



NSW
KNOCKOUT
HEALTH CHALLENGE

SUPPORT AND TOOLS

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EXTRA HEALTHY LIFESTYLE SUPPORT FOR KNOCKOUT HEALTH CHALLENGE PARTICIPANTS!

The Get Healthy Service is a FREE confidential telephone coaching service. Your coach will be a qualified, experienced dietitian or exercise physiologist who is also trained in health coaching and cultural awareness. They will support you to make healthy lifestyle changes such as eating healthy, getting more active, drinking less alcohol and working towards a healthy weight. Your health coach can also help you overcome any problem areas and barriers so you can achieve your goals.



Get healthier for your mob

Start A Better Health Journey Now!

Eat Healthier | Exercise More | Feel Better
And we'll help you along the way.

FREE
NSW HEALTH SERVICE

Call the Get Healthy Service on **1300 806 258**. It's Free! Or ask your GP, local Aboriginal Medical Service or Health Clinic to refer you today.

Call **1300 806 258**
www.gethealthynsw.com.au



WHAT YOU'LL GET WHEN YOU JOIN THE SERVICE

- Up to 13 **FREE** coaching calls over six months with your choice of a male or female coach
- One-on-one support from your very own health coach to keep you on track throughout the Knockout Health Challenge and beyond
- Support from an Aboriginal Liaison Officer
- Access to free resources to help you set your health goals and track your progress
- An option to receive six months of free text messaging support when you complete the program.

RESULTS FROM THE GET HEALTHY SERVICE

On average, participants who complete the six-month coaching program lose 2.9 kilograms and 4.2 centimeters from their waist. That could be you!

HOW TO GET STARTED

Sign up to the Get Healthy service by ticking the consent box on your *Knockout Health Challenge Registration Form*. You can choose which stage of the Challenge you'd like to be contacted by your health coach, and that coach will support you throughout your journey. You can organise your coaching calls at a time that suits you from Monday to Friday between 8am – 8pm.

LIKE TO KNOW MORE?

Please check out our website www.gethealthynsw.com.au

Or speak to one of the Get Healthy team on 1300 806 258



SMOKING IS THE BIGGEST KILLER OF OUR MOB, BUT WE CAN HELP YOU BEAT THEM SMOKE FOR GOOD.

You don't need to be ready to quit right now to have a yarn with us – we can help you work out what's best for you at any time.

WHAT IS THE ABORIGINAL QUITLINE?

- Professionally trained Aboriginal advisors
- Confidential and culturally appropriate service to help you cut down and quit smoking
- Aboriginal advisors who can call you, yarn up about your journey and support you in quitting smoking
- Advisors who understand how tough it can be but know that we can do it together
- We know that every attempt is a success and there's no shame in trying
- We will work with what's best for you
- You can call the Quitline anytime and ask to speak with an Aboriginal Quitline advisor. If an advisor isn't immediately available, you can request they call you back.

HOW CAN THE ABORIGINAL QUITLINE HELP?

- We provide information about products and medications to help you quit
- We provide tips on managing those cravings and support you through a craving
- We'll call you and check in to see how you're going
- We'll yarn up about the mob and helping others you care for cut down or quit too.

Call us on 13 7848 and ask about receiving your free *Quit Kit* with more information to help you quit!

 **Join the Aboriginal Quitline online community on Facebook:**
www.facebook.com/AboriginalQuitlineNSW

www.icanquit.com.au



Eating unhealthy food can lead to becoming overweight, obesity and a number of chronic illnesses, including heart disease.

THE HEART FOUNDATION KOORI COOKING PROGRAM WILL GIVE YOU AND YOUR MOB PRACTICAL SKILLS AND KNOWLEDGE ABOUT HEALTHY COOKING AND EATING. THE PROGRAM WILL GIVE YOU THE CONFIDENCE TO COOK HEALTHY MEALS TOGETHER. IT'S A GREAT WAY TO INCLUDE HEALTHY COOKING IN THE KNOCKOUT HEALTH CHALLENGE!

THE KOORI COOKING PROGRAM INCLUDES FOUR WEEKLY SESSIONS

- Sessions start with a short introduction of the week's topic
- All participants are encouraged to help prepare the meal
- Once cooked, the meal is eaten as a group and there is the chance to talk more about healthy eating
- Participants choose what the next meal will be.

Having a Koori Cook-Off at the end of the program is a great way to put your new healthy cooking skills to the test. It's an opportunity to promote healthy, fresh and traditional foods and show how easy it is to cook great tasting and healthy food with your community.

It's OK to rename your Cook-Off to reflect your area, too. For example you might want to call your event the "Deadly Cook-Off", "Murri Cook-Off" or "Nyoongah Cook-Off". Whatever you call your Cook-Off, we'd love to hear how it goes!

More information about cooking and eating good tucker at:

www.heartfoundation.org.au/your-heart/aboriginal-health/cooking-and-eating-good-tucker/

You can download your own *How-To* guide (www.heartfoundation.org.au/your-heart/aboriginal-health/cooking-and-eating-good-tucker/koori-cooking-how-to-guide) and a *Koori Cook-Off Toolkit* (www.heartfoundation.org.au/images/uploads/main/Heart_Foundation_-_Koori_Cook_Off_Toolkit.pdf), which contains the following information:

- Weekly session plans
- Details of how to plan your Koori Cook-Off
- The equipment that you will need to run a Koori Cook-Off

- Links to recipes and where to buy bush tucker ingredients
- Safety points to think about when planning and running an event.

