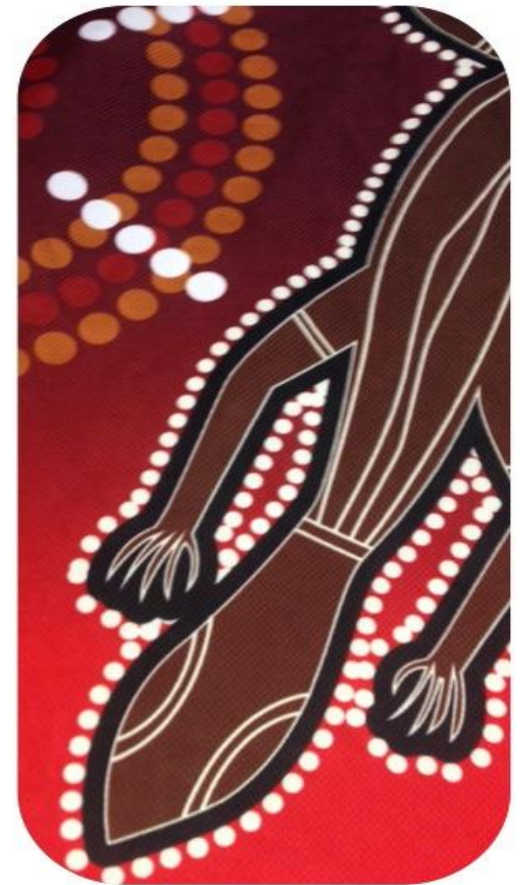


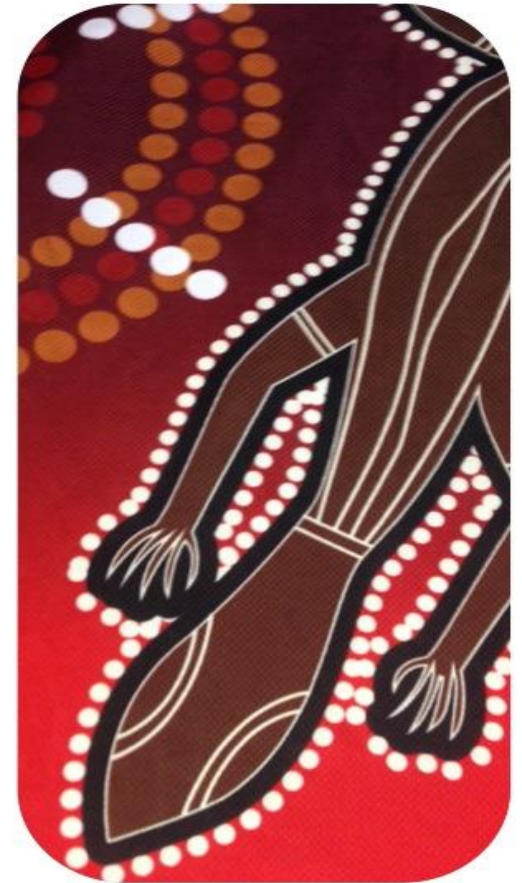
Riverina Tackling
Tobacco and Healthy
Lifestyle team.

