriginal Health Casino NNSWLHD
- Revolution Fitness Dunoon
- SOLID MOB
- Aboriginal Chronic Care Officer NNSWLHD





What Services Providers Provide?

- BNMACRC Djanangmum Health
- Clinical Nurse Consultant Aboriginal Health Casino NNSWLHD
- Revolution Fitness Dunoon
- SOLID MOB
- Aboriginal Chronic Care Officer NNSWLHD



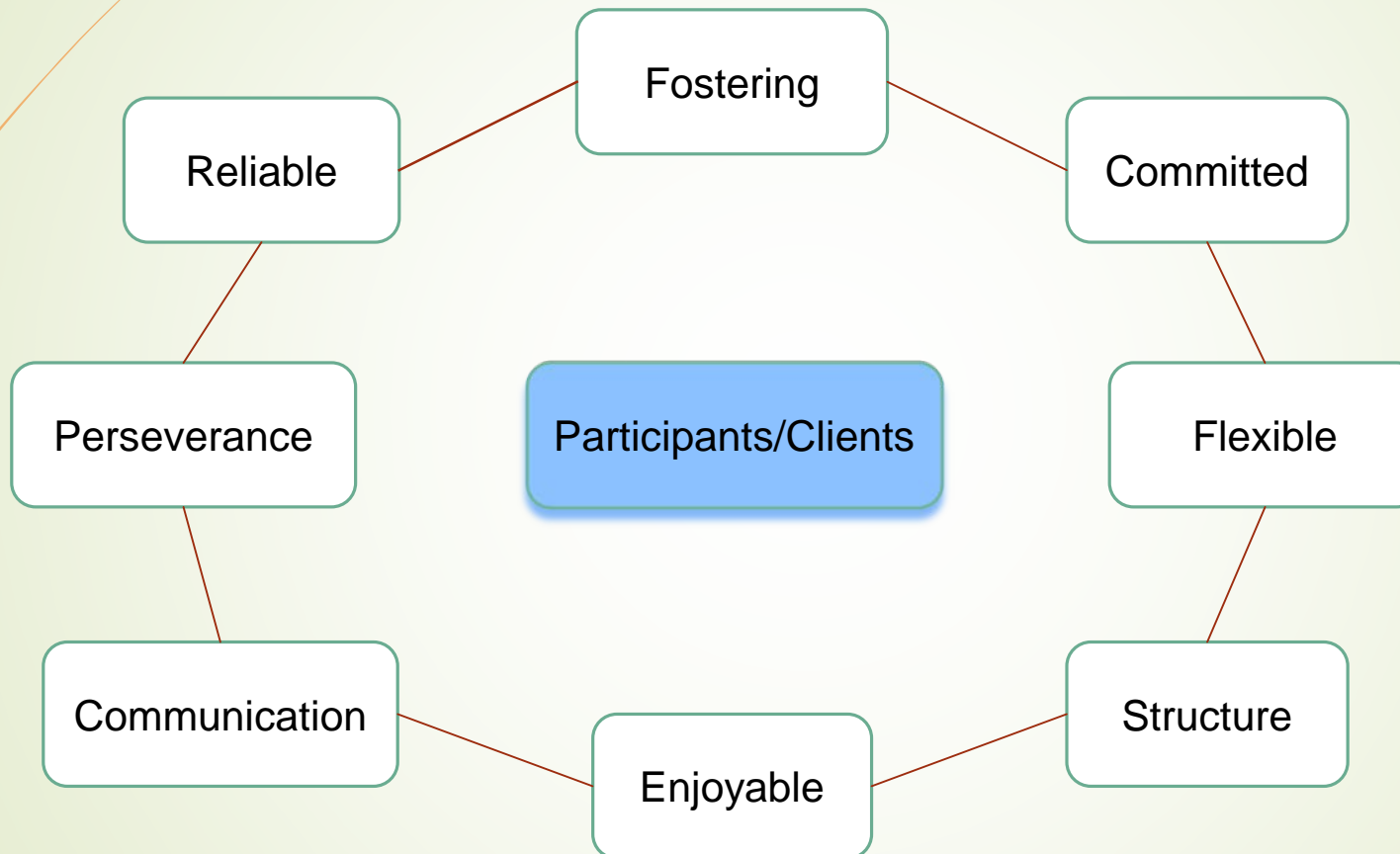


Partnership Aims

- Improving coordination and reducing duplication of services
- Promoting cultural wellbeing and emphasising local involvement.
- Provide a comfortable environment for participants to learn and ask questions
- Providing ways to assist participants in lifestyle change behaviour
- To reduce the risk factors for chronic disease
- Enabling self-management of health priorities



This Partnership Components



Structure of the AHLP



Week 1

- Introduction & Program Outline
- Blood Pressure (BP) and Blood Glucose Level (BGL)
- Fitness level test, Heart rate recording, Weigh-in
- Healthy Eating (Take Home Meal)

