For more information about this program, please contact:

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Program topics

Overview
What is health | What is this program for | Looking after ourselves

Physical activity
What’s good about it | How much to do | Safety | Getting past barriers

Healthy eating
Guide to healthy eating | Portions | Getting past barriers

Diabetes
What does diabetes do | How to stop it from happening

Choosing foods and drinks
Saving money on food | Meal planning | Label reading | Sugary drinks | Alcohol

Cooking
Tips | Ideas | Recipes

Stress
Sleep | Breathing | Mindfulness meditation | Muscle relaxation

Keeping it going
Program summary | Goal setting | Problem-solving | Useful apps
About this program

This program was developed in Derby, Western Australia, in 2017, as a diabetes prevention program for people aged 15–25 years. The program was tried out for the first time at the Derby Aboriginal Health Service at the end of 2017 (pilot program). Some changes were made based on feedback from the participants and facilitators. It is hoped that more improvements will be made to the program into the future.

Acknowledgements

This program is based on the ideas and advice of Derby community members, guidance from Derby Aboriginal Health Service staff, and information from programs that have been run in other places. In particular, this program utilises findings from the US Diabetes Prevention Program study and National Diabetes Prevention Program, and the PILI Lifestyle Program (PILI ‘Ohana Partnership, Hawaii).

The program also uses information and resources from various sources including:

- Australian Dietary Guidelines (National Health and Medical Research Council)
- Australia’s Physical Activity and Sedentary Behaviour Guidelines (Department of Health)
- LiveLighter (WA Department of Health, Heart Foundation, Cancer Council WA)
- Food Sensations (Foodbank WA)
- Quick Meals for Kooris at Home (Central Coast Local Health District 2017, NSW)

Thank you to everyone who helped make this program.

Healthway funded the pilot program, including equipment. Development of the program involved a PhD candidate at the University of Western Australia (Kimberley Seear) who was supported by an Australian Government Research Training Program scholarship.

Program name and logo

The name Maboo Wirriya was given for the program by Nyikina Elders, along with a message for young people doing this program, which was designed to help prevent diabetes:

Maboo, wadi nyadoo yika yakoorr ngoo-jin mangaran.
(Be healthy, this sickness can make you really sick.)

Wirriya is pronounced ‘WIDD-ee-yah’. ‘Maboo wirriya’ refers to good holistic health.

The logo was conceived in consultation with community members and designed by Nerissa J. Fry, lightness.
Using this manual (please read this first)

This manual is for the facilitators to use when preparing to run the program. The sessions are in an order which is just a suggestion. It can be done in a different order, or sessions can be combined.

The program iPad is used during the education part of sessions. There are slides to remind the facilitator what to talk about, and resources to show participants.

This manual shows the slides and examples of what the program facilitator might say, but please use your own words and tell participants the information in a way that is right for you.

This type of writing means it is a message to the facilitator.

The ‘More information’ parts of the manual are for your own knowledge/interest if wanted, or it might be useful if you need an answer to a participant’s question. Depending on the group, participants might want to go into more detail. You don’t have to read the ‘More information’ parts when you are preparing for a session.

A lot of the information in this manual is for program facilitators who don’t already know much about healthy eating (and physical activity and diabetes). These facts come from sources that can be trusted. We might hear a lot of other information that is not always true. If participants want to talk about other things to do with diet, we can always refer back to the Australian Dietary Guidelines. For more detailed or personalised advice, they could talk to their health care provider about seeing a dietitian.

If, as an Aboriginal person, you have cultural knowledge that you can add to the program, please do.

Physical activity ideas

As well as the education part of sessions (approx. 30 minutes), this program was designed to include some group physical activity in every session. This can be any sort of activity that is of a moderate intensity. If participants are already physically active, it could include vigorous activities.

In the pilot program, we did an exercise circuit in the DAHS reception area (when DAHS was shut). When the weather is suitable, the program could be run outdoors (e.g. at a park with a playground). Other ideas for physical activity from community members include: obstacle course or adventure running; Zumba; swimming pool activities; and using the outdoor exercise equipment along the marsh/jetty walkway. For some groups, it might be helpful to offer the education sessions without participants having to do the physical activity at the session.

Key program messages

- Aim to do at least 150 minutes (2 and a half hours) of moderate physical activity every week. This could be half an hour on 5 days of the week, or could be added up from just 10 minutes at a time. ‘Moderate’ activity means not too easy and not too hard, but putting some effort into it.

- Eating a healthy diet does not have to be difficult or more expensive. We can think about the Australian Dietary Guidelines, and portions (how much we have).

- Type 2 diabetes is very serious, young people are getting it now, and doing healthy things can stop it from happening.

If you don’t know the answer...

It is fine to not know the answer to everything that participants may ask. We can say we will find out and give the answer next time. As well as the information in this manual, some useful websites are listed for further information.
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SESSION: OVERVIEW

What is health | What is this program for | Looking after ourselves

Resources for participants
- Physical activity guides: Adults / Age 13–17 / Families
- Magnet: Australian Guide to Healthy Eating

Resources to use in session
- iPad

Session information

Welcome and introduce facilitators

This is a healthy lifestyle program – lifestyle means the way we live, like what food we eat and how physically active we are.

Doing healthy things is good for us in lots of ways, short-term and long-term down the track.

One of the things is that it helps to stop us getting some diseases including type 2 diabetes.

This program is to help anyone be healthy, but it’s also a diabetes prevention program (a program to stop diabetes from happening). It’s also a program that can be for people who have diabetes, because doing those same healthy things can help look after diabetes.

We know that health is more than just physical stuff, though.

It’s all these things:
- physical
- emotional (how we’re feeling)
- social (having other people around, support)
- and cultural.

This program is to help us:
- Get the facts about healthy eating and being active.
- Know how to change our habits and do more healthy things.
- Improve our skills to do healthy things, like exercises, cooking, saving money on food, and dealing with stress. That will help us be able to keep doing healthy things after the program is finished.

We can support each other in this program.

You might see this program as a turnaround or a kick-start for being more healthy, or you might just want to find out about things.
**Type 2 diabetes**

Why are we worrying about diabetes, even for young people?

It used to be an old people sickness. But now young people are getting diabetes, too – especially young Indigenous people, in Derby and all around the world (even by 15, 20, or 25 years old).

Diabetes is a bad sickness – this is a message from a Nyikina Elder, for young people, in Nyikina language: It means ‘Be healthy, this sickness can make you really sick’.

Usually people get type 2 diabetes from their lifestyle – not being very physically active, eating unhealthy food and also drinks (sugary drinks and alcohol). A lot of people didn’t know that doing those things would make things go wrong inside their body.

Our people didn’t have diabetes before.

People used to be active just as part of their normal life.

There was healthy bush tucker, only a little bit of sweet bush tucker like nyili nyili (bush honey) and lalgardi (boab nut).

Then sugar was part of the rations, with white flour and tea. And now it’s everywhere.
Healthy eating guidelines

We will talk about this more in another session: This is the Aboriginal and Torres Strait Islander Guide to Healthy Eating. It’s the same as the guide for all Australians that is on the magnet, but this one just has different food examples.

This is the most important thing we can follow for a healthy diet.

This is just showing that usually, over a day, it’s healthy to eat:
- mainly vegies (including frozen vegies), aiming for 5 serves a day;
- And wholegrains if you can;
- Also some fruit (2 serves a day);
- Dairy products;
- And some meat or something instead of meat like eggs, nuts or beans. Meats like roo, barni, bush turkey are healthy.

All bush foods are good.

And water is up in the corner, for our drink.

And then the things at the bottom like cool drink, chips, lollies – only in small amounts and only sometimes. These things don’t give us the nutrients that our body needs, and they are high in saturated fat, sugar or salt.

A lot of people don’t eat like this, but if we can make any small changes in our day so that our overall eating is more like this, it’s good for our health.

Food affects our brain and our mood. Healthy food helps us feel better. Foods like vegetables can also protect us from diseases.

If more people ate like this guide, there wouldn’t be as many health problems like type 2 diabetes, heart disease and cancer.

Physical activity guidelines

We’ll talk about this more in another session as well.

This is the amount of physical activity per week that we can work towards for our health.

This is for moderate physical activity, putting some effort in, we’d still be able to have a yarn but wouldn’t be able to sing a song.

We can add it up from even just 10 minutes at a time.
Good things straight away

There’s good things about being healthy in the long run and in the short run.

There are even good things on that day that we do something healthy:

- If we do some exercise, it can give us an energy boost.
- If we do some exercise, it can make us feel good afterwards.
- If we get enough sleep one night, we feel better that morning and all day.
- If we have a healthy breakfast, it can give us good energy all morning.
- If we have water with our lunch instead of cool drink, we feel better that afternoon.

So there are some good things about being healthy that we don’t need to wait for.

Sometimes people don’t do healthy things because they have too much else going on. They don’t like to put themselves before others, like we might always put our family first.

If we go on an aeroplane, they do a safety talk and they say, ‘If we lose oxygen and the oxygen masks come down, you have to put the oxygen mask on yourself first before you help others’. That’s because if we pass out from not enough oxygen, we can’t help anyone.

It’s sort of the same with our health. If we put everyone else first all the time, there’ll come a time when we’re not able to help anyone. If we take good care of ourselves, we can take good care of others. If we put time into eating healthy and being active and dealing with stress, it’s not just good for us, it’s good for every person we care about for the long run.