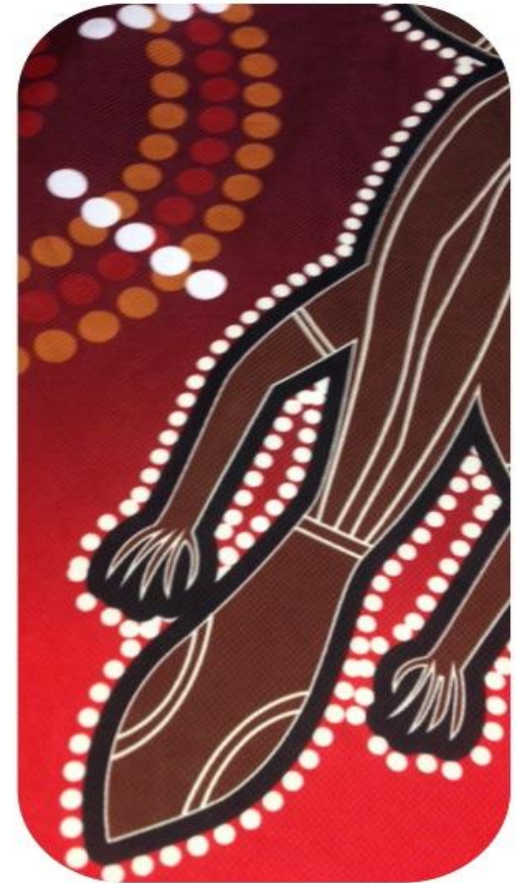
Community Health
Promotion Project



I would like to Acknowledge
the Gadigal people who are
the Traditional Custodians
of this Land.

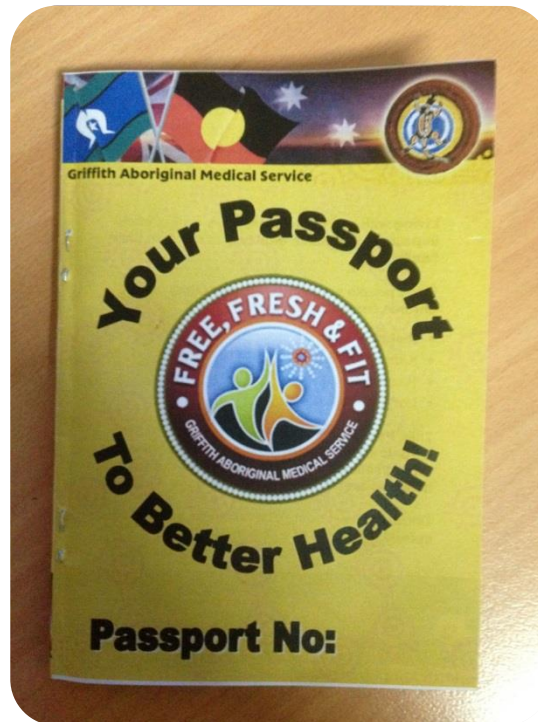
I would also like to pay
respect to the Elders both
past and present of
the Eora Nation and extend
that respect to other
Aboriginal people present.





Passport
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2014





WELCOME

**TO YOUR 10 STEP
PASSPORT TO
BETTER HEALTH**

Living with a chronic disease has a significant impact on a person's quality of life and on their family.

Many people are living with more than one chronic condition such as:

- Diabetes
- Kidney disease
- Heart disease
- Lung diseases

This 'Passport' will take you through a 10 Step chronic disease screening. As you progress through each stage you will learn what chronic diseases are and how to best manage them.

Once you have completed all steps you will have earned the status of a Deadly Health Hero.

MINI HEALTH ASSESSMENT

ATSI Status ☐ Aboriginal ☐ Torres Strait Islander ☐ Both	GP ☐ Yes ☐ No	AMS ☐ Yes ☐ No
--	--	---

Suburb:

Last Visit to GP or AMS
☐ Under 6 Months
☐ Over 6 Months

GP Name

Chronic Disease
☐ Yes
☐ No

What type?



Griffith Aboriginal Medical Service

Are you registered for Closing the Gap?

Please contact Candy Kilby at the AMS on 02 6962 0000 for further information.



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STEP 1: RECEIVE A KIDNEY HEALTH CHECK

ACR:

Microalbuminuria:

Eating healthy foods and exercising will help your kidneys stay strong. Eating too much salt can damage your kidneys.

STEP 2: HEART - BLOODPRESSURE TEST

Blood Pressure:

 /

Pulse

BSL

High blood pressure is called the 'silent killer' because often it has no warning signs or symptoms and many people don't know they have it. Check your blood pressure often.



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STEP 3: HEALTHY LIFESTYLE

Weight (kg):

Height (cm):

BMI:

Once you have measured your BMI, you can determine your healthy weight range. If your BMI is:

Under 18.5 - you are very underweight and possibly malnourished.

18.5 to 24.9 - you have a healthy weight range for young and middle-aged adults.

