

Rural Interprofessional Seminar Series

Supporting Health Education
in Rural and Remote Areas



Prevention and Control of Type-2 Diabetes in Aboriginal Communities Changing Dietary, Activity and Lifestyle Patterns

SESSION 1: THURSDAY 25 MARCH 2021, 12:30-1:30PM (AEDT)

Introducing the **FIRST WEBCAST SESSION** of the four-part series of Interprofessional Sessions focusing on Type-2 Diabetes in Aboriginal communities. The webcast will explore evidence-based approaches and practical strategies for nutrition, exercise, lifestyle and behaviour changes to support the prevention and management of diabetes in Aboriginal people. Barriers and solutions to improving engagement with Aboriginal communities will also be discussed.

Diabetes is a complex condition that can impact people in different ways. It has a significant impact on Aboriginal and Torres Strait Islander peoples. "Prevention and Control of Type-2 Diabetes in Aboriginal Communities: Changing Dietary, Activity and Lifestyle Patterns" provides an overview of the prevalence of diabetes in the Aboriginal population, discusses risk factors for early diabetes detection and focuses on the key lifestyle behaviours for the prevention and management of diabetes. Key nutritional considerations relating to the use of whole foods, fibre, carbohydrates and how to shop on a budget will be discussed. Further to this, stress management, importance of sleep, exercise, flexibility and ways to reduce sedentary behaviour will be covered. The presenters will also discuss their local Aboriginal community group programs, including culturally safe practices.

SESSION OVERVIEW

This Diabetes education session will be delivered virtually.

Topics covered in this first seminar include:

- Type-2 Diabetes prevalence and risk factors
- Diet, nutrition and lifestyle behaviours
- Exercise, including strength, flexibility and cardiorespiratory
- Working together to overcome barriers
- Culturally safe group programs.

WHO IS THIS SEMINAR FOR?

This seminar is for those with an interest in diabetes education in rural and remote settings, including:

- Rural Generalists and GPs
- Registered nurses
- Aboriginal health educators
- Allied Health providers
- Rural-based students undertaking health related courses, and
- Other rural-based medical staff.

GUEST SPEAKERS

Bullinah Aboriginal Health Service: Accredited Practising Dietitian (APD) Josh Reed and Clinical Exercise Physiologist Mark Roberts.

LEARNING OUTCOMES

- Understand Type-2 Diabetes prevalence and risk factors among Aboriginal people
- Increased awareness and understanding of:
 - Nutrition and lifestyle management
 - Exercise management
 - Referral pathways for diabetes team care
 - Barriers and solutions to engagement for Aboriginal communities.

WHEN & WHERE?

Thursday 25 March 2021, 12.30 - 1.30pm (AEDT)

Join us from anywhere! No fees, no travel. Our Interprofessional Education Sessions are delivered via webcast with facilitated question and answer time. Registration is free.

REGISTRATION

<https://diabetic-education-and-management-in-an-aboriginal.eventbrite.com.au>

ENQUIRIES

Register your interest and be kept up to date:
Brenda Holt
0417 833 917
brenda.holt@health.nsw.gov.au



Delivered in collaboration with Bullinah Aboriginal Health Service Ballina NSW