Another thing we can do to look after our health is to get a health check every year, even if we’re not sick.

The health assessment for Aboriginal and Torres Strait Islander people makes sure that everything in the body and how we’re feeling is ok, and then they can help us with anything that’s needed.

We can just turn up at DAHS to get this done.

More information

Why does exercise make us feel good afterwards?
Our body releases good chemicals in our body, called endorphins, that gives us a good feeling.

Why would water instead of cool drink at lunchtime make us feel better that afternoon?
Cool drink has a LOT of sugar, which makes our blood glucose (blood sugar) go high after we have it. This may give us a short energy boost, but then our blood sugar goes down and we feel tired and no good (sugar crash).
SESSION: PHYSICAL ACTIVITY

What’s good about it | How much to do | Safety | Getting past barriers

Resources for participants
- Physical activity guides (for those who don’t already have it): Adults / Age 13–17 / Families

Resources to use in this session
- iPad

Session information

What is good about physical activity?

This bit is a group discussion, but people don’t have to say anything if they don’t want to.

Physical activity (being active) is one of the things that helps stop diabetes happening.

But being active is good for us in lots of other ways in the long-run and in the short-run.

Can anyone say some of the things that are good about being active?

Try to get answers from participants
Then say any of these things that haven’t been covered:

- **Helps with depression and anxiety.** Being active helps us if we have depression or anxiety, or it can help stop us from getting depression or anxiety.

- **Can help if we’re feeling stressed out**, can be like our happy place. (Our body releases good chemicals in our body, called endorphins, that gives us a good feeling). Even if we’re not stressed out, it makes us feel good after.

- **Gives us a boost, but also gives us more energy** throughout the day.

- **Sleep** better.

- **Lower chance of getting diseases** like heart disease (as well as diabetes), and some cancers.

- **If we have high blood sugar**, it helps lower our blood sugar levels.

- **Helps us keep a healthy weight.**

- **Makes our heart, lungs, muscles, and bones stronger.**

- **Makes our body more flexible.**

- **Makes us have less chance of getting an injury.**

- **Being fit helps us do things we enjoy** – like going out on Country, fishing, sport or other activities we might like, or playing with kids, we can run if we need to without getting short-wind.
How hard to do it (intensity)

All physical activity is good for us.

But for stopping diabetes from happening, and for some of the other good stuff we just talked about, we need to think about the intensity (meaning how hard we do it). We need to put some effort into it.

There’s two types of intensity that are great for our health: moderate activity or vigorous activity.

Moderate means in the middle, like not easy but not “very very hard”.

To know if we’re doing moderate activity: We’d be able to have a yarn with someone while we do it, but not sing a song. And we’ll notice it makes our heart beats faster.

A really important example of moderate activity is walking in a hurry. We’re not talking about just walking around normally; for moderate intensity it needs to be in a hurry – pressing it. You might have heard it called a “brisk walk”.

Walking like that is really good for our health. It’s something we can always do ourselves – we don’t need any equipment or anyone to help us.

Then there is vigorous activity, which is hard.

To know if we’re doing vigorous activity: We can’t get a proper yarn in while we’re doing it; we can only say a few words at a time then take a breath. Our heart beats faster, we breathe harder and faster.

That can be sports like basketball, also running.

Moderate and vigorous activity can be from exercise, but it can also be from things like hard gardening, sometimes fishing, and hunting.

But because of the way life is these days: most of the time, moderate activity and vigorous activity is something that we would need to choose to do, on purpose. These days we have shops to get most of our feeds, and cars to get around. Most people aren’t active enough for health and for our bodies to work properly.
**How much to do**

We’ve said how hard to do it: moderate or vigorous. What about how much to do?

For people aged 18 and over, it’s **at least** 150 minutes of moderate activity (that’s 2 and a half hours).

That might be half an hour (30 minutes), 5 days a week.

Remember moderate activity the one where we’re breathing hard enough that we wouldn’t be able to sing a song, but we can still yarn while we’re doing it.

For people ready for vigorous activity, they say one minute of vigorous activity counts the same as two minutes of moderate activity.

(That would be 75 minutes a week of vigorous, or we could do some moderate and some vigorous.)

For people younger than 18, it’s meant to be at least an hour of being active every day – moderate and vigorous.

BUT any amount of activity is better than none.

If we’re not already active, we can work up to these amounts slowly.

We can even do just 10 minutes at a time, adding it up in little bits.

We could go out of our house, walk in a hurry for 5 minutes, then turn around and walk home. We could time ourselves with our phone.

**Safety**

Being active is usually safe. Here are a few things for doing it properly:

- Do a ‘warm up’ – start moving without too much effort, do some gentle stretching.
- Keep breathing (don’t hold your breath).
- Wear good footwear.
- Drink plenty of water.
- Always stop if you feel chest pain, feel really sick, bad shortwind, bad sweating, or feeling lightheaded.

If you have any worries about whether it’s safe for you to do physical activity, please talk to someone at DAHS or at the hospital.

*There are extra details for people with type 2 diabetes in the “More information about physical activity” section below.*
Getting past barriers to physical activity

This bit is a group discussion, but people don’t have to say anything if they don’t want to.

There are a lot of things that can get in the way of being active (barriers to being active).

If we notice those things, we can do something about them.

This helps us to make new healthy habits. Habits are things we just do without even thinking about them. It can take a few months to make new habits.

Being tired, like sleepy (which leads to us sitting still or lying on the couch). What can we do about being tired?

- Drink coffee (not Coke).
- Best thing: Try to get more sleep at night (7 to 9 hours for age 18 plus, 8 to 10 hours for age 14–17).
- Or even if you have any time for a short nap during the day (like about 20 minutes).

Having a big day or a hard day can make us slack – we can be in a habit of sitting or lying down at the end of the day.

What could we do about that?

- We can try to make a new habit to go for a walk or do something else active at the end of the day – it can be hard to get going, but remember being active actually gives us energy.
- We could also try to make it a habit that whenever we’re feeling stressed out, we go for a walk or do some other physical activity.
- We could make a plan to meet a friend or family member to do something active together (then we’re more likely to go and do it).
### Too busy

What if we feel like we’re too busy to do physical activity? What can we do about that?

- Try doing 10 minutes at a time.
- Make a plan to do it or watch out for any spare bit of time that comes up to do it. Some people stop the car before they get to where they’re going, and walk 10 minutes to get there.
- Try doing it at a different time of day.
- Cut out a little TV time, or do exercises while watching TV (e.g. push-ups, walking on the spot with high knees, jogging on the spot, or dancing).
- We could make a new habit to go for a walk straight after dinner instead of watching TV straight after dinner.
- If we’re busy with kids, we can push a baby or little kid in a pram, or take older kids for a walk or a jog, or we can walk around at the playground or do exercises while the kids play, or do home exercises, or exercise when they’re with someone else, or ask a friend or family member to mind them while we exercise – because we know that being active is important
- Walk while catching up with friends or family.

### Heat

What about the heat? How can we cope with that?

- Do it earlier in the day or later in the day (afternoon/evening/night).
- Do it indoors with air-con if possible.

### Shame

What about if we feel shame about exercising?

- We can do it in private (at home).
- We can do it in public with friends.
- We can think about whether we can be a role model, a good example to other people in our families and community.

### Hate it

What if someone hates exercising?

- Find some sort of physical activity that works for you. It can be anything that gets you moving.
Healthy eating guidelines

We talk about this in other sessions, too: This is the Aboriginal and Torres Strait Islander Guide to Healthy Eating. It’s the same as the guide for all Australians, but this one just has different food examples.

This is the most important thing we can follow for a healthy diet. This is just showing that usually, over a day, it’s healthy to eat:

- mainly vegies (including frozen vegies), aiming for 5 serves a day;
- And wholegrains if you can;
- Also some fruit (2 serves a day);
- Dairy products;
- And some meat or something instead of meat like eggs, nuts or beans. Meats like roo, barni, bush turkey are healthy.

All bush foods are good.

And water is up in the corner, for our drink.

And then the things at the bottom like cool drink, chips, lollies – only in small amounts and only sometimes. These things don’t give us the nutrients that our body needs, and they are high in saturated fat, sugar or salt.

A lot of people don’t eat like this, but if we can make any small changes in our day so that our overall eating is more like this, it’s good for our health.

Food affects our brain and our mood. Healthy food helps us feel better. Foods like vegetables can also protect us from diseases.

If more people ate like this guide, there wouldn’t be as many health problems like type 2 diabetes, heart disease and cancer.

Physical activity guidelines (again)

Remember this is the amount of physical activity each week that we can work towards, for our health. This is for moderate physical activity, putting some effort in, we’d still be able to have a yarn but wouldn’t be able to sing a song. We can add it up from even just 10 minutes at a time.
More information about physical activity

iPad: iBooks>

- Exercise intensity guidelines (Exercise & Sports Science Australia)

Are exercise programs safe for people with type 2 diabetes?

Exercise is Medicine Australia has some recommendations for people with type 2 diabetes who are thinking about starting an exercise program: http://exercisemedicine.com.au/public/factsheets > Diabetes Type 2 (Type 2 diabetes and exercise).

There is also a relevant booklet on the iPad: Physical activity pictorial guide (Diabetes WA).

Are some activities moderate AND vigorous?