25.0 to 29.9 - you are overweight

Over 30 - you are obese.

Reaching and maintaining a healthy weight is important and helps to prevent and control many diseases such as Type 2 Diabetes, High Blood Pressure and Heart Disease.

STEP 4: NUTRITION AND PHYSICAL ACTIVITY

Did you know that your lifestyle habits seriously impact on your health?

Count how many statements apply to you...

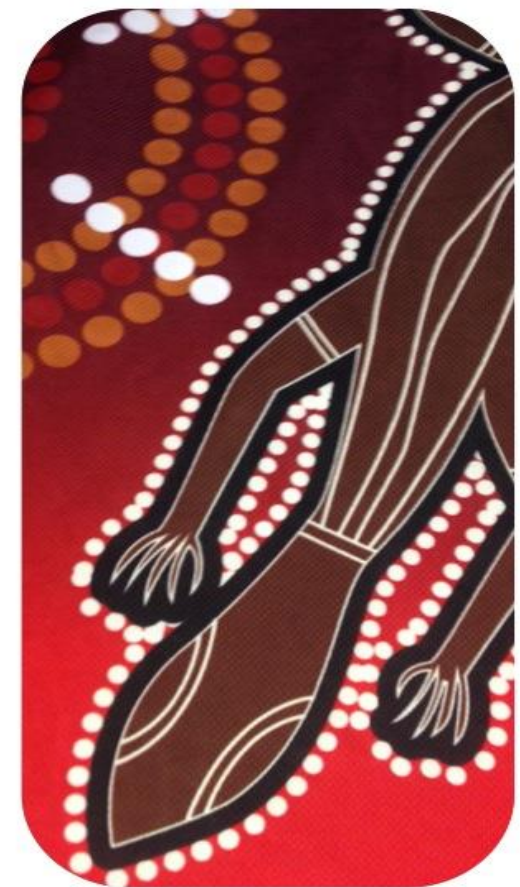
- ☐ I drink reduced fat or skim milk rather than full fat
- ☐ I use margarine or other spreads instead of butter
- ☐ I eat 2 serves of fruit and 5 serves of vegetables every day
- ☐ I don't add salt to my food
- ☐ I eat meat 4 times or less per week
- ☐ I eat fish at least 3 times per week
- ☐ I do at least 30 minutes of physical activity on most days
- ☐ I don't smoke

The more ticks you have the healthier you will be!

Set yourself goals each week to achieve the above.

Exercising 3 times per week for 30 minutes to 1 hour and eating fresh fruit and vegetables with every meal will help to keep you fit and helps to prevent chronic disease such as diabetes and heart disease.

Need help to lose that extra weight? Contact the helpful staff at OMG who can assist you in reaching your goals. Phone: 6962 0066. Open: Monday to Friday 6.00am to 7.00pm



Passport to Better Health 2014



STEP 5: SMOKING

Smoking

☐ Smoker

☐ Non smoker

How many cigarettes do you smoke per day? _____

How soon after waking to you smoke your first cigarette? _____

Your nicotine dependence level is: _____

NSW Quitline have Aboriginal staff waiting to help you in your journey to quit. Phone: 137 848

Would you like us to complete a referral form to the Quitline for you? Yes/No

Did you know that one in five Aboriginal people who die from a smoking related disease don't even smoke? Passive smoking can cause serious illness in our children such as, Asthma, Ear Infections, Chest Infections, Bronchitis and SIDS.

STEP 6: LUNGS - BREATHING HEALTH CHECK

Smokelyser Reading: _____

Chart Reading: _____

Packets of smokes per week: _____

Cost of smokes per packet: _____

Amount spent on smokes per week: _____

Amount spent on smokes per year: _____

What else could you do with that money???

NSW Quitline have dedicated Aboriginal health workers waiting to help you through your quit journey. What's the worst that could happen if you were to quit smoking?



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STEP 7: DRINKING

The following information you provide is kept strictly confidential

Alcohol Use

Do you use Alcohol? Yes ☐ No ☐

Daily 1-2 ☐ 2-4 ☐ 4-6 ☐ 6+ ☐

Weekly 1-2 ☐ 2-4 ☐ 4-6 ☐ 6+ ☐

Do you think its an issue for you?

