



## Pass ON the salt

Did you know up to 6 000 Australian lives could be saved if the amount of salt we eat was reduced by 30 per cent?

Most of us consume more salt than we need, this is a worry as salt (in particular sodium) can increase your risk of hypertension or high blood pressure. Often high blood pressure has no symptoms and can be a problem at any age, you may have raised blood pressure and not even know it.

Table salt has two minerals, sodium and chlorine. Our bodies need a certain amount of sodium to function normally each day, however, this is actually a very small amount, even in a hot climate like Central Queensland. We can get the amount of sodium we need naturally through fruit and vegetables, however, most Australians consume more than 10x the recommended amount!

Even if you don't add salt to your food, you may be consuming a high salt diet, as 75% of the salt consumed comes from processed food such as bread, packet soup, sauces, cheese and biscuits. Take-away food is especially high in sodium; a McDonald's Quarter Pounder contains 2x our daily requirement of sodium, whilst a Hungry Jacks Veggie burger has up to 3x and this is just in one burger. High sodium foods don't always taste salty either, for example Nutrigrain cereal has around 1/2 our daily requirement of sodium per serve and a slice of bread can contain as much salt as a teaspoon of vegemite.

To spread awareness of the dangers of excessive salt consumption, the Heart Foundation have launched the 'Halt Hidden Salt' campaign.

### Some tips they recommend include:

- Eat more fresh food instead of processed or packaged food
- Choose no added salt, salt reduced or low salt canned foods, packet soups, bread and margarine
- Eat cold roast meat or poultry in sandwiches instead of manufactured deli meats, such as salami, devon, strass, chicken loaf
- Add herbs and spices to food in place of salt
- Choose packaged foods with less than 120mg sodium per 100g (excellent choice) or less than 450mg sodium per 100g (good choice)
- Gradually cut down on salt used in cooking and at the table. The taste for salty foods is something that is learned, in time your taste buds will adapt, current research suggests this can take around 6-8 weeks.

**Louise Bolger**  
Diabetes Educator



## Connecting students through 'Coastal Connections'

**Nhulundu Health Service Tackling Tobacco and Healthy Lifestyle team assisted in the facilitation of Coastal Connections on Facing Island on September 19.**

The weather was perfect and 90 students from local high schools made the trip to Facing Island on the barge. The group included 8 international students from Germany and Norway.

Tobacco Action Worker, Kirrie Machen conducted educational activities around tobacco and the dangers of smoking. Sharrna Parter, Healthy Lifestyle Worker delivered sessions from the Deadly Choices Program, educating students about the importance of healthy eating habits.

One of the highlights of the day was a Cultural Walk, organised by Michael Cook, a new member of the Healthy Lifestyle team. Michael's cultural walk was designed to teach young Aboriginal and Torres Strait Islander children the importance of protection and preservation of Aboriginal and Torres Strait Islander cultural heritage sites. He also stressed the importance of showing respect for the sites and the old people who used them.

Students also learned about weaving and experimented with fish, balls and hats. Thank you to Symeon Marou who taught the students how to weave these hats, balls and fish with palm tree leaves.

Tobacco Action Worker Ricco Chapman engaged the students with games of beach touch footy. Team building exercises, including icebreakers were, also undertaken. The group enjoyed a healthy lunch of cold meats, salads and fruit.

A big thank you to Aunty Loris Corowa, and all other teachers involved in the preparation and facilitation of this event.



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**Jade Pengelly has taken on a new role as an Indigenous Outreach Worker.**

Jade's role involves lots of community engagement, promoting the service to other community groups in Gladstone and also relaying to NHS clients and staff what is happening in the Gladstone region and what other services are offering.

The main focus of Jade's role is to engage with the local Indigenous community with regards to health related issues.

She is also keen to spread the message on 715 health checks and the benefits. She is also encouraging community members to take control and be responsible for their own health.

Jade is committed to breaking down the barriers that restrict the Indigenous community from accessing health services. Things such as transport, home visits, regular phone calls to encourage using NHS programs, chronic disease clinics and anything that encourages self-management of health will be Jade's priority

She will also concentrate on encouraging local community members to use their own health service, with a focus on increasing the number of Indigenous clients accessing the service. Promoting Hero Rewards and liaising between clients and Aboriginal Health Workers will also be a primary focus.

Jade is enjoying being able to undertake home visits with the AHWs and is excited about the results she is already seeing.