Doing the same activity in different ways could be moderate or vigorous; for example, riding a bike – it depends how fast you’re riding and where you’re riding (e.g. if it has hills). Sometimes sports are moderate or vigorous, depending on how hard we have to work.

The same activity might also be moderate for one person but vigorous for another person, depending on how fit they are (e.g. jogging).

Remember, if we can talk but not sing a song it’s moderate, and if it’s hard to talk much it’s vigorous.

Why are 13–17 year olds meant to do more activity than people aged 18 and older?

People in that younger age group are growing and developing. Being active helps them get healthy bones, muscles and joints, heart and lungs.

How does physical activity lower blood sugar?

Physical activity makes insulin work better in our body. Insulin gets sugar out of our blood to be used by the body for energy. So physical activity lowers blood sugar.

First aid for sprains or strains

SESSION: HEALTHY EATING

Guide to healthy eating | Portions | Getting past barriers

Resources for participants

- Magnet: Australian Guide to Healthy Eating (for those who don’t already have it)
- Handout: Healthy Snack Ideas from Quick Meals for Kooris at Home
  (Central Coast Local Health District 2017)

Resources to use in this session

- iPad
- Packet of raisins (dried fruit) for mindfulness exercise – optional
- Portions bowl
- Portions plate

Session information

Healthy eating guidelines

This is the Aboriginal and Torres Strait Islander Guide to Healthy Eating. It’s the same as the guide for all Australians, which is on a magnet, but this one just has different food examples.

This is the most important thing we can follow for a healthy diet.

This is showing that usually, over a day, it’s healthy to eat:

- mainly vegies (including frozen vegies), aiming for **5 serves a day**;
- And wholegrains if you can;
- Also some fruit (**2 serves a day**);
- Dairy products;
- And some meat or something instead of meat like eggs, nuts or beans. Meats like roo, barni, bush turkey are healthy.

All bush foods are good.

And water is up in the corner, for our drink.

And then the things at the bottom like cool drink, chips, lollies – only in small amounts and only sometimes. These things don’t give us the nutrients that our body needs, and they are high in saturated fat, sugar or salt.

A lot of people don’t eat like this, but if we can make any small changes in our day so that our overall eating is more like this, it’s good for our health.

**Food affects our brain and our mood. Healthy food helps us feel better. Foods like vegetables can also protect us from diseases.**

If more people ate like this guide, there wouldn’t be as many health problems like type 2 diabetes, heart disease and cancer.
Some things most people could slow down on:
- Less sugar (including by drinking water).
- Less saturated fat.
- Less salt. We get used to having salt, and we get used to not having it, after we cut down.
For flavour we can use spices (e.g. pepper, chilli, paprika, cumin). Some brands of spices say on the jar what it goes well with.

Portions

We might not be the one who buys the food or cooks the feed. But we can choose how much of it we have – they call it portions.

Food sizes are a lot bigger than they used to be and everyone’s got used to it. If we don’t think about it, it’s easy to eat more than we need to, which puts on weight. We can change our weight, if we need to, by thinking about portions, as well as choosing healthier foods.

There’s a few ways we can think about our portions.

Show participants the real portions plate, can hand it around

If it’s a meat meal, or barbeque: If we had a plate like this that’s not too big, healthy amounts of food would be:
- One quarter meat or another protein food like eggs or tofu
- No more than a quarter of foods like rice, pasta or bread (carbohydrate foods – carbs)
- And then the rest of the plate with salad or vegies.

Another way is (do these hand actions):
- Meat or something else instead of meat: the size of our palm
- Things like rice, pasta or bread (carbs): the size of our fist
- Salad and vegies: the amount that would fit in open hands, cupped together.

Of course, it does not have to be separate on a plate. We could make a stir-fry with mostly vegies (could be frozen vegies), and some sliced lean meat, and just that smaller amount of rice or noodles.

We could look at the meat and the vegies and the noodles before we put it together, to check if it’s about half vegies, a quarter meat.

Show participants the real portions bowl, can hand it around

If it’s in a bowl, this size bowl helps us have a healthy amount. It might be a lot different to what we’re used to, because food sizes are so big these days.
In this program we do some mindfulness meditation, to help when we’re stressed out. Mindfulness is paying attention, on purpose, in the present moment.

We can use mindfulness when we eat. It helps us really be aware of what we’re eating and how much we have, and if we slow down we might eat just the amount we need.

*(Can do the raisin mindfulness activity as an example – see ‘More information’ section.)*

Eating a healthy breakfast makes us feel good, and helps us to make healthy choices for the rest of the day.

A healthy breakfast would be some things from the Guide to Healthy Eating. These are some examples we could choose from:

- Eggs
- Beans
- Fruit
- Wholegrain breads or cereals
- Low-fat milk or yoghurt

**Healthy snacks**

Fruit is an easy and healthy snack. Two serves a day is a healthy amount.

We can take fruit with us when we go out, or to school or work.

Eating fruit between the main meals can stop us from getting too hungry, which helps us to make healthy meal choices.

A piece of fruit has fibre in it, which makes us feel full.

This shows that an orange has the same amount of kilojoules (energy) as a small biscuit, but that one little biscuit would not fill us up. So we’d probably have more than one biscuit.

Healthier options give us all the energy we need, but not the extra energy that puts on weight.

These are some ideas for healthy snacks. We can get into a routine of eating like this, and it can be yummy.

Eating like this can also help us to feel good and have good energy.

These snacks are also cheap.
Getting past barriers to healthy eating

This bit is a group discussion, but people don’t have to say anything if they don’t want to.

It’s not always easy to eat healthy, especially when we’re starting to make our changes. There are a lot of things that get in the way of healthy eating. They are barriers to healthy eating, but we can get past them.

We can get past barriers by problem-solving: if we’re trying to do healthy things but then we do something that’s not so healthy, we can look at what happened and think about what led up to it, so we can try to do it differently next time.

With this problem-solving, a lot of the time we’re changing unhealthy habits. Habits are things we just do without even thinking about them, and we do them again and again. But we can make new healthy habits. We can just keep trying to do healthy things until we get in a routine and it becomes a new habit, and then it’s not as hard any more.

For example, if we’re trying to eat healthy but then we have a big thing of Rosie’s, the things that led up to it might be:

- Being too hungry
- Smelling food, or seeing it
- What other people say or do
- What we’re thinking and feeling

Can anyone say how we could problem-solve those things for next time?

- Too hungry: take food with us
- Eat breakfast and lunch (make it?)
- Small size meal
- Keep it away from us
- Stressed: New habit - walk

Try to get answers from participants
Then say any of these things that haven’t been covered:

- If we ended up eating Rosie’s cos we got too hungry, we could try to make a new habit of taking healthy food with us when we’re out and about. That could be just a piece of fruit.
- We could also try to make a habit of eating a healthy breakfast and a healthy lunch so we don’t get too hungry later on. We could even plan ahead and make a healthy lunch the day before (that would save us money too).
- We can also be in a habit of buying a large size meal. We could choose to buy a small size instead. Little changes like that do make a difference to our health.
- It’s easy to be tempted by food that’s around, especially if we’re hungry. We can problem-solve that by trying to keep it away from us (where we can’t see it), or not have it around at all if possible.
- If it was because we felt stressed out, we could work on making a habit that we go for a walk if we’re feeling stressed.
We can also be in a habit with other people – friends or family – where whenever we’re with those people, or whenever we’re doing something like fishing, we do things that aren’t healthy (like eat a lot of sweets, or drink a lot of alcohol or cool drink).

We could try to make a new habit with them where we spend time but don’t do those things so much. We could try to make a new habit with friends where we catch up while we’re having a walk. Or for family barbeque, throw or kick a ball around. Or take cold water and healthy snacks for fishing.

And if people want us to have things that aren’t healthy, and we don’t want to, we can always say, ‘Nah.’ If we keep saying no, after a while people will stop offering us, especially if they know it’s for a good reason.

If we keep saying nah if they offer us, we’re changing our habit, but it’s changing their habit too, of offering us.

Even though we’re the only one who can make our changes, other people can help or make it harder – even if they don’t mean to. And they might not know that what we eat and drink can give us bad sickness like diabetes.

Does anyone have any other ideas for problem-solving, to get past barriers that make it hard to be healthy?

Physical activity guidelines

This is a reminder of the physical activity amount per week that we can work towards for our health. This is for moderate physical activity, putting some effort in, we’d still be able to have a yarn but wouldn’t be able to sing a song.

We can add it up from even just 10 minutes at a time.
More information about healthy eating

iPad: iBooks>

- Healthy eating pictorial guide (Diabetes WA). Includes serve sizes, and serves per day.
- Healthy eating guidelines explanation (National Health and Medical Research Council)
- Fruit and vegetable guide (Livellighter)

Websites:
- livellighter.com.au
- eatforhealth.gov.au (includes healthy eating guidelines, nutrition calculators)
- healthyweight.health.gov.au (information and resources for weight loss)
- Nutrition information for different ages at raisingchildren.net.au

Mindfulness exercise using a raisin

An example of how to do it: https://ggia.berkeley.edu/practice/raisin_meditation

Where did these healthy eating guidelines come from?

The guidelines are based on a lot of evidence from studies that show what sort of things happen more to people who have different sorts of diets – like what sort of diet will make more people sick down the track. It is also based on what we know about how the human body works.