Yes ☐ No ☐

Do you think you need to see someone about it?

Yes ☐ No ☐

Do you want to see someone about it?

Yes ☐ No ☐

Contact Details if you require assistance

Griffith AMS 8am – 5pm: 6962 0000

Accessline 24/7 helpline: 1800 800 944

Excessive drinking is not only hurting you it is hurting your family and friends as well.

STEP 8: SUBSTANCE ABUSE

Do you use a substance?

Yes ☐ No ☐

Daily

Once ☐ Twice ☐ Thrice ☐ Thrice+ ☐

Weekly

Once ☐ Twice ☐ Thrice ☐ Thrice+ ☐

Do you think its an issue for you?

Yes ☐ No ☐

Do you think you need to see someone about it?

Yes ☐ No ☐

Do you want to see someone about it?

Yes ☐ No ☐

Contact Details if you require assistance

Griffith AMS 8am – 5pm: 6962 0000

Accessline 24/7 helpline: 1800 800 944

Ice
Yamdi
Oxy-Contin
is substance abuse a problem for you?



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STEP 9: EMOTIONS CHECKLIST

To find out if you, or someone you know may have depression, complete the checklist below.

For more than **TWO WEEKS** have you:

1. Felt sad, down or miserable most of the time?	☐
2. Lost interest or pleasure in most of your usual activities?	☐

If you have answered "YES" to either of these questions, complete the symptom checklist below. If you did not answer "YES" to either of these questions, it is unlikely you have a depressive illness.

3. Lost or gained a lot of weight OR Has a decrease or increase in appetite?	☐
4. Sleep disturbance?	☐
5. Felt slowed down, restless or excessively busy?	☐
6. Felt tired or had no energy?	☐
7. Felt worthless? OR Felt excessively guilty? OR Felt guilty about things you should not have been feeling guilty about?	☐
8. Had poor concentration? OR Had difficulties thinking? OR Were very indecisive?	☐
9. Had recurrent thoughts of death?	☐

Add up the number of ticks for your total score:

What does your score mean?
(assuming you answered "YES" to a question 1 and/or question 2.)

4 or less:	Unlikely to have a depressive illness
5 or more:	Likely to have a depressive illness

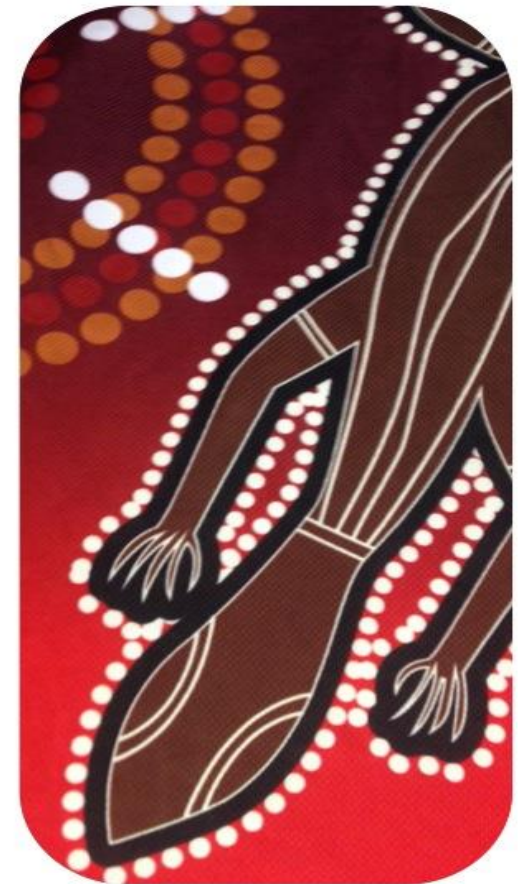
For Further assessment, or if you are concerned about any of these symptoms, please consult a doctor or another health professional.

Haven't seen or spoken to a friend or family member for a while. Give them a call to make sure they are ok. Ask them if they need help.

