

**Welcome to the June 2010 Health Promotion Newsletter. Did you have a chance to read our last newsletter? If not, refer to the intranet notice for the link and have a read...**

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## Staff Announcements

A big warm welcome to Barb Radley who joins us as a full time Health Promotion Officer. Barb has moved over from the Allied Health Team and has a wealth of Health Promotion experience.



Farewell to Lauren Kirkland who finishes up in the Health Promotion Team on the 19<sup>th</sup> of May. Loz is off on a new career adventure to be a hairdresser! We wish her lots of luck.

## The Mechanics of Men's Health : PIT STOP hits Farm World 2010

Workers from Central West Gippsland Division of General Practice (CWGDGP), Relationships Australia Victoria (RAV) and the Central West Gippsland Primary Care Partnership (CWGPCP), Latrobe Community Health Service (LCHS) partnered to run the PIT STOP program at Farm World Lardner Park in March this year.

The PIT STOP program was developed as a men's public health program, by the Gascoyne Public Health Unit in response to the declining health of men in Australian society.

As men regularly take an interest in their cars, and the ongoing maintenance of them, the idea behind PIT STOP is to attach this concept of regular mechanical tune-ups to their own health.

A series of stations such as "oil pressure" (blood pressure), "shock absorbers" (mental health and coping skills), "fuel additives" (alcohol), "chassis check" (waist measurement), "spark plugs" (testicular cancer) and "extractors" (bowel cancer) are visited by each participant for a quick and simple health check.

The environment is a fun setting that allows participants overcome any apprehension that they may have about going to a doctor, or presenting with a specific problem.

This was the first time the PIT STOP program has been seen at Farm World. Farm World was an opportunity to reach men who may not participate in regular health checks or have access to workplace health programs.

Over the two days, 114 men participated in the program with 46% receiving a roadworthy certificate and 53% receiving a yellow/canary sticker with a recommendation to see their GP.

Feedback from participants suggests that PIT STOP was a successful initiative and that they'd like to see it again at Farm World next year.

A big thank you to all the workers who gave up their time to be involved in PIT STOP Farm World.

## Getting Down to Business - Latrobe Valley Sudanese Women's Network

**The Latrobe Valley Sudanese Women's Network has had a productive start to 2010, acquiring new skills in the technique of screen-printing under the guidance of Gippsland artist Sharon Anderson.**

Sharon, who operates her studio 'Art FX' in Newborough, recently conducted a series of screen-printing workshops with members of the Morwell group. The workshops provided an opportunity for participants to extend their creativity and express their culture through the screen-printing of African motifs. Linen tea-towels and calico carry bags have been decorated with colourful designs which have a unique and individual flavour. With the assistance of community members and volunteers, the early seeds for a creative enterprise have been sown following interest from a small number of Sudanese women within the network. The Latrobe Valley Sudanese Women's Network is now developing an initiative to produce and sell the screen-printed items through local galleries, craft markets and retail outlets.

The Latrobe Valley Sudanese Women's Network has been meeting in Morwell weekly since early 2008 and aims to provide relevant assistance to newly arrived refugee women from linguistically and culturally diverse backgrounds. During the past two years, partnerships have been built between local service agencies, community members and volunteers in developing a program to suit the needs of network members. This has included presentations on health topics, cooking, delivery of an accredited sewing unit and various creative activities. The network provides an opportunity for Sudanese women in the local area to meet in a flexible and supportive environment, where barriers such as social isolation, lack of transport and limited English can be addressed. St. Mary's Anglican Church Hall in Morwell has been made available for the network to meet each Thursday afternoon from 12:00-2:30pm.

For enquiries regarding the screen-printed items, please contact  
Barb Radley, Health Promotion Officer on 5171 1425.



*Above, left to right: Screen printed bags will be available for purchase; local artist Sharon Anderson (Art FX), Rosa Barbor (LV Sudanese Women's Network) & Olivia Hurrell (GippsTAFE) at one of the recent screen printing workshops; screen printed linen tea towels and calico carry bags.*

## **Bridging the Cultural Gap: Latrobe Valley Sudanese Professional Association Dinner**

The Latrobe Valley Sudanese Professional Association provided the local community with a real treat in March when they held their first public event, a cultural dinner featuring a variety of dishes native to southern Sudan.

The Association was closely supported in the planning and facilitation of the event by a number of Gippsland agencies, including Latrobe Community Health Service, Relationships Australia Victoria and Anglicare.

More than 100 community members attended the dinner at the Traralgon Baptist Church Hall and enjoyed a feast of traditional Sudanese dishes prepared by volunteers. The purpose of the dinner was to establish networks within the community and for the Sudanese people to share their culture with individuals from non-Sudanese backgrounds. Organisers were delighted with community interest in the event and received positive feedback by those attending, many of whom said that they now feel more informed about the Sudanese way of life as a result of the dinner.

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## Life! Taking Action on Diabetes

Diabetes is a serious disease that affects about 1.5 million Australians and currently there is no cure. It is the fastest growing disease in Australia. There are two main types of diabetes – type 1 and type 2. Type 1 is not related to lifestyle factors, while a person's risk of type 2 increases the more overweight or inactive they become. Achieving and maintaining a healthy weight, being physically active and following a healthy balanced eating plan can significantly reduce your risk of developing type 2 diabetes.