Other opinions about the best things to eat

If we eat like in the Guide to Healthy Eating, it would be a healthy diet. It’s based on a lot of evidence (facts that we have a good reason to think are true).

There are other people who say different types of diets are good, but that’s not always based on evidence. Some diets are popular for a while and then people stop doing it. It’s helpful to get in the habit of eating in a way we can do for our whole life.

What are kilojoules/calories?

See http://www.eatforhealth.gov.au

What is saturated fat?

See ‘Where do I find saturated fats in food’ and ‘The ins and outs of unsaturated fats’ at http://daa.asn.au (Dietitians Association of Australia)

What are wholegrains?

Grains are things like wheat, barley, oat, rye, corn, and rice.

Grains have three major parts:
- bran – outer layer (fibre, omega-3 fatty acids, vitamins, dietary minerals)
- endosperm – main part (mainly starch)
- germ – smallest part (vitamin E, folate, thiamine, phosphorus, magnesium).

When grains are refined (e.g. for white rice or white flour), the bran and germ layers are usually removed. This means fibre, vitamins, minerals, antioxidants and phytochemicals are lost from the grains.

Wholegrains keep all three layers, so they are good for health.

Adapted from http://www.betterhealth.vic.gov.au
What are low GI foods?
GI stands for “glycaemic index”. It is a way of saying how quickly a carbohydrate food would raise our blood sugar level (within a couple of hours after we eat it).
If a food raises our blood sugar level slower, it has a lower GI. Low GI foods can be helpful for people with diabetes, and other people as well. A good thing about low GI foods is that they can help us feel full. Low GI foods can also help us feel like we have good energy that stays for a long time.

<table>
<thead>
<tr>
<th>Low GI foods include:</th>
<th>High GI foods include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>sweet potato</td>
<td>regular potato</td>
</tr>
<tr>
<td>oats</td>
<td>cornflakes</td>
</tr>
<tr>
<td>whole-grain bread</td>
<td>white bread</td>
</tr>
<tr>
<td>basmati rice, doongara rice</td>
<td>regular white rice</td>
</tr>
</tbody>
</table>

Vegetables
As well as frozen vegetables, we can use canned vegetables. BUT canned vegetables may have a lot of salt, so it is good to rinse them with water first.

Water
Water is necessary for life.
Adult need about 8–10 cups of water each day, or much more if it’s hot or people are being active. It is best if most of this comes from plain water. It keeps our kidneys healthy and get rid of waste from our body, it is good for our teeth, and it helps us stay a healthy weight.
People may have heard of there being a problem if someone drinks too much water (hyponatremia), but this is rare in the general population.

Adapted from the Australian Dietary Guidelines

What should people with diabetes eat?
According to Diabetes Australia, people with diabetes should follow the Australian Dietary Guidelines, but also see a dietitian.
SESSION: DIABETES

What does diabetes do | How to stop it from happening

Resources for participants
None

Resources to use in this session
- iPad
- Audio speaker

Session information

Why this program was made

This program came from wanting to help stop young people from getting type 2 diabetes. Most of the time type 2 diabetes is from lifestyle...
A lot of people do unhealthy things, and a lot of people with diabetes never knew those things could be that serious for their health (including young people, even 15 or 20 years old). We want more younger people to know about diabetes and how to stop it happening (or how to look after it).

We mentioned that this program first came from wanting to help stop young people from getting type 2 diabetes.

Because most of the time type 2 diabetes is from lifestyle, especially not being very active, and eating unhealthy food and also drinks (sugary drinks and grog).

A lot of people do those things these days, and a lot of people with diabetes never knew that doing those things could be that serious for their health.

Young people getting diabetes at 15 or 20 or 25 years old often had no idea that might happen.

We want more younger people to know about diabetes and how to stop it happening. Or, for people who already have diabetes, to know how to look after it.

That’s why a Nyikina elder gave this message for young people, in Nyikina language.

Maboo, wadi nyadoo yika yakoorr ngoo-jin mangaran

It means: “Be healthy, this sickness can make you really sick.”
Remember: Most of the time, Type 2 diabetes can be stopped from happening if we have a healthy lifestyle.

Does anyone know much about type 2 diabetes already?
Videos: Explaining diabetes

Show participants three short videos to explain diabetes (source: Diabetes Queensland)
https://diabetesstory.info/ > What is diabetes
1. ‘What is diabetes?’
2. ‘Type 2 diabetes’
3. ‘Gestational diabetes’

Aboriginal people guiding this program have recommended that gestational diabetes is included in the program for men as well as women. This is because gestational diabetes affects the whole family and the community.

Gestational diabetes affects the whole family and the community.

The mum has more chance of getting type 2 diabetes after having gestational diabetes. The baby also has more chance of getting type 2 diabetes when they are older.

To stop gestational diabetes from happening to women, and to stop type 2 diabetes from happening to men and women, it’s the same things:

- Being physically active
- Eating healthy
- Keeping a healthy weight
- Not too much grog
- Not smoking. If anyone smokes and wants to stop, a health worker or doctor can help.

If women do get gestational diabetes, there are still things they can do to help keep themselves and their baby healthy into the future: Being active, healthy eating, and nyannya/breastmilk for bub is helpful.

And also, getting a check every year for their health, including making sure their blood sugar isn’t getting too high.

More about complications

High blood sugar causes serious damage all around our body, over the years. We’ll just say a bit more about that.

It can make us go blind. These are pictures of the inside of the eye. The one on the left is normal, the one on the right is someone with diabetes where the blood sugar has been out of control.
High blood sugar can make us lose feeling in our feet and legs, and the blood doesn’t get there properly any more. These toes are basically dead as the blood is not going there, from out of control type 2 diabetes.

I have another photo but it’s nasty so don’t look at it if blood and stuff bothers you.

If we lose feeling in our feet from out of control diabetes, we get a cut and we don’t know, and it doesn’t heal properly cos the blood isn’t flowing there enough, so then it gets infected. That can lead to getting a toe or foot or leg amputated (cut off).

High blood sugar can also damage our heart, and make us have a heart attack or a stroke (that’s where the blood supply to the brain is cut off).

And it can also wreck our kidneys. The kidneys clean the blood, and make waste go out of our body as urine.

If our kidneys don’t work anymore and our blood can’t get cleaned, it would poison our body. That’s why people go on dialysis, next door to DAHS. Then a machine like this cleans the blood.

If you’re on dialysis they stick two big needles in your arm, and you have to sit there for 4 or 5 hours, at least 3 times every week.
**Video: Passing on Wisdom**

**Warning:** This part of the session includes the name and image of a deceased person. We usually wouldn’t show his face too soon, but we are respecting his wishes.

A musician named Jason Bartlett, from down south, passed away in 2017. He died from type 2 diabetes, at the age of 36. He was diagnosed with it when he was 19. He made this video just before he died, because he wanted to get the message out there to other young people.

He speaks about grog in this video. We also have more risk of getting 2 diabetes if we don’t eat healthy, if we are not physically active, or if we smoke.

This video is sad and maybe scary, but remember that we can stop it from happening.


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**HbA1c tests**

How can we find out if we’re heading towards diabetes, to make sure we can look after it or get extra help to turn it around?

We can go to DAHS or the hospital and get our blood sugar (glucose) levels checked.

A way they measure blood sugar is with a HbA1c test. This is usually a blood test, but they can also do it as a finger-prick.

HbA1c stands for “glycated haemoglobin”.

It is a measure of how much glucose is stuck to the haemoglobin part of red blood cells. Haemoglobin (Hb) is the protein that carries oxygen around the body in the blood.

A HbA1c test lets us know how much sugar has been in our blood over the last few months.

If we don’t already have diabetes, it’s good to get our HbA1c checked every year. (We get it checked more often if we know we have diabetes.)

It’s also really important, for the family, for women to get a health check if they’re thinking about getting pregnant. (Or as soon as they find out they’re pregnant, if it’s a surprise.)

This will include checking blood sugar levels.

It is also good for the baby if the dad is healthy before the pregnancy.
This picture is like a car speedo showing normal HbA1c down there in green. Doing healthy things like eating healthy food and being active can keep us in the green, normal part.

Then if HbA1c goes higher than normal, into yellow part, that is sometimes called pre-diabetes, but it doesn’t mean you would definitely get diabetes. We can slow down on unhealthy things to get back into the green. Otherwise the blood sugars could keep getting higher, into the red.

A person with diabetes has HbA1c in the red part, but it could be not very far into the red part – that would mean they’re keeping their diabetes under control, they’re looking after it, they won’t get such bad damage around their body. People can help keep it under control by doing those same healthy things.

**Physical activity guidelines**

This is a reminder of the physical activity amount per week that we can work towards for our health. This is for moderate physical activity, putting some effort in, we’d still be able to have a yarn but wouldn’t be able to sing a song.

We can add it up from even just 10 minutes at a time.
More information about diabetes

**iPads: iBooks**
- Healthy mum, healthy bub: pregnancy and type 1 or type 2 diabetes (Diabetes WA)
- Healthy mum, healthy bub: gestational diabetes (Diabetes WA)
- Diabetes and Aboriginal People Information Sheet (Diabetes WA)
- Gary Goanna Goes Healthy storybook (Diabetes WA)
- Diabetes check, kidney check (Kimberley Aboriginal Medical Services, http://kams.org.au/resources/health-promotion/)

**Websites**
- raisingchildren.net.au has information about pregnancy health and healthy eating
- There is a video with more details about the body and diabetes at http://www.aboriginalhealthdiabeteswa.com.au/health-professionals/feltman-training

**Signs/symptoms of diabetes**
If people have diabetes they might not even know at first, unless they’re getting their yearly health check. Some signs that might be there a bit later are: being thirsty, tired, having blurred vision, or pain or tingling in the legs and feet.

