

## **Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention**

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Health workers and primary health care providers play an important role in increasing the awareness and importance of physical activity and appropriate nutrition choices. There are frequent requests for resources, but limited nutrition and physical activity resources for use with the Aboriginal and Torres Strait Islander population of north Queensland. This is a new approach to conveying nutrition and physical activity messages in a culturally appropriate way.

The Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention resource has been developed and piloted using best-practice principles. This resource takes into account specific barriers that exist within communities, which prevent the consumption of a healthy diet, and prevent people from being sufficiently physically active. It is envisioned that the resource will be used in conjunction with adult health checks and other one-on-one client interactions.

The Brief Intervention resource consists of a nutrition flipchart with seven nutrition-related handouts based on the stages of change. Similarly, a physical activity flipchart is provided with accompanying handouts based on the stages of changes. These resources were focus tested in several community settings throughout north Queensland to ensure culturally appropriate graphics were utilised.

The Tropical Population Health Network will offer training and ongoing support throughout north Queensland in 2008. This training is available to Aboriginal and Torres Strait Islander health workers, including generalist health staff, community health services staff and other non-government organisations.