The NSW Aboriginal Knockout Health Challenge [KHC] is partnering with the Heart Foundation in supporting the delivery of the four-week Koori Cooking Program to teams registered and participating the NSW Aboriginal Knockout Health Challenge.

In addition, KHC will provide a \$500 grant to eligible teams to implement this program in community.

Teams are required to co-fund this initiative, at an estimated cost of \$500 from either their host organisation or a community organisation willing to support this local initiative.

WHAT IS THE KOORI COOKING PROGRAM?

The Koori Cooking Program has been developed by Heart Foundation in NSW with Aboriginal community groups and organisations. The program runs over four weeks, and encourages participants to have “hands on” experience in preparing healthy and tasty meals each week. The program allows participants to develop their cooking skills and learn how to make some new, healthy meals.

Each week there is a different theme or key message that aims to increase participants’ knowledge of healthy eating.

The program is a great opportunity for participants to be directly involved in preparing healthy meals that they can do at home while learning about key program messages.

The four-week Koori Cooking Program has a *How-To* guide that will be used by the successful teams when delivering the program (www.heartfoundation.org.au/your-heart/aboriginal-health/cooking-and-eating-good-tucker/koori-cooking-how-to-guide).

WHAT IS THE TOTAL COST OF THE FOUR-WEEK KOORI COOKING PROGRAM?

The approximate costs of the program are outlined on page 13 of the *How-To* guide and total approximately \$1060 for a four-week program for 10-12 people. The costs include ingredients for each week, venue hire, promotion and equipment.

KHC are running a small grants program that will cover up to 50 percent of the costs (\$500 excluding GST). Successful teams are required to fund the remaining cost of the program (approximately \$500).

WHEN DOES IT NEED TO BE DELIVERED?

The Koori Cooking Program needs to be delivered during the Challenge with the key dates for applications and the program listed in the *Koori Cooking Program Key Dates* document included in the *Registration Pack*.

DELIVERABLES

Successful teams must complete an outcome report (*Manager's Information and Forms Booklet* page 17) by the due date. It will include participation and evaluation data from participants and the organisers. Please review page 44-47 of the *How-To* guide.

To apply for a small grant to run this program in your community, please fill out the *Koori Cooking Program Application Form* (*Manager's Information and Forms Booklet*, page 15).

Teams are encouraged to share photos and videos showing their team in action on social media and include #kooricooking and #knockouthealthchallenge. Teams can also tag @NSWKnockoutChallenge and @KooriCookOff.

HEART FOUNDATION WALKING IS AUSTRALIA'S LARGEST FREE COMMUNITY-BASED WALKING PROGRAM. WALKING IS FREE, LOW IMPACT, AND ACCESSIBLE TO THE WHOLE COMMUNITY.

Heart Foundation Walking groups are a great way to:

- Socialise
- Engage with your mob
- Have fun and be active
- Receive free stuff, by opting to take part of our reward and recognition scheme
- Access helpful information and resources, by opting to receive our newsletter
- Commit to your health
- Keep moving as a team between Challenge dates.

Being active for as little as 30 minutes a day, five days a week can:

- Reduce your risk of heart disease and stroke by a third
- Prevent and control diabetes
- Manage weight, blood pressure and cholesterol
- Reduce your risk of developing some cancers
- Improve your strength and balance
- Maintain your bone strength
- Help you sleep better
- Help you to reduce stress
- Help you feel more alert and improve your self-confidence.

With our app you can:

- Track your steps by connecting to Apple Health, Garmin or Fitbit
- See your progress on the daily and weekly leaderboards
- Be part of regular challenges for the chance to win great rewards when you meet milestones
- Join or create teams to compete against your friends, family or co-workers.

We believe walking is the ultimate wonder drug and a key element of preventative health.
"Walking is hugely underrated as a powerful prescription for good health and the latest research shows how beneficial it can be in lowering your risk of heart disease."

- Heart Foundation Walking GM, Kay Richards

Get your mob to register a group as part of the 2020 Knock Out Health Challenge!

ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH ASSESSMENT

THE ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH ASSESSMENT IS A COMPLETE REVIEW OF YOUR HEALTH UNDERTAKEN BY YOUR LOCAL DOCTOR. UNDERTAKING THE HEALTH ASSESSMENT GIVES YOU ACCESS TO ALLIED HEALTH SERVICES AND REFERRALS TO SPECIALISTS IF NEEDED.

Who is it for?

The health assessment is available to all people of Aboriginal and Torres Strait Islander descent to help support their health.

What does it include:

The health assessment includes:

- Collection of your health information
- Overall clinical assessment of you (the patient)
- Recommendation of appropriate interventions
- Advice and information provided to you on how to live healthy
- The health assessment is recorded in your medical records
- Referrals to allied health services or specialist appointments.

If you would like to know more check out The Deadly Choices video on YouTube:

www.youtube.com/watch?v=1t_TnbG-JOY

How much does it cost?

In most doctor's practices and at all Aboriginal medical services it is free. When booking for your health check please confirm that there is no cost.

More information

Contact your local medical service today to make an appointment or chat to your local health worker about booking one in.



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www.facebook.com/NSWKnockoutChallenge
www.nswknockouthealthchallenge.com.au