**Type 1 v Type 2 diabetes**
Type 2 diabetes is the most common type: at least 9 out of 10 diabetes are type 2. It’s usually from lifestyle and can usually be stopped from happening.
There’s also Type 1 diabetes. You can’t do anything to stop getting Type 1 diabetes, it’s not from lifestyle. Less than 1 in 10 people with diabetes would have Type 1.

**What should people with diabetes eat?**
According to Diabetes Australia, people with diabetes should follow the Australian Dietary Guidelines, but also see a dietitian.

**What does HbA1c actually mean?**
HbA1c stands for “glycated haemoglobin”. It is a measure of the amount of glucose stuck to the haemoglobin part of red blood cells. Haemoglobin (Hb) is the protein that carries oxygen around the body in the blood. The more glucose in your blood over time, the more it gets stuck to haemoglobin and the higher the HbA1c reading is. Your body replaces your red blood cells when they are about 3 to 4 months old, so HbA1c level tells us about how high your glucose levels have been on average for 3 to 4 months.
SESSION: CHOOSING FOOD AND DRINKS

Saving money on food | Meal planning | Label reading | Sugary drinks | Alcohol

Resources for participants

- ‘Money saving tips’ handout (Foodbank WA)
- ‘Tips for saving money on food’ from Quick Meals for Kooris at Home (Central Coast Local Health District 2017)

Resources to use in session

- iPad, including video
- Audio speaker
- Sugar, teaspoon
- 2 small transparent plastic cups
- 375ml can Coke, 600ml Solo
- 4 oranges

Session information

Saving money on food

A lot of people think that eating healthy has to be more expensive. It doesn’t have to be.

Things like juice, biscuits and chips can be expensive, especially because they don’t really fill us up. Healthier food choices make us feel full, and they can be cheaper too.

For a true idea of the cost of different foods, we can look at the cost per 100 grams or per kilogram that’s on the supermarket shelf label. Here’s an example of cost per kilo.

There are a lot of things we can do to save money on food, or get more food for the same money, and these things also help us to be healthy.

(Say some of the points from these 3 sheets)

Also: In one of the sessions we talk about how a healthy amount of meat is the size of our palm (only takes up a quarter of the plate). Having just that amount of meat would also be cheaper than a big piece. It means if we get a big piece of steak on special we can chop it up, we can feed more people or we can freeze some bits for later.
**Meal planning**

Remember, this is the most important thing we can follow for a healthy diet.

This shows that usually, over a day, it’s healthy to eat:
- mainly vegies (including frozen vegies), aiming for **5 serves a day**;
- And wholegrains if you can;
- Also some fruit (**2 serves a day**);
- Dairy products;
- And some meat or something instead of meat like eggs, nuts or beans. Meats like roo, barni, bush turkey are healthy.

One of the ways to make it easier to eat healthy, like this guide, is to make a plan for our feeds for the week or fortnight and try to make our food at home.

If you do the shopping or cooking, this is something you could think about maybe doing, or if you don’t do the shopping or cooking in your household, maybe you could talk to that person about it or help them?

With our plan for the week or the fortnight, we can think about what we’ve got on and what we would have time to cook. We could write on a piece of paper what feeds we’ll make, and stick it on the fridge.

We can see what we’ve already got in our cupboards to use for those meals.

Then we can do a shopping list for the rest. We can make a shopping list on our phone if we want, there’s lots of apps for that.

Then, we also save money if we only buy what’s on the list – which is easier if we shop when we’re not hungry.

Planning meals and doing a big shop takes time. But it saves time over the week. We can get it out of the way and make our week easier. And healthier. And it saves money.

When we go shopping, we can save money – or get more food for the family – if we spend the biggest part of our money on the biggest parts of the healthy eating guide.

For example, if we had $50 for food:
- Spend $30 on vegetables and grains
- Spend $15 on meat, dairy and fruit
- Spend no more than $5 on things outside the circle (like chips, biscuits, lollies, cool drink).
**Label reading**

When we’re shopping, sometimes it can be confusing to know which foods are healthy, because of the ways they’re advertised, and their packaging.

But, there is a way to decide for ourselves. Food companies have to write the facts in this little box, and the list of ingredients: this is how we can see if they’re hiding lots of fat and sugar and other stuff in the food.

**BUT it’s important to remember that the healthiest foods to eat are ones that don’t have a label (like vegetables, fish, and bush foods).**

**(Zoom in on the different parts)**

These are the parts of the food label:

- Servings per package: This means how many people could it feed.
- Serving size: This is how big they say one serve would be.
- The “Per serve” column shows how much energy, fat, and other things is in one of those serves.
  (A lot of the time, the amount we would have is bigger than what they say is one serve.)
- The “per 100 grams” column is what we use to compare different foods and see what it is a healthier choice.
This card shows what numbers on the food label would mean a healthier choice (for food that comes in a package).

It is for food, not drinks. For drinks, it says the best choice is water.

- We can look at how much fat per 100 grams. It says on the little card, less than 3 grams is healthiest, more than 10 isn’t a healthy choice.
- And then we can look at how much of the fat is saturated fat – that’s the one that’s bad for our heart. Less than 1.5 grams per 100 grams is healthiest.
- Then there’s sugar: Less than 5 grams per 100 grams is healthiest.
- Then sodium, which is salt. If we don’t have too much salt, we’re helping to keep our heart healthy, and our kidneys. More than 400 milligrams per 100 grams isn’t a good choice for our health.
- And fibre is on some labels. Fibre is something we want more of – most people aren’t getting enough. For fibre, we look at “per serve”. More than 3 grams of fibre per serve of breads and cereals is a healthy choice.

Fibre goes through our body without being digested, so it isn’t something that would make us put on weight, but it makes us feel full. Fibre can help us have less chance of type 2 diabetes and heart disease. We get fibre from wholemeal and wholegrain foods, vegetables and fruit. So it fits in with a healthy diet.

Are there any questions about that?

On the back of the coloured nutrition card, it mentions health star ratings.

The main thing to help choose healthy foods is the guide to healthy eating.

These stars are for comparing different items within the same category; for example, comparing cereal with cereal or yoghurt with yoghurt.

**Sugary drinks**

We said how that coloured nutrition card is for food, and that for drinks we should choose water first.

We can also read labels to find out how much sugar is in drinks.

A lot of people don’t think of juice as a sugary drink.

Eating 2 pieces of actual fruit a day is very healthy – just 2 pieces a day. Fruit has some sugar in it but it also has fibre that makes us feel full, so we don’t have too much.
One small cup of juice has the sugar from 4 oranges (and doesn’t have the fibre)

Show small plastic cup and 4 oranges

But, just a small glass of juice has the sugar from 4 oranges – just the sugar, not the fibre. We just said how fibre makes us feel full – drinking juice, without fibre, doesn’t fill us up.

So, it’s easy to drink a lot of juice – but that’s a lot of sugar. Even if it’s “no added sugar”.

We can see that juice is not in the healthy eating circle.

The people who own the juice companies, and sell it to us, make it seem like it is healthy to drink juice every day.

The food industry does lots of tricks like that, to make money off us. They don’t care if it makes us sick.

And with things like cool drink, they put biggest-mob of sugar in to make us addicted.

When we’re addicted, we don’t feel right if we don’t have it.

Then it is hard to stop having it, but we can still stop if we want to.

We can also be addicted to Coke because of the caffeine. Something we could have instead of Coke is coffee with no sugar.

Then we would still get caffeine, but we wouldn’t be overloading our body with sugar, we wouldn’t get bloating, and we wouldn’t get a sugar crash afterwards.

Even if we put sugar in our coffee, we’d never put as much sugar in it as we have when we drink a can of Coke.
Let’s measure out how much sugar is in a can of Coke (375 ml). We can look at the label to see how many grams of sugar are in the whole can. It should say there is one serving in this container, so we look at the ‘per serving’ column, and especially the grams of sugar. To get a better idea of how much sugar this is, we can divide it by 4 to find out how many teaspoons it is. (4 grams of sugar is about a teaspoon.)

We can see on the label that a can of Coke has 40 grams of sugar, which is about 10 teaspoons. Get a volunteer to measure this amount of sugar into the plastic cup, to show everyone.

A Powerade has about the same amount as that too, even though they make it seem like that’s a healthier, sporty drink. And iced coffee from the shop has a lot of sugar too.

This size Solo (600ml) has 69 grams of sugar (other cool drinks this size are about the same).

That’s about 17 teaspoons. Get a volunteer to measure this amount of sugar into the plastic cup, to show everyone.

That was 17 teaspoons in one bottle of cool drink. The World Health Organization says that people should only have about 12 teaspoons of sugar from food and drinks, at the most, over a whole day. And it would be even better for health to only have 6 teaspoons over a whole day.

It’s a lot of sugar and there are reasons why that’s really not good for our health, which this video says . . .

Source: Victorian Aboriginal Community Controlled Health Organisation Inc.
Sugary drinks are not healthy for kids, either. As well as all the sugar in it, another problem for kids is that when they get used to sweet things, they might not like healthy foods as much.