## Tannum Sands Cultural Awareness Day

A Cultural Awareness Day designed to raise awareness of the importance of Indigenous culture in Australian history, was held at the Tannum Sands primary school on September 18.

Staff from the Tackling Tobacco and Healthy Lifestyle team were invited to organise activities with the students. All students (preps – 7's) took part in various activities throughout the day from arts and craft to traditional games.



*Right: Sharna Parter and Jade Pengelly look over the resources available for the Puberty Clues workshop.*



## Puberty Clues

Early in September the Women's Health Centre presented an information session to some Nhulundu Health Service staff on the 'Puberty Clues' workshop. The workshop is designed to assist parents/guardians, daughters and sons deal with

teenage development, how to handle teenage changes, where to go for help and what resources are available.

Everyone agreed it was an informative session and thanks is extended to the Women's Health Centre for providing this session.

## Mums n Bubs

**Doctor Claudia Collins** is conducting an ante natal clinic at Gladstone Base Hospital and is a Snr Medical Officer with the Base Credentialed in Obstetrics.

She will be participating in an on call roster in Maternity. Doctor Collins has a clinic at Nhulundu Health Service for mums n bubs which incorporates ante natal care each Tuesday and is designed to provide care through pregnancy and after care.

## Booma's Futsal Team

Four Aboriginal and Torres Strait Islander players, completed the Deadly Choices program last month with the Tackling Tobacco and Healthy Lifestyle Team.

The team learnt about staying strong and healthy, maintaining healthy lifestyles and making positive lifestyle choices. The Deadly Choices program also nurtures leadership and encourages participants to become positive mentors and role models in their community. The team enjoyed a healthy lunch and games of touch footy and soccer at Barney Point Beach.





# Enjoying some Good Quick Tukka

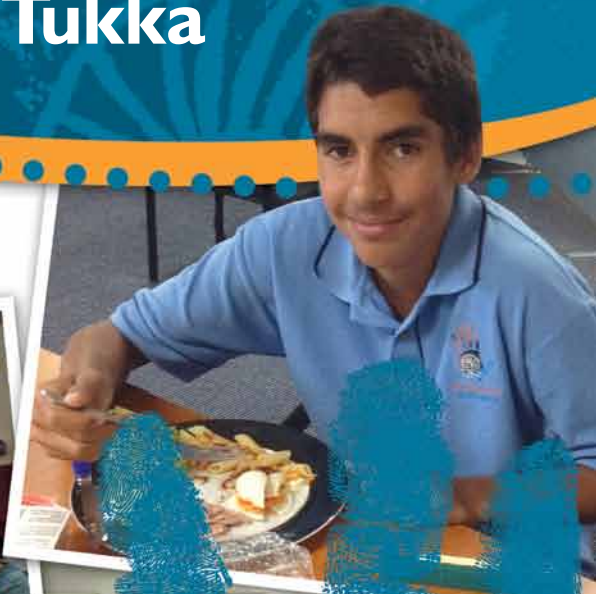
The Healthy Lifestyle team have commenced facilitating the Good Quick Tukka program in conjunction with the HACC group on the third Tuesday of each month.

Everyone was encouraged to join in, and all participants enjoyed a quick healthy meal that they prepared themselves.

Everyone enjoyed the idea of making 'good quick tukka' which they were able to prepare on their own, and especially knowing that they would be able to use these skills and knowledge about fresh and healthy food to pass on within their own family.

Aunty Cindy Williams said that she would be eating more salads after she realised how easy and good they were for you.

If you or a member of your family would like to join the HACC Program, please contact Jo Kersey.



## Murri Men's Group

The Murri men's group will meet each Tuesday fortnight for outdoor activities including fishing, golf and bowls.

The program is being run by Michael Cook and Ricco Chapman and will include tips on eating well, physical activities and promoting the 'no smokes' message. The group is open to Aboriginal and Torres Strait Islander men of any age. Six participants attended the first session, enjoying a fishing day at the NRG power station bridge before partaking in a healthy lunch of meat and salad rolls and fruit.

If you would like to attend, please contact Michael or Ricco.

## Sharon Blucher – Aboriginal Health Worker

Sharon's job entails screening patients before they see the Doctors and chatting to the patient to reassure them and make certain that they understand what is happening and what their results mean. Sharon enjoys working along side the Doctors and Nurses and other Health Workers.

Sharon has been a Health Worker for the past nine years and has worked in this capacity at various organisations. Prior to this she was a stay at home mum and is now a proud nanny to three beautiful granddaughters.

