



Health
Northern NSW
Local Health District

Tweed Goorie Go Getters

The Tweed Goorie Go Getters are the Team to Beat, they hail from the North, A place called the Tweed ,



They exercise daily and give 100%, making Healthy Choices, money well spent,

So if you're ever up North and want to check them out,

Just look for the sign, Tweed Goorie Go Getters to WIN the Knockout

Aims & Objectives

Aim of the Program

To improve; eating habits, social and emotional wellbeing, the self-management and control over chronic diseases and prevention of chronic diseases, physical fitness, strength and weight management for all Aboriginal and Torres Strait Islander people and their families within the Tweed Local Area.

Objectives of the program

- Increase social participation and cohesiveness (positive for mental health)
- Decrease in participant's weight
- Decrease in participant's waist circumference
- Increase in participant's fitness levels
- Increase in participant's home fitness and activity levels
- Increase knowledge and skills and confidence in shopping, planning, preparing and cooking healthy
- Increase in knowledge of healthy lifestyles and prevention and treatment of chronic diseases
- Increase in knowledge of the available local Aboriginal services
- Increase knowledge and comfort in relevant staff
- Undergo a Mini Health Check including the following:
 - Body Mass Index (BMI), Blood Pressure (BP), Blood Sugar Level (BSL)
 - Height, weight & waist measurements
 - Tobacco assessment – Fagerstrom and survey
 - Smokerlyzer Check – Carbon Monoxide levels
 - Alcohol assessment - Drink Check
 - Hearing Check

Lessons Learned

What challenges did you face and how were they overcome?

The Tweed Goorie Go Getters Healthy Lifestyle Program faced many challenges over the years and worked tirelessly to provide the most culturally appropriate solution with the limited resources available. The team worked hard to provide and implement weekly transport for participants, qualified experienced child care workers for parents during the exercise sessions, as well as motivational and nutritionist specialists to help participants with daily motivation and healthy eating strategies during the 10 week program.

Were the objectives met?

- The program met all of the objectives listed above as well as providing further weekly information listed below to complement the program.
- K10 Pre and Post program evaluation
 - Weekly Feelings Chart Pre & Post Exercise session
 - Weekly Blood Pressure results – pre and post exercise (this will show improvement of individual blood pressure results)
 - Weekly education evaluation – Knowledge of topic pre and post session
 - Overall evaluation of program – post program

Can these activities be expanded to apply to other audiences or situations?

The NSW Aboriginal Knockout Health Challenge is a community led healthy lifestyle and weight loss challenge for Aboriginal communities across NSW. Each community can adapt the program to their community needs.

Does the program provide value for money?

The program definitely provides value for money, an example of this is some of individual participant results below:

- Decreased medication dosage, weight loss, healthier eating, referrals to other health professionals and participants quitting smoking just to name a few.

Introduction

Tweed Goorie Go Getters (TG3) Healthy Lifestyle Program

Tweed Goorie Go Getters healthy lifestyle program was established in 2012 and is now into its 8th successful year. During this time the program has grown and now has over 40 community members and their families attending. The program includes specialised education sessions to accomplish the aims outlined in the Aims and Objectives section. The Tweed Goorie Go Getters compete twice a year in the state wide NSW Aboriginal Health Knockout Challenge. The committee arrange 3x sign on days to encourage people to sign up to the program which have been a huge success. The most popular form of advertisement for the program has been via Social Media and word of mouth. The sign up days take place at Bugalwena General Practice. During the sign up days, participants are required to get a clearance from the Dr to participate in the program, this is normally done through a 715. The participants are also asked to fill in a number of registration forms, one form requiring participants to answer several questions at week 1 & 10 of the program for evaluation purposes. For example, 'How many serves of fruit and vegetables do you eat each day?' and 'In the last 7 days how many times did you do 30 minutes or more of walking?' The TG3 committee have been working in partnership with Bugalwena General Practice for many years now and have a strong working relationship with them.

The Knockout Challenge

What is the NSW Aboriginal Health Knockout Challenge?

The NSW Aboriginal Knockout Health Challenge is a community led health lifestyle weight loss challenge for Aboriginal communities across NSW. The Challenge is delivered in partnership with Barwon Aboriginal Corporation who have strong connections with Country Rugby League (CRL) and National Rugby League (NRL).

What the Challenge consists of?

The Challenge aims to motivate Aboriginal people to manage their lifestyle related risk factors for chronic disease and reduce prevalence of overweight and obesity through a weight loss competition and physical activity challenges. The Challenge enables communities to take lead on physical activity and nutrition activities that will work for them, to make and lead a healthier lifestyle. These activities may include weekly boot camp style workouts, cooking classes, walking groups and educational and information sessions. It is up to the team committee and auspicing organisation to decide what works best for your community. The program recognises the important role that Aboriginal communities play in leading community events to address chronic disease and associated risk factors and therefore element of the Challenge.

Challenge Results

2017 Results

The Tweed Goorie Go Getters Healthy Lifestyle Program placed 3rd out of 35 communities within NSW. What a great achievement!

2019 Results

As a result of the below information, The Tweed Goorie Go Getters Placed 9th place from 33 communities

- 37 participants registered for the NSW Aboriginal Knockout Health Challenge
- 28 participants completed the final weigh in and results were sent off to be collated by the Knockout Challenge officials
- Weight - combined loss total of 33.85 kg during the program
- Waist - combined loss total of 165.2cm during the program



Ronella Mulheran

Aboriginal Health Worker, Bugalwena Service Aboriginal Health NNSWLHD

E-mail: Ronella.Mulheran@health.nsw.gov.au

Description of Program / Method

Project name:

Tweed Goorie Go Getters Healthy Lifestyle Program

Priority Area:

Tweed Heads

Target Group / Reach

Aboriginal and Torres Strait Islander people and family members

Weekly activities (See attached the Draft Session Plan)

- Goal setting and reflection
- Education session delivered by health professionals
- Healthy cooking class
- Exercise sessions with a qualified exercise Physiologist (x3 sessions per week)

Participant Personal Achievement Feedback

- 'My blood pressure medication has been stopped, I am very happy.'
- 'My medication dosage is getting reduced, yay.'
- 'First time I have touched my toes in 5 years, thank you.'

Eat right, live strong

Fitter, Healthier, Happier

Fight for Fitness

Healthy mind, Healthy body

Photos of weekly activities



Tuesday 10.30am Gym Session

Thursday 10am - 12.30pm
Exercise, Education & Cooking Session

Saturday 8am Gym Session



Partners and Acknowledgements

The Tweed Goorie Go Getters Healthy Lifestyle Program would like to acknowledge the partnering organisations that play a big part in making the program a success.

I would also like to thank and acknowledge the committee for their hard and tireless work over the past 8 years.

The committee currently consists of the following people:
Ronella Mulheran, Aboriginal Health Worker, NNSWLHD
Anthony Franks, Aboriginal Chronic Care Officer, NNSWLHD
Tammy Johnson, Aboriginal Engagement Specialist, Momentum Collective
Emily Thatcher, Indigenous Health Project Officer, PHN



Acknowledgements:

Dave Hurley, Club Manager, World Gym Tweed Heads, Julie Webster, Exercise Physiologist, Amanda Waters, Aboriginal Chronic Care Team, NNSWLHD, Kylie Wyndham, Chronic Kidney Disease Worker, NNSWLHD, Bugalwena General Practice, Bulgarr Ngaru