It makes it harder for them to keep a healthy weight as they grow up, and then they have more risk of things like diabetes.

Sugary drinks also damage teeth, so it can give them bad pain.

If kids are already used to sugar, they can get used to not having it after a while – same as us.

They’ll humbug, so we need to be strong!

**Alcohol**

Alcohol can be a sugary drink, too (an expensive type).

All types of grog make it harder to keep a healthy weight. They have a lot of kilojoules (energy) that we don’t need, that can get stored as fat.

Also, we might eat unhealthy food more when we’ve been drinking.

Heavy drinking can damage the pancreas, where insulin is made. (Insulin is what we need to get blood glucose or sugar out of the blood.) So if we have too much alcohol and it damages the pancreas, we can get diabetes.

If we choose to drink: We can remember that each extra drink can have an impact on our health.

The alcohol guidelines say that 2 standard drinks a day is low risk, for our health.

If we have more than 2 drinks, there is more risk with each drink. So for every extra drink we have, there is more chance of harming our health, in the long run and in the short run.

If we want to drink, we can keep it as low as possible. We don’t have to drink all night long.

We said 2 **standard** drinks.

A standard drink is just a tiny bit of spirits . . .
. . . or a small glass of wine . . .

. . . or a middy of beer. A schooner of beer or one can is more like one and a half standard drinks.

A problem we could have is drinking cartons.

We can see if we go in for a carton, we’ll be having a lot more than 2 standard drinks.

We know that no more than 2 standard drinks in a day is healthiest.

If people choose to drink more, these are some ideas for making it less risky for health:

- Choose how much we’re going to have, and keep track of how many standard drinks we’re having.
- Have a water or other non-alcohol drink after each alcoholic drink.
- Drink slowly.
- Eat (hopefully something healthy) before drinking grog.

If anyone needs more information or help about alcohol, there’s lot of places that can help.

This includes DAHS, Garl Garl peer educators, and Kimberley Mental Health and Drug Service.
More information about choosing healthy food and drinks

Gardening
Another thing that can help us with saving money on food in the long run is growing our own food – gardening. It’s also so healthy because it’s fresh. There’s some apps to find out about gardening and what grows well up here at different times (e.g. ABC Vegie Guide and Yates My Garden). Some people also find gardening relaxing, and it can be physical activity.

Juice
In the current Australian Dietary Guidelines, it says that half a cup of 100% juice can occasionally be counted as a serve of fruit (one of two serves of fruit per day).

For juice, the health star rating show which type of juice would be a better choice if someone was going to have it (i.e. 100% fruit juice) – but still just half a cup every now and then.

Diet cool drinks
We can’t say that diet cool drink is a good thing to drink. It doesn’t have sugar but it has fake things to make it sweet that probably still do bad things in our bodies. (It is also acidic and damages our teeth.) Water is best.

How do people quit sugary drinks?
> ‘Luke beats sugary drink ‘addiction’ and sheds 30kg’

How much sugar is in iced coffee?
On the nutrition panel on a bottle of iced coffee, about half the grams of sugar would be added sugar. The rest is a different type of sugar called lactose, which is in plain milk as well.
What sort of sugar counts in the maximum 6–12 teaspoons of sugar recommended by the World Health Organization?

Lactose (mentioned above) does not count in the 6–12 teaspoons. The sugar in pieces of fruit and vegetables does not count, either. The World Health Organization is talking about sugar that is added to food and drinks, as well the type of sugar that is naturally in honey and fruit juice (but not part of a piece of fruit anymore).

I heard that fibre is no good because it makes you constipated?

Fibre is good for our health. It can help stop constipation happening, but we also need to drink enough water.
SESSION: COOKING

Tips | Ideas | Recipes

Resources for participants

- ‘Back to Basics’ recipe book (LiveLighter)
- Basic cooking tips from Quick Meals for Kooris at Home (Central Coast Local Health District 2017)

Resources to use in session

- iPad
- Recipe
- Cooking equipment (e.g. table and camping stove)
- Ingredients

Session information

Good things about cooking

What are some good things about cooking?

- It saves money
- It helps us eat healthy
- It can be fun
- It can be easy
- Don’t need a flash kitchen; we could use a camping stove and one pan.

Food safety

Food safety includes:

- Washing hands
- Using one chopping board for meat and a different one for vegies. If you only have one board, chop the vegies first (when the board is cleaner).
- Not leaving food out for more than 1–2 hours.
- Keeping hot food hot, and cold food cold. Food-poisoning bacteria grow fast in food when the temperature is warmer than a fridge, but not hot (between 5 and 60 degrees).
- Putting frozen meat or other foods in the fridge to thaw (usually overnight), instead of out on the bench. Or defrost it in a microwave.

Provided courtesy of Foodbank WA
**Healthy swaps**

On page 50 of the *Back to Basics* recipe book, it says what we can use if we don’t have the thing listed in the recipe. One of them is evaporated milk instead of cream. That is a healthy swap. Some other healthy swaps are: plain yoghurt instead of sour cream; spices instead of salt; and cooking with olive oil instead of butter. Another one is using cauliflower instead of potato or rice.

**Making it easier**

Too busy to cook? These are some ideas to make it easier:

- Try simple meals like fish or meat and salad
- Use frozen vegetables in a stir-fry
- Do a cook-up to last for two meals
- Do a big cook-up on the weekend and freeze meals

**Cooking activity**

*Cook a meal with participants.*

**Recipes**


*There are also healthy snack ideas in Quick Meals for Kooris at Home (Central Coast Local Health District 2017). The vegetable platter with dip and fruit platter with yoghurt were very popular in the pilot program.*
SESSION: STRESS

Sleep | Breathing | Mindfulness meditation | Muscle relaxation

Resources for participants
None

Resources to use in session
- iPad, including mindfulness meditation recording

Session information

Holistic health

We mentioned that health is more than just physical stuff.
It’s also:
- emotional (how we’re feeling)
- social (having other people around, support)
- and cultural.

In this session we’re talking about things we can do when we’re feeling stressed out, and also a bit about sleep.

Sleep

Sleep is important, for our health and being able to do healthy things.

People aged 18–64 need 7 to 9 hours sleep each night.
People aged 14–17 need 8 to 10 hours sleep each night.

Having a lot less or a lot more sleep than that is another thing that can make people have more chance of getting diabetes.

Not having enough sleep makes it harder to keep a healthy weight.

Alcohol can make people feel sleepy, but it makes them have a worse sleep.

Doing some exercise during the day can help us sleep better at night.
Stress

One of the things that can get in the way of sleep is being stressed out. Stress comes from the hard things in our lives. When we can, we want to stop bad stress from happening. But some stress is part of life, and there are healthy things we can do to help us cope with stress.

This is important for our social and emotional health. It is also important for our physical health. Stress can cause changes in the body that make people more likely to get type 2 diabetes.

When people are stressed they might also eat foods that aren’t good for them, and drink more alcohol (although alcohol and other drugs end up making stress worse).

We’re going to try three different ways of relaxing for when we’re feeling stressed out or edgy.

These are things that lots of people use to relax, including sports people and athletes.

It could also help us sleep.

It can take a while to learn to relax. It’s another thing that we can practise until it’s like a routine.

Breathing

When we’re feeling stressed, changing our breathing can help us.

When we’re stressed, we usually take small breaths with our upper chest. We can feel less stressed if we slow down our breathing, and do abdominal breathing instead of upper chest breathing.

If we put one hand on our chest and one on our abdomen (guts), we can feel that they move while we breathe. We try to breathe so that our chest stays still and our abdomen is moving. 

Encourage participants to try this.
**Mindfulness meditation**

The second thing we’re going to try is mindfulness.

Mindfulness is paying attention on purpose, in the present moment, without judging or criticising our thoughts. It can be a type of meditation (mindfulness meditation). It can help us to relax.

Sometimes people think of meditation as having to look like this, but it’s something we can do while we’re sitting somewhere waiting, or lying in bed, or standing, or however we like.

There is a body scan meditation recording on the iPad (male voice).

*It is from the Melbourne Mindfulness Centre website, [www.stillmind.com.au](http://www.stillmind.com.au)*

You can read out the script instead if you want.

**Script: 1st part**

This is a short body scan meditation.

Sit in a chair, in a comfortable position, allowing your head to float lightly upwards and your eyes to close gently.

Take a few moments to get in touch with the movement of your breath, and the sensation in the body.

Now bring your awareness to the physical sensations in your body, especially to the sensations of touch or pressure where your body makes contact with the floor or the chair.

On each out breath, allow yourself to let go and to sink a little deeper into the chair.

And now move your attention to the whole of your left leg, experiencing a letting go with the out breath in the whole of your left leg.

And now become aware of the whole of your right leg... the whole of your right leg.

Then moving your attention, and breathing into your pelvis, the whole of your pelvis, top and bottom, back and front, hip to hip . . .
Progressive muscle relaxation

When we’re stressed our muscles can get really tense.
People have found it helpful to do this muscle relaxation, where we
tense our muscles on purpose then relax them.
We’ll try it just quickly but it’s something that works best if we
practise it and get used to it.
I’ll say a body part and we can tense it up for 5 seconds – not so it
pains but definitely so we feel it. Then we relax it for 10 seconds.