Sharon holds a Diploma in Primary Health and qualifications in Hearing Health.



## Ricco Chapman – Tobacco Action Worker

Footy, family and spending time with his friends are important to Ricco Chapman. Ricco moved to Gladstone 8 months ago, and is a Tobacco Action Worker at Nhulundu Health Service. He enjoys being involved in the community and knows that he is playing an important role in 'closing the gap' and educating people in the community on the harms of tobacco use.

**"I encourage my family and friends to eat healthy, exercise regularly, be smoke free and live healthy."**



## Michael Cook – Healthy Lifestyle Worker

Michael Cook has joined the team at Nhulundu Health Service as a Healthy Lifestyle Worker. He likes to keep healthy and active and as a father understands how important it is for his children to learn about being healthy and active.

Michael enjoys helping the people in his community and especially likes working with, and educating the young people.

Michael is a traditional owner of the region and has lived here for the past 30 years.







Left: Our much loved RN, Daissy Blanco-Cortes married her partner Joe Del Rio in a traditional wedding chapel in Las Vegas, Nevada last month. Nineteen family and friends attended the civil ceremony which was conducted in Spanish by the minister. The group celebrated with brunch and cake, followed by watching a soccer match and enjoying some Spanish tapas.

Right: Carly Cooke, General Manager Health Services Operations and Primary Health Care Manager, Kym Brodie attended the National Aboriginal Community Controlled Health Organisation (NACCHO) Aboriginal Community Controlled Health Services Summit in Adelaide at the end of August. The event, which was attended by representatives from the Aboriginal Community Controlled Health sector, showcased national, state and local best practice in the management of health care for Aboriginal and Torres Strait Islanders.

Below: Nhulundu Health Service staff raised much needed funds for breast and ovarian cancer research last month when they held a Pink Lipstick Day. Staff either wore bright pink lipstick or pink shirts and donated money for the privilege.



**Tobacco Facts**

At a recent community event, team members conducted Smokerlyser testing to determine CO (carbon monoxide) readings in participants bodies/ blood stream.

CO is found in the blood stream and enters your body from breathing in polluted oxygen or tobacco smoke. The team found that several non- smokers, (who were sitting with smokers) returned a reading of 20 ppm (number of CO molecules in a million parts of air) which is a common reading in people who are light smokers. These readings were a shock to both the smokers and non-smokers in the group, and led to a discussion on how non- smokers can be affected by passive smoking.

**If you smoke please take care to smoke away from family and friends, and especially children.**

## SERVICES AVAILABLE:

### MEDICAL CENTRE

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, men's health, women's health, chronic disease support, skin checks, Indigenous health incentives, smoking cessation and healthy lifestyle education.

Nhulundu Health Service is a bulk billing practice. Operating hours are Monday to Thursday 7.00am – 5.00pm and Friday 8.00am -5.00pm - appointments necessary.

This practice is AGPAL accredited for quality assurance and ISO 9001:2008 Management Systems Standards accredited.



### INDIGENOUS COMMUNITY LINKS

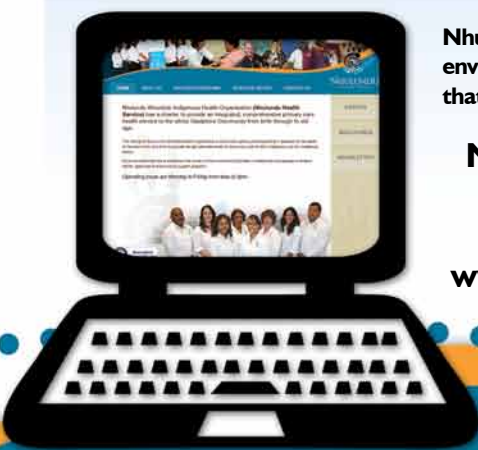
This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet café.

### AGED CARE

Nhulundu Health Service offers a comprehensive community-based aged care program called Community Aged Care Package, designed to improve and maintain independent quality of life for the aged living in their home and residential environment. The Aged Care team also runs the Home and Community Care Program. All clients must have an aged care assessment before being accepted into any program.

Nhulundu Health Service offers a safe and non threatening medical environment where our patients feel cared for and valued in an environment that has a zero tolerance policy of aggressive and threatening behaviour.

Newsletters are now available online - visit our website [www.nhulundu.com.au](http://www.nhulundu.com.au)



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