

# Health Promotion and Prevention

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**KATHERINE WEST  
HEALTH BOARD**

Aboriginal Corporation

# Continuum of Health Promotion Approaches



Screening Risk  
Assessment,  
Immunisation  
& Surveillance



Health  
Education and  
Skill  
Development



Social  
Marketing



Community  
Action



Creating  
Supportive  
Environments

Individuals

Populations

# Target Groups



Youth



Pregnant Ladies



Clients at Risk of Diabetes



Clients with Diabetes



# Settings



Health  
Centres



Schools and  
Creche



Aged Care



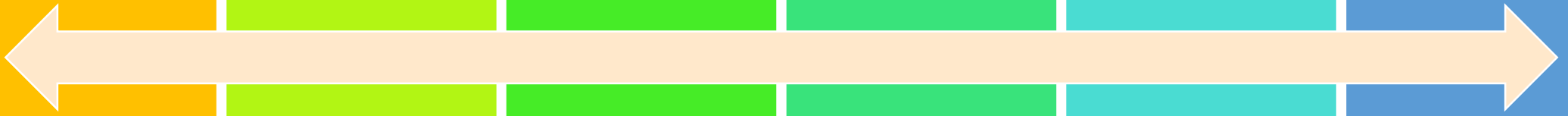
Community  
Stores



Community  
Stakeholders



In the  
community



## Health Education and Skill Development – Inside the Health Centre



iPads



Information  
Booklets



Self Management  
Tools



## Health Education and Skill Development – Outside the Health Centre



Cooking  
Sessions



Exercise  
Sessions



SSB  
Sessions



Diabetes  
Education



Education  
Videos





## Social Marketing



Facebook



Instagram



YouTube



TikTok



## Community Action



Exercise  
Groups



Resource  
Development



Healthy  
Environments





## Creating Supportive Environments



Smoke Free  
Spaces



Nutrition  
Policies



Supporting  
Festivals



Grog Free  
Events



## Key Messages



Stay  
Smoke  
Free



Eat Good  
Tucker



Stay Grog  
Free



Move Your  
Body



Make  
Water  
Your No.1  
Drink



Speak Up  
Share Your  
Worries



# Cultural Approval



**KATHERINE WEST  
HEALTH BOARD**  
Aboriginal Corporation

## Human Resources

Unit 10, 38 First Street, Katherine NT 0851 - PO Box 147, Katherine NT 0851  
Phone (08) 8971 9300 Fax (08) 8971 9340

ABN 23 351 686 925 | ICH 3068

## PUBLIC HEALTH RESOURCE | Approval

Resource details (to be completed by staff submitting the resource)

Overview of the resource		
Resource name:	health ia	Date produced:
Producer/developer of resource:		Date relayed to you:
Person requesting the resource:		Cost:
Online location of resource (e.g. Wipster link/ web address/ link to drive)		
Type of resource (e.g. video, brochure, poster etc)		
What topic does this resource cover (e.g. nutrition, AOD, maternal health etc)		
How will the resource be used (please circle)	Clinic consult Clinic reception Group education Electronic resource	Mass distribution Social media Community poster iPad

### Health Promotion review

Health Promotion Checklist	
Is this resource on the 'not approved' list?	Is it in simple English?
Is the resource specific for Ngumbin/Yapa people?	Is the tone non-judgmental and non-directive (free from you should and you must)
Is it specific for Ngumbin/Yapa people in the Katherine West region?	Is the resource of high quality?
Is the resource free from any material, pictures or messages that could be seen as offensive?	Are the written words large enough to read easily?
Is the resource strengths based?	VIDEO & ONLY Is the audio loud and clear?
Priority level? (1 urgent, 3 non-urgent)	Are there captions?



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### Health Promotion - approval

Approval	
Appropriate for Clinical Review (Y/N)	Appropriate for Cultural Review (Y/N)
Comments	
Signed (Health Programs Coordinator)	Date

### Clinical review and approval

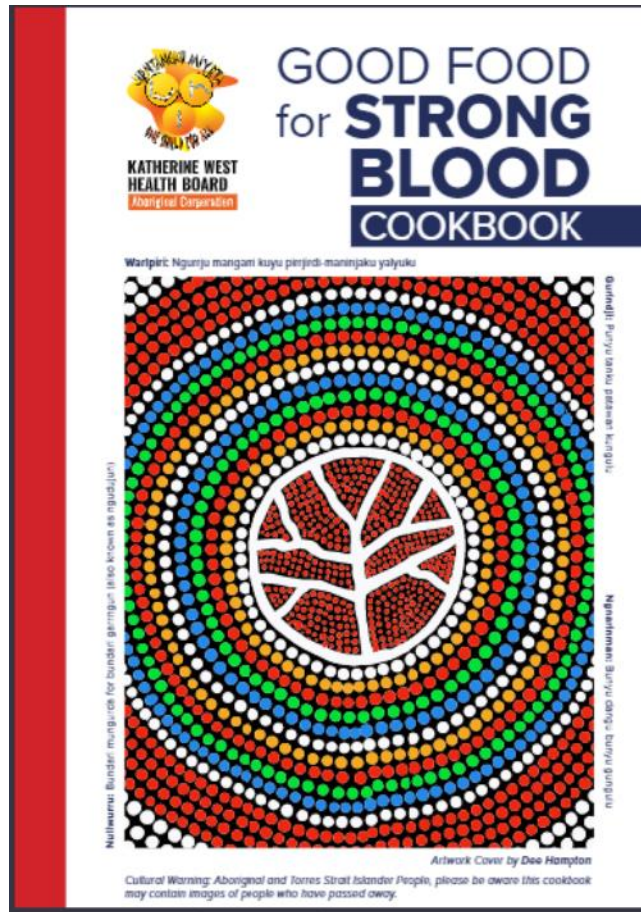
Clinical Checklist	
Is the clinical information up-to-date?	Is the clinical information correct?
Are medical terminologies, abbreviations and jargon explained in simple English?	Does the stage of change process match the KWHB stage of change stages?
Approved (Y/N)	
Comments	
Signed	Date

### Cultural review and approval

Cultural Checklist	
Is this resource culturally appropriate to the Ngumbin/Yapa people in Katherine West communities (is it responsive to the cultural beliefs, traditions, values and practices)?	Does it have pictures and images of Aboriginal people from our communities?
Is the resource free from materials, pictures or messages that may be seen as offensive to people in the Katherine West region?	Do the photos and videos comply with the KWHB Photo and Video Policy?
Is it specific for Ngumbin/Yapa people in the Katherine West region?	Does the resource use any or some of the local Aboriginal languages from our communities?



# Community Anaemia Cookbook



## Dee's Magic Mash with Kalkaringi Families as First Teachers

What you need: (To feed 10 people.)

- 5 potatoes
- 1 big sweet potato
- 1 pumpkin
- 3 carrots
- 1 broccoli or other veggies you have; fresh, frozen or tinned veggies are a good choice
- 1 onion
- 1 garlic
- 2 packs of minced beef or fkg



**Tip:** For little babies over 6 months mash up really soft. For toddlers you can leave the vegetables in chunks so they can feed themselves.

**Suppers & Dinner**

**How to cook em:**

1. Cut up the potato, sweet potato, pumpkin, carrots and broccoli
2. Boil the vegetables until they are soft
3. Cut up the onion into small pieces
4. Cook the onion and garlic with a little oil in a frying pan
5. Add the mince and cook until brown
6. Mash up the vegetables with a fork
7. Mix the mince with the mashed vegetables
8. Serve it up










Questions