Script: 2nd part

. . . And moving your attention up to the abdomen, and the small of your back, and your upper
back and chest.
Now become aware of breathing into the whole of your left arm, allowing tension to release
as you breathe out.
And the whole of your right arm.
And your neck and shoulders.
Now become aware of the whole of your head. Breathing into, and allowing a release from,
the whole of your head.
And then becoming aware of your head, neck and shoulders, right arm, left arm, upper chest
and back, stomach and small of the back, pelvis, right leg, left leg.
And in your own time, returning to the sounds and experiences of the room you’re in.

1st part
(Tense for 5 seconds, relax for 10 seconds)

Demonstrate like this:

Make a fist with your right hand.
Bring your right forearm up to your shoulder to “make a muscle”
Make a fist with your left hand.
Bring your left forearm up to your shoulder to “make a muscle”
Raise your eyebrows

Say this:

Right hand and forearm . . . . . . relax
Right upper arm . . . . . . relax
Left hand and forearm . . . . . . relax
Left upper arm . . . . . . relax
Forehead. We raise our eyebrows
as high as they will go . . . . . . relax
Another thing that some people find useful is affirmations. Affirmations are short statements that focus on our strengths and our values (or what is important to us).

For example:

- I am strong. You got this.
- I choose to be balanced / happy / ok in my liyan, mind, and body.
- I accept people as they are. We all have a story.
- I am more than good enough and I get better every day.
- I have high and low days but I don't give up.
- I forgive myself. I will choose better so I can be happy.
- I show my families that I love them, through my words and actions. I am part of my families’ well-being.
- I enjoy my culture and learn more, to be stronger.
What else can we do

Sometimes we feel sad, edgy and stressed out but don’t know why.

There’s some things we can do about feeling really stressed out or no good:

- Notice how we’re feeling.
- Talk to someone about how we’re feeling.
- Ask a friend or family member for support. A place we can go for support is DAHS, especially SEWB. (Also Kimberley Mental Health or any doctor.)
- Take as much control over our life as we can.
- Be active, over and over, for the long run.
  
  Remember that physical activity releases chemicals called endorphins in our body that make us feel better.
  
  Being active can be even more helpful if we do it with a friend.

Being in nature is also good for our health and helps us to relax.

(Maybe out bush, on Country, or anywhere else we can connect with nature.)

This is a reminder of the physical activity amount per week that we can work towards for our health. This is for moderate physical activity, putting some effort in, we’d still be able to have a yarn but wouldn’t be able to sing a song.

We can add it up from even just 10 minutes at a time.
More information about stress

Is stress good sometimes?
Some stress can help people do the things they need to do. If there’s no stress, people might not care much, and might not get things done.

How does breathing help with stress?

What else can we do to have a good sleep?
As well as dealing with our stress, avoiding alcohol, and exercising (not too close to bedtime), here are some other ideas for sleep:

- Set your ‘body clock’ by getting up at the same time every day, and getting some sunshine in the morning.
- Relax your mind in the last hour before sleep. (E.g. don’t use your phone.)
- Listen to your body if you’re tired – go to bed.
- Try to make the room a good temperature.
- Make the room dark.
- Use earplugs.
- The nicotine in cigarettes is a stimulant, so smoking can make it harder to sleep.

We can also see a doctor if we have trouble sleeping.
Adapted from http://www.betterhealth.vic.gov.au

How to save the body scan recording to a smartphone
http://www.stillmind.com.au
> Mindfulness and Relaxation Exercises
> Body Scan (4 min)
(second in list – 1.1 MB)

To save on an Android phone: press and hold, “Save video” option appears, saves in Music.

To save on an iPhone: To able to save an mp3 from the internet, we first need to download another app such as ‘Documents by Readdle’. Use the browser within this app to open the webpage, press and hold the body scan link, tap “Download link”. It will be saved in the Documents app and can then be played without internet access.

Calm app
Can download via http://www.calm.com or internet search for “calm app”.

As well as music and recordings that need internet, there is:

- Relaxing scenes with sounds (swipe from homescreen)
- Meditate> Breathe
SESSION: KEEPING IT GOING

Program summary | Goal setting | Problem-solving | Useful apps

Resources for participants

- Resources from previous weeks for participants who don’t have them yet
- Apps and websites handout

Resources to use in session

- iPad

Session information

Program summary

This program was to help us:

- Get the facts about healthy eating and being active.
- Know how to change our habits and do more healthy things.
- Improve our skills to do healthy things, like exercises, cooking, saving money on food, and dealing with stress – to help us be able to keep doing healthy things after the program is finished.

We talked about how this program started to help stop young people from getting diabetes.

And we talked about how things like eating healthy and being active can stop diabetes happening, or keep diabetes under control if we have it. Otherwise, diabetes can lead to bad things like going blind, amputation, heart attack and dialysis.

We know health is more than just physical stuff.

It’s also:

- emotional (how we’re feeling)
- social (having other people around, support)
- and cultural.
We talked about ‘needing to put the oxygen mask on ourselves first’.
If we put everyone else first all the time, there’ll come a time when we’re not able to help anyone. If we take good care of ourselves, we can take good care of others. If we put time into eating healthy and being active and dealing with stress, it’s not just good for us, it’s good for every person we care about for the long run.

We talked about there being so many good things about being active.

For people aged 18 and over, we need at least 150 minutes of moderate activity (that’s 2 and a half hours).
That might be half an hour (30 minutes), 5 days a week.
Remember moderate activity the one where we’re breathing hard enough that we wouldn’t be able to sing a song, but we can still yarn while we’re doing it.
We can work up to this amount, and add it up from even just 10 minutes at a time.

For people younger than 18, it’s meant to be at least an hour of being active every day – moderate and vigorous. (Vigorous activity is hard; we can’t get a proper yarn in while we’re doing it, we can only say a few words at a time then take a breath.)

An important example of moderate activity is walking in a hurry.

We talked about getting past barriers to being active and eating healthy (there are a lot of things that get in the way, but we can get past them).

Talk about this more if there will be time (see “Physical activity” and “Healthy eating” session notes).
Again, this is the Aboriginal and Torres Strait Islander Guide to Healthy Eating. It’s the same as the guide for all Australians, which is on a magnet, but this one just has different food examples.

We’ve talked about eating healthy foods that are in this circle – mostly vegetables and wholemeal and wholegrain foods, two pieces of fruit, some dairy foods and some meat.

And water as the healthy drink.

We also talked about what a healthy meal looks like on a plate, and what is a healthy amount to have for a meal.

We said how having a healthy diet does not need to be more expensive . . .

. . . especially if we plan our feeds for the week or fortnight, and make food at home.

We did cooking and talked about all the good things about cooking, like for our health and saving money.
We did reading of nutrition panels, which is the place they have to tell the truth.

We talked about sugary drinks being just sometimes and small amounts – at the most – for our health. That includes juice.

There’s about 16 teaspoons of sugar in one 600 ml bottle of Coke. The World Health Organization says that people should only have about 12 teaspoons of sugar from food and drinks, at the most, over a whole day. And it would be even better for health to only have 6 teaspoons over a whole day.

And we talked about grog. Two standard drinks a day is low risk, for our health. Then, above 2 standard drinks, there is more risk to our health with each drink.

We talked about things that can help us when we’re feeling stressed out: Breathing, body scan meditation, muscle relaxation, affirmations . . .
and also being active and being in nature.

**Getting a health check**

Remember another thing we can do to look after our health is to get a health check every year, even if we’re not sick at all.

The health assessment for Aboriginal and Torres Strait Islander people makes sure that everything in the body and how we’re feeling is ok, and then they can help us with anything that’s needed.

We can just turn up at DAHS to get this done.

**Goal-setting**

When they’re trying to be healthy, some people find it helpful to think about their goals, and maybe tell someone else about them or write them down.

Goals are things you want to do or things you want to happen, planning forward.

Goals are more useful if they are realistic, doable, specific, and flexible.

E.g. Instead of “I will do lots of exercise”, it could be “I will walk for 15 minutes after dinner, Monday to Thursday”.

We can also think about our goals for the long run, like being there for our kids and grandkids, or being fit to do something we like doing.
If we make an action plan for our goals, we can think about what might make it hard to do our plan (barriers), and think about what we can do to get past those barriers.

Even if we make a plan, it’s normal to go off track at first when we’re trying to be healthy. We can think about what happened and problem-solve for next time.

We can keep trying until we make new habits, and then it’s not so hard to do the healthy things any more.

We can use these five steps when we run into problems that are getting in the way of our goals.

1. Describe the problem.
2. Brainstorm options for solving the problem.
3. Pick one option to try.
4. Make an action plan to do that option.
5. Try it.

If one thing doesn’t work to solve a problem, we can try another way.

Most of our challenges are everyday stuff, so we could ask for help or support from people who are around us every day, like family and friends.

We could tell people about this program, wanting to eat healthier and be more active, and how that can stop diabetes from happening.

The people we know in Derby who made healthy changes found that most people were willing to support them if they knew the changes were being made for health.

From doing this program, we know a lot more about being healthy than a lot of other people.

We can think about if we can be a role model for being healthy. We could teach others.

Any of you might even like to run a program like this in the future.