STEP 10: SEXUAL HEALTH

Are you in a steady relationship?	Yes ☐	No ☐
Have you had sex with more than one person in the past six months?	Yes ☐	No ☐
Do you ever have unprotected sex?	Yes ☐	No ☐
Do you have an STI health check every 12 months?	Yes ☐	No ☐
Are you aware that some STI's have no symptoms?	Yes ☐	No ☐
Are you aware that some STI's can be passed on through sharing needles, razors, toothbrush and from pregnant mum to baby?	Yes ☐	No ☐
Do you know where to go for an STI health check?	Yes ☐	No ☐
Did you know that you can get free information and condoms at GAMS?	Yes ☐	No ☐

Think that STI's won't happen to you?
Think again, always protect yourself and your partner.



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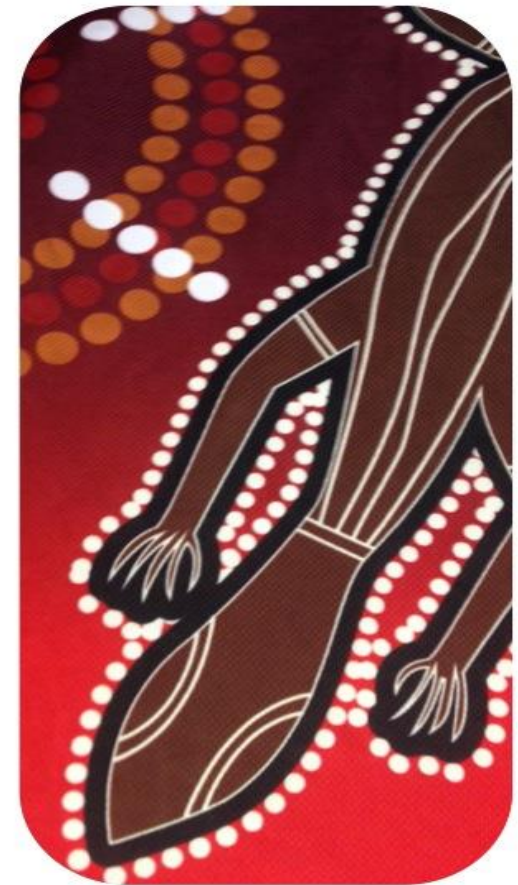
10 STEPS CHECKLIST

STEP	Completed	Yes	No
STEP 1	Completed	Yes ☐	No ☐
STEP 2	Completed	Yes ☐	No ☐
STEP 3	Completed	Yes ☐	No ☐
STEP 4	Completed	Yes ☐	No ☐
STEP 5	Completed	Yes ☐	No ☐
STEP 6	Completed	Yes ☐	No ☐
STEP 7	Completed	Yes ☐	No ☐
STEP 8	Completed	Yes ☐	No ☐
STEP 9	Completed	Yes ☐	No ☐
STEP 10	Completed	Yes ☐	No ☐

FOR FURTHER INFORMATION OF YOUR RESULTS OF THE PASSPORT PLEASE CONTACT ONE OF THE SERVICES BELOW

WE LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR!