In October 2007, the State Government of Victoria, Australia, funded a four year program to prevent type 2 diabetes in 25,000 people aged 50 + and at high risk of developing diabetes. Funding has since extended to include high risk people aged 40 – 49 years of age through the Australian Government.

LCHS have been delivering the Life! program since 2008 in Latrobe City. The program consists of five fortnightly sessions with a follow up approximately five months after session five. The Life! program supports participants to work towards a weight loss of at least 5% of their body weight and 30 minutes of moderate intensity physical activity per day. This support is delivered through a group-based program, modelled on similar successful programs trialled both in Australia and other countries which showed a 58 percent reduction in the incidence of diabetes after 3.2 years.

This beneficial lifestyle modification program provides participants with the information and support to make the necessary lifestyle changes to prevent or delay the onset of type 2 diabetes through individually goal setting and expert health professional advice.

You can have type 2 diabetes and not know it because there are no obvious symptoms. It is estimated that for every person known to have type 2 diabetes there is another who has it and is unaware. If you already have type 2 diabetes, the sooner you find out the better your chance of preventing serious health complications.

To determine your diabetes risk factor, risk assessments can be completed online at [www.diabeteslife.org.au](http://www.diabeteslife.org.au) or see your Health Practitioner. For those who scored over 15 on the diabetes risk assessment you are considered at high risk of developing diabetes. Scores between 15-19 have one in seven chances of developing diabetes in the next five years and for scores over 20, approximately one in every three people will develop diabetes within five years.

If you are at high risk of developing type 2 diabetes, changing your lifestyle can prevent or delay the onset. So ACT now!

## The Heart Foundation's Turkey, Mango and Macadamia Salad



Turkey is not just for Christmas; with the skin removed it's a lean, versatile and nutritious meat.

Serves: 3

Cooking time: Nil

Ingredients:

- 125g tub Dairy Farmers traditional lite yoghurt\*
- ¼ cup Praise 97% fat free mayonnaise\*
- ½ teaspoon dried chilli flakes
- 1<sup>⁄</sup> coriander leaves, chopped
- 420g can Edgell four bean mix, drained, rinsed\*
- 2 red capsicums, sliced
- 1 red onion, halved, finely sliced
- 1 large mango, diced
- 2 cups baby rocket
- 3 cups cooked, sliced skinless turkey\*
- ¾ cup macadamia nuts, toasted
- 4 wholegrain bread rolls
- Flora salt-reduced spread, to serve\*

Method:

1. Combine yoghurt and mayonnaise in a bowl. Beat lightly until smooth. Stir in chilli flakes and 1 tablespoon coriander. Cover and refrigerate.
2. Combine beans, capsicum, onion, mango, rocket and remaining coriander in a bowl. Add turkey. Toss gently. Divide between plates. Sprinkle with nuts. Drizzle with dressing.
3. Serve with wholemeal bread rolls and a TickV approved margarine.

\*Products available with the Heart Foundation TickV. Remember all fresh fruit and vegetables automatically qualify for the TickV.

## The Heart Foundation's Individual Beef and Red Wine Pies



These individual pies are full of flavour. Serve with mashed potato for dinner.

Makes: 6 pies

Preparation Time: 30 mins

Cooking Time: 2 hours 25 mins

Ingredients:

- |                                                    |                                         |
|----------------------------------------------------|-----------------------------------------|
| 2 tsp peanut oil*                                  | 2 sheets canola puff pastry defrosted   |
| 1 large onion, chopped                             | 1 tbsp reduced fat milk*                |
| 2 cloves garlic, crushed                           | 375ml red wine                          |
| 1kg beef chuck steak trimmed of all fat and cubed* | 375ml reduced salt beef stock           |
| 2 tbsp plain flour                                 | 2 carrots thinly sliced                 |
| 200g Swiss brown mushrooms, quartered              | 2 tablespoons reduced salt tomato paste |
| 2 tbsp fresh thyme chopped                         |                                         |
| 2 tbsp fresh parsley chopped                       |                                         |

Method:

1. Preheat the oven to 200°C. You will need 6 x 2 cup capacity ovenproof pie dishes.
2. Heat the oil in a large pot, add the onion and cook over a medium heat for 5 minutes or until golden. Add the garlic and the beef and cook for 5 minutes until the beef is browned.
3. Add the flour and tomato paste and cook for a further 2 minutes, stirring constantly. Stir in the red wine and stock and bring to the boil. Add the carrots, mushrooms and chopped thyme. Reduce the heat, cover and simmer for about 1 hour then remove the lid and cook for a further 45 minutes until the beef is tender and the sauce is reduced and thickened. Stir through the parsley, transfer to a bowl and allow the filling to cool completely.
4. Using the top of a pie dish as a guide, cut 6 circles from the pastry, about 2cm larger than the dish. Spoon the cooled filling into the dishes. Brush the edges of each pastry circle with a little water then cover the dishes (damp side down); pressing the pastry to the side of the dish to seal. Cut a small cross in the top of each pie, insert a sprig of thyme and lightly brush with milk
5. Bake for 20-25 minutes or until the pastry is crisp and golden and the filling is hot. Serve the pies with mashed potato and steamed beans.

\*Products available with the Heart Foundation TickV.