More information

iPad: iBooks>Exercise guides

- Get on Track Challenge exercise guides (pre-beginner, beginner, intermediate, experienced, advanced)
RESOURCES

Exercise equipment used in pilot program
- focus pads and gloves (boxing fitness)
- mats
- exercise balls
- dumbbells
- cuff weights
- aerobic step
- skipping rope

Cooking and other equipment used in pilot program
- butane (camping) stove x 2, butane
- knife block with chopping boards
- grater, peeler
- stockpot, lid
- wok, lid
- plastic cup x 2 (for measuring)
- large bowl x 2
- strainer
- slotted spoon, wooden spoon
- tongs x 2
- plastic takeaway containers, lids
- plastic forks, serviettes, rubber bands
- disposable gloves: large, medium
- microfibre cloths
- dishwashing liquid
- garbage bags
- cling wrap, foil
- table
- portion plate, portion bowl
- clipboards
- exercise cards
- water and cups
- pencil case (blu-tak, pens, permanent marker to put names on cups)
- chairs
- tissues, hand sanitiser
## Ordering replacement resources

The following resources can be ordered from health@nationalmailing.com.au, or tel (02) 6269 1080

<table>
<thead>
<tr>
<th>Resource</th>
<th>Order code</th>
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</thead>
<tbody>
<tr>
<td><strong>Australian Guide to Healthy Eating fridge magnet</strong> (the Aboriginal and Torres Strait Islander Guide to Healthy Eating is not available as a magnet)</td>
<td>N55i Currently discontinued as at December 2018</td>
</tr>
<tr>
<td>Physical activity brochure, young people 13–17 years</td>
<td>NA0108</td>
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<tr>
<td>Physical activity brochure, adults</td>
<td>NA0109</td>
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<tr>
<td>Physical activity brochure, families</td>
<td>NA0110</td>
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</tbody>
</table>

Alternatively, a two-page summary of the physical activity guidelines can be printed from: http://www.health.gov.au>For Consumers>Education and Prevention>Nutrition and Physical Activity>Physical activity and sedentary behavior>**Australia's Physical Activity and Sedentary Behaviour Guidelines**

The following resources can be ordered from the LiveLighter website (ensure location is set to WA). http://livelighter.com.au >Tools and Resources>Resources>**Order Resources & Merchandise**
- Colour-coded nutrition wallet card
- Back to Basics recipe booklet (and other recipe booklets)

Note: PDF copies of these resources can also be downloaded from the website.
Exercise circuit timer

For Android and iOS (might need to search and install via Google): Seconds Pro

This app can be used for an exercise circuit, with the music changing for each exercise station.

There are two different playlists on the program iPad (#1 and #2). For each playlist, there is a timer with one-minute exercises and a timer with two-minute exercises.

Music

All program music was purchased through iTunes (hip-hop/rap music as requested by young people).

There are playlists for:

- Before the session, while people arrive:
  - Got This (Radio Edit) / Stunna Set
  - We Run This (Stick It Edit) / Missy Elliot
  - Feel Like Shh / The Last Kinfection
  - Let Me Blow Ya Mind (feat. Gwen Stefani) / Eve
  - The Choice is Yours (Revisited) / Black Sheep
  - Kick, Push / Lupe Fiasco
  - Can I Kick It? / A Tribe Called Quest

- Exercise music (these songs are used in the Seconds Pro timers):
  - P.M.D. (feat. Astronomical) / The Last Kinfection
  - Can’t Hold Us (feat. Ray Dalton) / Macklemore & Ryan Lewis
  - Tambourine (Radio Edit) / Eve
  - Champions (feat. Treach) [clean] / Street Warriors
  - ABC’s (Album Version Edited) / K’naan & Chubb Rock
  - Cloud 9 (feat. Kian) / Baker Boy
  - Release (feat. Justin Timberlake) / Timbaland
  - Bad as Mutha / Queen Latifah
  - Dance, Dance, Dance (Hop Hop) / Zumba Fitness
  - Guess Who’s Back / Rakim
  - So Dangerous (feat. Trials) / Briggs & Trials
  - Pipe It Up / Migos
  - Good Feeling / Flo Rida
  - Numb / Encore (Clean Version) Jay-Z & Linkin Park
  - Look Alive (feat. King Reign) / The Next Step
  - No Mediocre (feat. Iggy Azalea) [clean] / T.I.
  - Here (feat. Caiti Baker) / Briggs
  - Drop / Karnage n Darknis
FREE HEALTHY LIFESTYLE PROGRAM
EATING HEALTHY • PHYSICAL ACTIVITY • DEALING WITH STRESS

Made for people aged 15-25 but everyone is welcome

COME TO THE INFORMATION SESSION AT DAHS:

OR CONTACT DAHS RECEPTION TO FIND OUT ABOUT IT

Stop diabetes happening

(Space to add details about the information session that should be held before the program.)
Participant registration form

Name: .......................................................... Date of birth: ................
☐ Aboriginal  ☐ Torres Strait Islander

Occupation: ........................................................................................................

Have you ever been to Derby Aboriginal Health Service as a patient?  ☐ Yes  ☐ No

Do you need transport to the program sessions?  ☐ Yes  ☐ No

PERSONAL CONTACT DETAILS

Home address: ..............................................................................................................

Mobile phone number: ...................................................................................................

Home phone number: ......................................................................................................

EMERGENCY CONTACT DETAILS

Name: .......................................................... Relationship to you: ................................

Emergency contact phone number: ..............................................................................

MEDICAL HISTORY

Do you have a history of any of the following medical conditions? If yes, please tick.
☐ Diabetes  ☐ Kidney disease  ☐ Heart condition  ☐ Asthma  ☐ Epilepsy
☐ Other (please specify): .................................................................................................

Have either of your parents, or any of your brothers and sisters, been diagnosed with diabetes?
☐ Yes  ☐ No  ☐ Don’t know

Are you taking any medications?  ☐ Yes  ☐ No

If you are taking medications, please list them:

<table>
<thead>
<tr>
<th>Name of medication</th>
<th>Dosage</th>
<th>Frequency</th>
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Do you have any problems with mobility? If yes, please tick:
☐ Knees  ☐ Ankles  ☐ Back  ☐ Neck  ☐ Other (please specify): ........................................

Question for women: Are you currently pregnant?  ☐ Yes  ☐ No
## Attendance Sheet

**Facilitator/s:** ..............................................................

<table>
<thead>
<tr>
<th>Participant’s name</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
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</table>
Participant measures record (for before and after program)

Participant measures (optional)

Participant’s name: .................................................................................................................

Date of measures: ..................................................................................................................

<table>
<thead>
<tr>
<th>Measure</th>
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<tr>
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<td>□ With shoes □ No shoes</td>
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<tr>
<td>HbA1c:</td>
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</table>
Food, drink and activity questions (start of program)

Name:………………………………………………………………………………………………………………

1. In the past week, how many times did you do any physical activity that made you breathe harder and faster, or made your heart beat faster? ………… times

2. How much time in total do you think this was, over the past week? ………… minutes OR ………… hours

3. In the past week, how often have you had cool drink/soft drink?
   - Never
   - Once or twice in the past week
   - Three or four times in the past week
   - Five or six times in the past week
   - Every day for the past week
   - More than once a day for the past week

4. In the past week, how often have you had fruit juice?
   - Never
   - Once or twice in the past week
   - Three or four times in the past week
   - Five or six times in the past week
   - Every day for the past week
   - More than once a day for the past week

5. In the past week, how much fruit have you usually had?
   - None
   - One a day
   - Two a day
   - Three or more a day
Food, drink and activity questions (end of program)

Questions, end of program

Name: .......................................................... ..........................................................

1. In the past week, how many times did you do any physical activity that made you breathe harder and faster, or made your heart beat faster?

        times

2. How much time in total do you think this was, over the past week?

        minutes OR        hours

3. In the past week, how often have you had cool drink/soft drink?

☐ Never
☐ Once or twice in the past week
☐ Three or four times in the past week
☐ Five or six times in the past week
☐ Every day for the past week
☐ More than once a day for the past week

4. In the past week, how often have you had fruit juice?

☐ Never
☐ Once or twice in the past week
☐ Three or four times in the past week
☐ Five or six times in the past week
☐ Every day for the past week
☐ More than once a day for the past week

5. In the past week, how much fruit have you usually had?

☐ None
☐ One a day
☐ Two a day
☐ Three or more a day

6. Since you started this health program, have you made any of these changes?
(Tick any changes you have made. If you haven’t made any changes, leave it blank.)

☐ Eating more vegetables
☐ Eating more fruit
☐ Eating less of fatty foods (e.g. chips, pies, cakes)
☐ Eating less white bread
☐ Having smaller portions (amounts) of food
☐ Drinking more water
☐ Drinking less cool drink
☐ Drinking less fruit juice
☐ Drinking less of other sugary drinks (e.g. sports drink, energy drink, flavoured milk)
☐ Doing more physical activity/exercise
☐ Doing relaxation exercises like breathing, mindfulness meditation

Please turn over for one more question
7a. If you made changes, was it because of the program?
☐ Yes
☐ No
☐ Some were, some weren’t
☐ Not sure

OR

7b. If you didn’t make any changes, what was the reason?
(Tick any reasons that are true for you)
☐ Don’t need to make changes
☐ Don’t want to make changes
☐ Not ready to make changes yet
☐ Don’t know how to make changes
☐ It’s too hard to make changes
☐ Got too much else to do
☐ Other reason:

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Please write down any other comments about the program:

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Thank you!
Facilitator session notes

What went well? What should we do differently? Were there any questions to find out about? Any concerns?

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