

NSW Knockout Health Challenge



Background

- Project was developed to address lifestyle risk factors associated with chronic disease in Aboriginal communities
- This program was developed under the Culture Health Communities™ (CHC) model which is “bringing culture and communities together to improve the health of Aboriginal people”
- The objectives of the Challenge are consistent with the priority areas of the National Partnership Agreement on Closing the Gap in Indigenous Health

The Challenge

- A healthy competition
- Team-based approach
- Teams are made up of community members of all ages, ranging from 18 to 71
- The Team Manager
- Team committee
- Community Grants



Results

- In 2012 - 324 participants
- Average starting weight of 102.2 kg and average BMI of 37
- This indicates that participants were in the target group of overweight and obese individuals
- 89% of participants who completed the Challenge lost weight, with the total percentage weight loss across program completers being 4.7%
- New national guidelines indicate that a 5% initial weight loss can reduce the risk of health problems like diabetes and cardiovascular disease.

Results

- In 2013 – 586 participants from 22 teams
- Average weight loss of 4.4%
- Mean weight loss of -3.8kg
- 420 participants on completion of the challenge have been referred to the Get Healthy service
- 7% reduction in smoking rates



George Rose Challenge

- In 2014 – 829 participants from 30 teams in 27 communities



2014 Knockout Health Challenge

George Rose Challenge Teams



Teams

- Menindee Fat Yabs
- Central Coast Challenge Accepted
- Bulla Bulla Gaagangs - Wellington
- Forster Big around the waist – Pretty in the face
- 2Fit2Deadly Coffs Harbour
- Tweed Goorie Go Getters (TG3)
- Albury Fat Blasters
- Boomanulla Blubber Busters
- Condo Kilo Killers
- Walgett Walkabouts
- Dead or Deadly
- Eurobodalla Scale Busters
- Menindee Fantastic Wedgies
- Bourke weight warriors
- Dubbo Deadlys
- Armidale All shapes
- Sugarloaf Hips (Bellbrook)
- Brewarrina Bliss Bombs
- Campbelltown Ghosts keeping the Lyres Real
- Western Sydney Wobblers
- Baga-Baga Guuji Team (Nambucca)
- Lismore Gurgun Bulahnggelah Pioneers
- Wagga Gonnabe's & Wagga Weightloss Warriors

What works

components that most significantly contributed to reducing BMI were participating in

- Group training
- Facebook
- visiting a GP or AMS
- Links to healthy eating advice
- www.facebook.com/nswknockoutchallenge

Team Training

CULTURE
HEALTH
COMMUNITIES



Challenge Forums

Training & Motivation



Say what....



Food Forum



Physical Activity & Nutrition



V



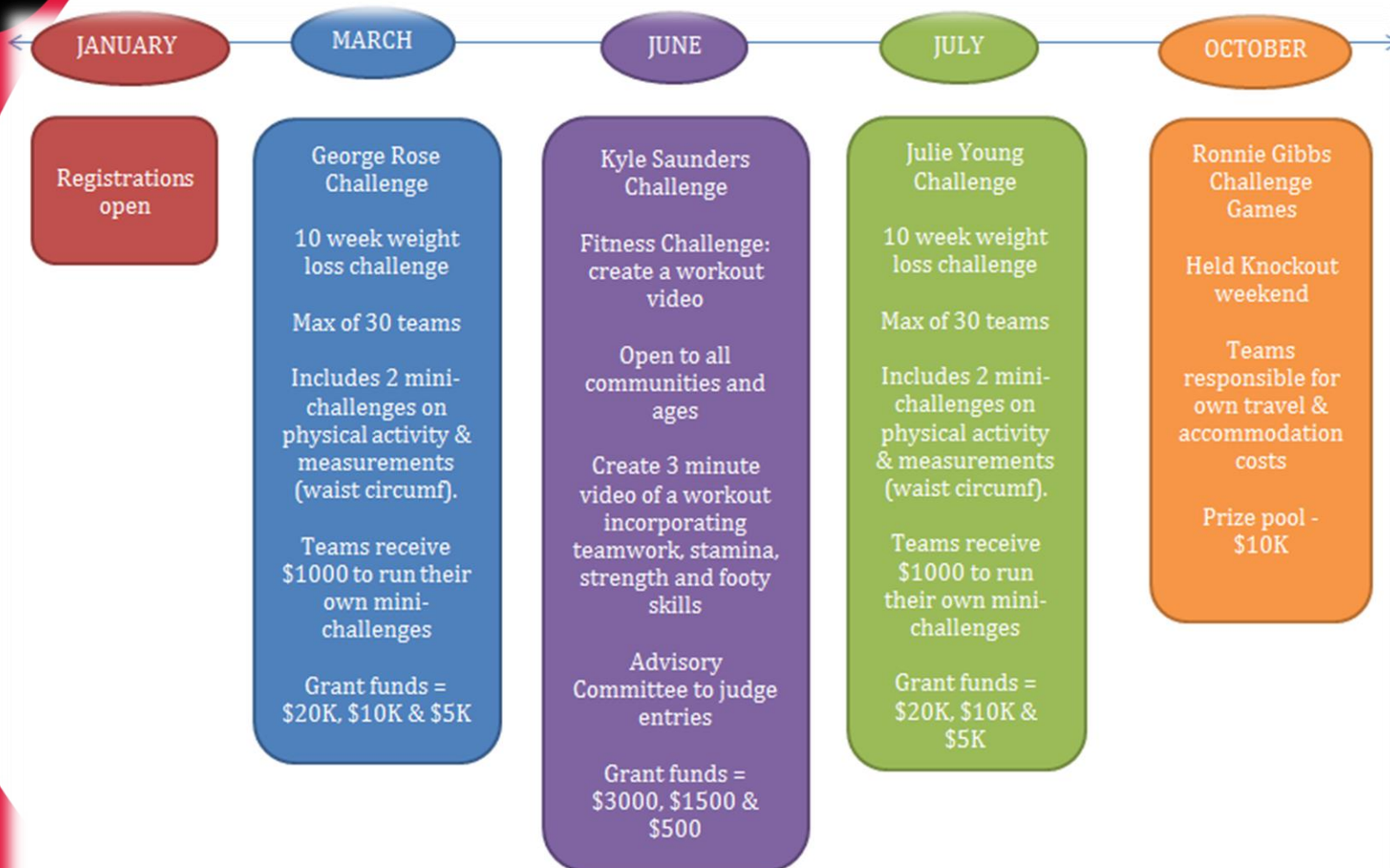
Ambassadors



Sustainability

- The Challenge aims to join up existing services and networks rather than creating another program
- It is building capacity in local communities helping to ensure that outcomes will be sustainable
- Linking the Challenge to existing Health Workers positions will support sustainability, embedding the support of challenge teams into position descriptions and work plans

2014 Challenge



What's Next

- Registrations for the Kyle Saunders Challenge will be open until May 16
- Create a training video demonstrating – Strength, Stamina, Footy Skills and Teamwork
- Rego forms for the Julie Young Challenge need to be signed by a Doctor or Registered Nurse and submitted between 16 June and 27 June



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