Weekly Education Session Includes

- Goal Setting
- Stress Management
- Diabetes
- Kidney Health
- Respiratory/Lung
- Heart (Cardiac) Health

Weeks 2, 3, 4, 6, 7, 8, & 9

- BP & BGL
- Exercise Class
- Education Session
- Healthy Eating

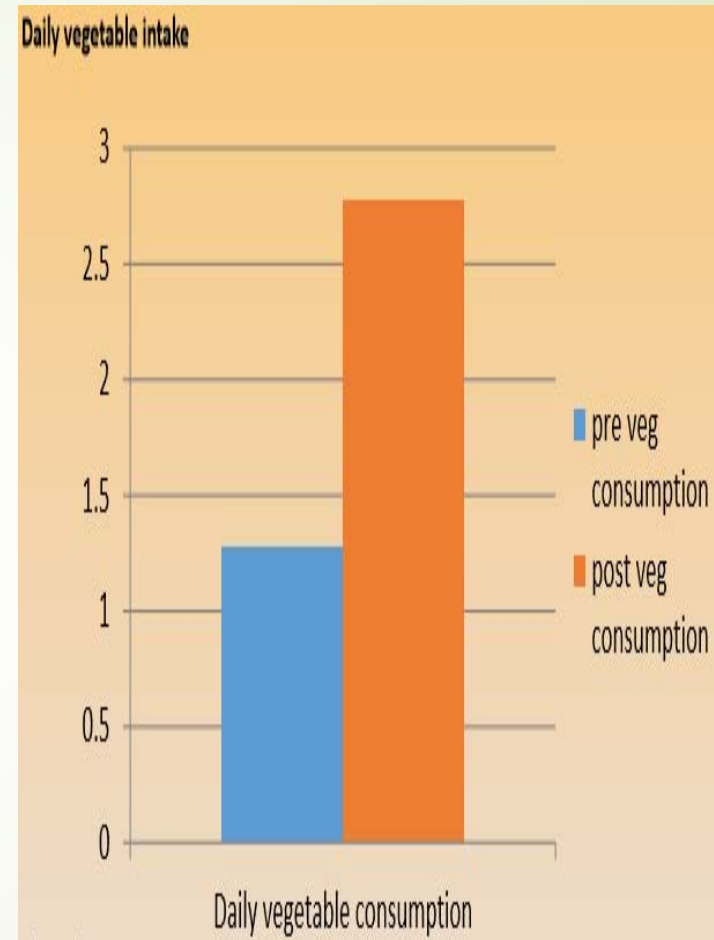
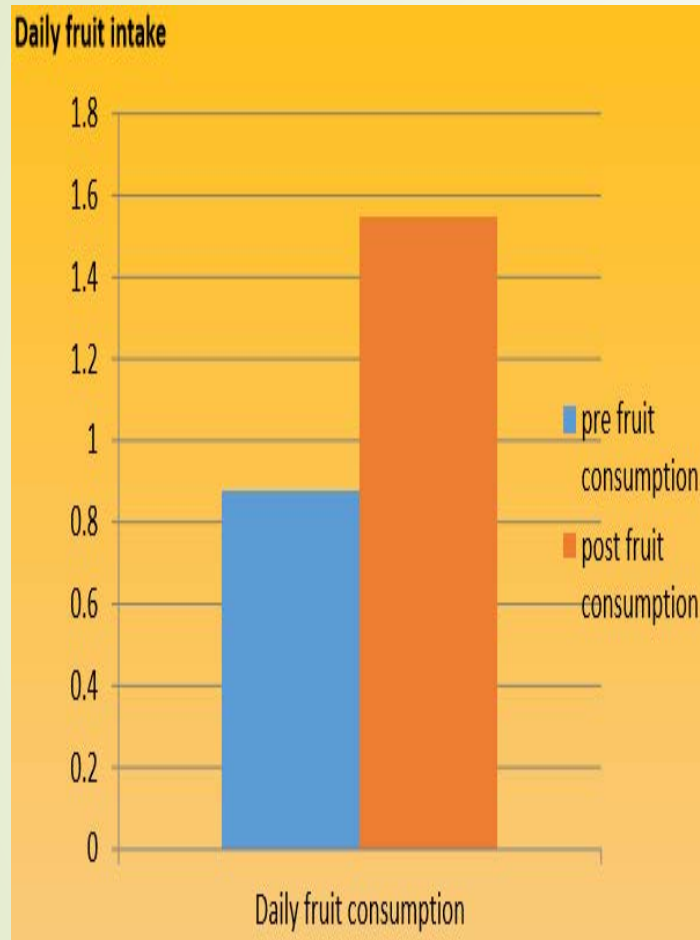
Weeks 5