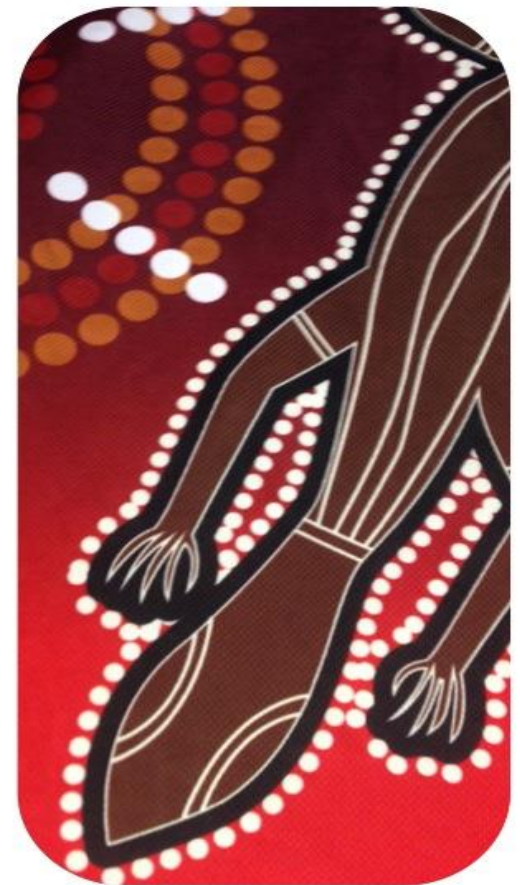
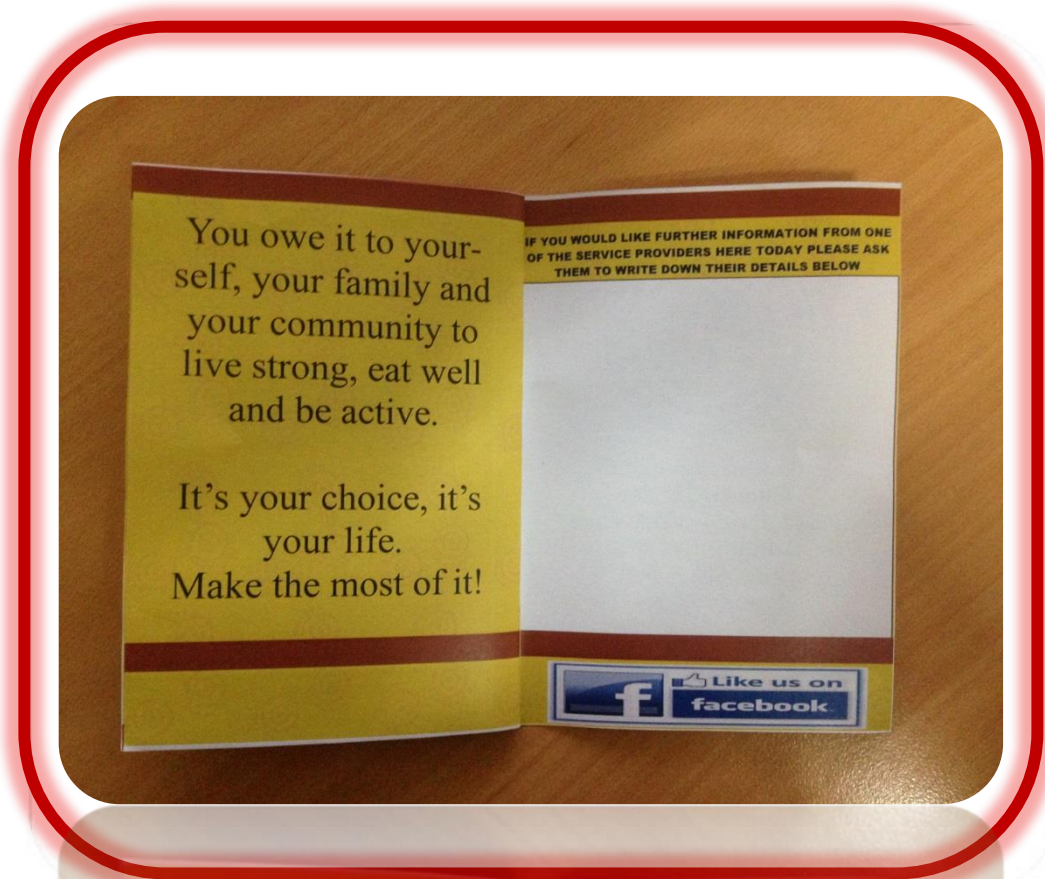
THANK YOU FOR PARTICIPATING



**Passport
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2014**









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Contact: Riverina
Tackling Tobacco and
Healthy Lifestyle Team
Co-ordinator
Sharon Hatelly
Phone: 0417 569 135
Email: shately@griffithams.org.au





An Australian Government Initiative

'This Tackling Indigenous Smoking and Healthy Lifestyle Initiative was funded by the Australian Government Department of Health and Ageing'.