- BP & BGL
- Fitness level test, Heart rate recording, Weigh-in
- Healthy Eating

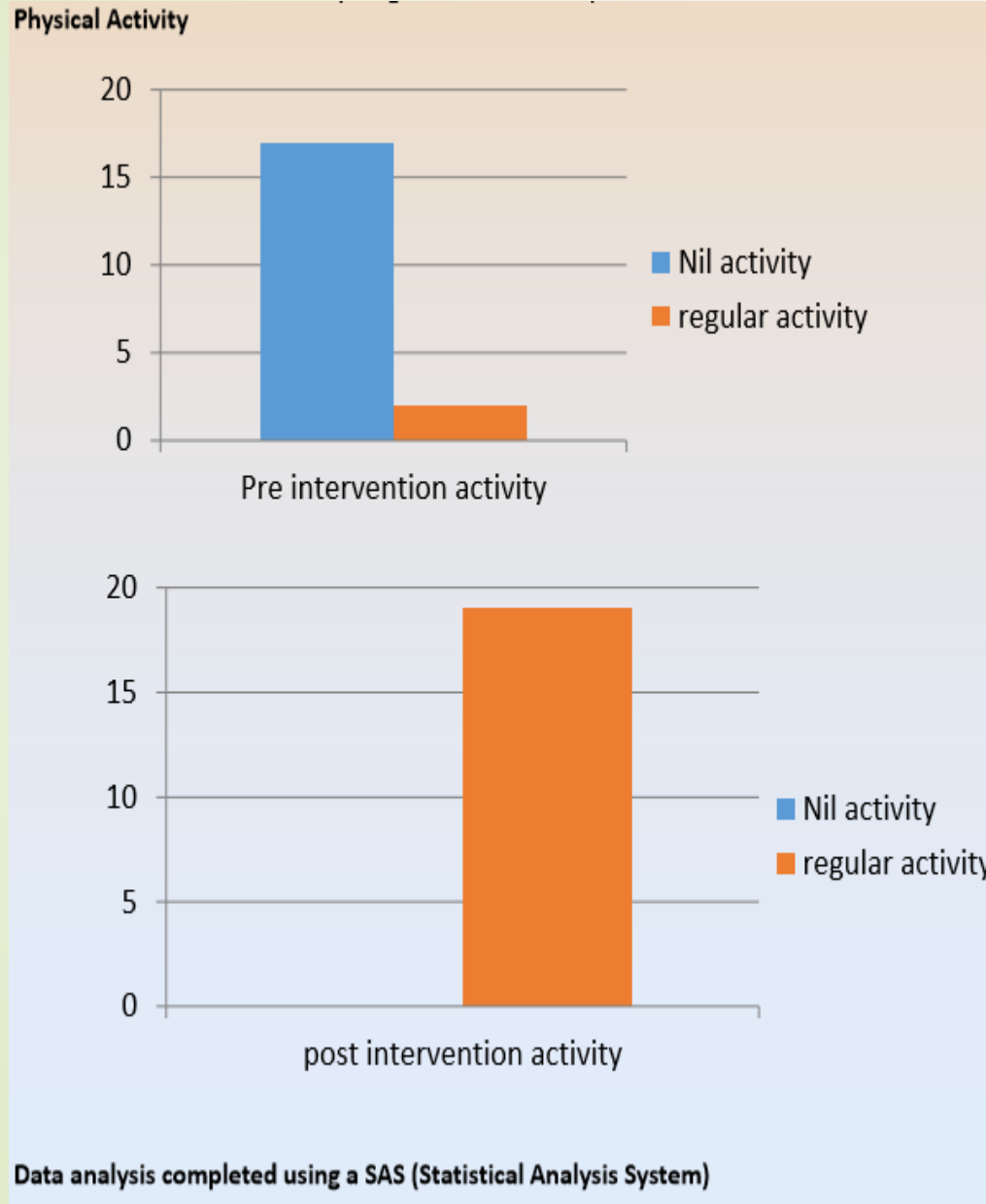
Weeks 10

- BP & BGL
- Fitness level test, Heart rate recording, Weigh-in
- Healthy Eating
- Incentives given

Results from 2016



Results from 2016



- Resting blood pressure trended down on average
- Random blood glucose showed a downward trend
- All participants reduced their weight over the period

Quotes From Participants



- *Although I only lost 200grams according to the scales. I lost 13cm off my waist!! Just goes to show the scales aren't everything. I am now in the healthy weight range*
- *Was an awesome program! Communities need more programs like this and exercise & nutrition was a great approach! Thanks to all the people who helped organise and put in a lot of time & effort! Your hard work is appreciated!!*
- *Yes, massive change, on commencement of program I was on chemotherapy and steroid treatment to treat my arthritis no longer on these due to lifestyle change and management from GP*



*Thank You!!
Any Questions?*

**Bundjalung Burners
Team**
Casino Aboriginal
Healthy Lifestyle

