

# Aboriginal Vascular Health



## Resource Catalogue

NSW HEALTH DEPARTMENT

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Cover illustration - Bronwyn Bancroft

*“This design represents the heart as an island with all good things being moved in and out representing the fluctuations of community. The inner part of the design represents the clinics, hospitals and services that provide resources and assistance for medical problems.”*

‘Hands’ panel (cover and inside pages) - Danny Eastwood

A detail of design titled ‘A Community – Togetherness and Health’ which is the artist’s interpretation of government and community working together to improve Aboriginal health. The hands depicted are *“Aboriginal people reaching out for health services”*.

For more information and further copies, please contact:

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Publications Warehouse  
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<http://www.health.nsw.gov.au>

February 2002

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## Government Reports

Title	Description	Contact
<p><b>Heart, stroke and vascular diseases – Australian facts 2001</b></p> <p>Provides information and facts on:</p> <ul style="list-style-type: none"> <li>• cardiovascular disease</li> <li>• coronary heart disease</li> <li>• stroke</li> <li>• heart failure</li> <li>• peripheral vascular disease</li> <li>• rheumatic fever and rheumatic heart disease</li> <li>• associated risk factors</li> <li>• health care costs</li> <li>• treatment and care</li> <li>• international comparisons</li> </ul> <p>Includes information on Indigenous Australians.</p> <p>Published by the Australian Institute of Health and Welfare and the National Heart Foundation of Australia</p> <p><a href="http://www.aihw.gov.au/pubhlth/publications">www.aihw.gov.au/pubhlth/publications</a></p>	<p><b>report</b>  <i>size: A4, 69 pages</i>  <i>published: 1999</i>  <i>order no: CVD13</i>  <i>cost: \$20</i></p>	<p>Government Info Shops            (see page 31)</p> <p> available online</p>
<p><b>Report of the workshop to review current research and determine future research priorities for cardiovascular disease in rural and remote settings, and in Aboriginal and Torres Strait Islander people</b></p> <p>Authors: Pat Field, John Wakerman and Kate Nash.</p> <p>The report contains a background and overview of a workshop held in Alice Springs in November 1999, including the working group reports, outcomes, recommendations and potential areas of research priority. The aim of the workshop was to determine future research priorities.</p> <p>Produced by the Centre for Remote Health and the National Heart Foundation of Australia</p>	<p><b>report</b>  <i>size: A4, 90 pages</i>  <i>published: 2000</i>  <i>cost: \$25</i></p>	<p>Sharon Dowsett  <i>Heart Foundation</i>  <i>– ACT Division</i></p> <p>Tel: (02) 6269 2637            Fax: (02) 6282 5147</p>
<p><b>National Health Priority Areas – cardiovascular health: A report on heart, stroke and vascular disease</b></p> <p><b>Full report</b>            Comprehensive report on:</p> <ul style="list-style-type: none"> <li>• heart, stroke and vascular disease</li> <li>• current activity and progress nationally</li> <li>• key issues including prevention, management and treatment</li> <li>• issues for special populations including Indigenous Australians</li> <li>• monitoring, information management and research</li> <li>• future directions</li> </ul> <p><b>Summary</b>            Summary of the full report (see above)</p> <p>Produced by the Commonwealth Department of Health and Aged Care and the Australian Institute of Health and Welfare</p> <p>ISBN 0 642 39403 2 – full report            ISBN 0 642 39405 9 – summary</p>	<p><b>report</b>  <i>size: A4</i>  <i>published: 1998</i>  <i>cost: \$21.50</i>  <i>order no: PHE9</i></p> <p><b>booklet</b>  <i>size: A5, 20 pages</i>  <i>published: 1998</i>  <i>cost: \$10.80</i>  <i>order no: PHE12</i></p> <p><b>as a set</b>  <i>cost: \$27</i>  <i>order no: PHE912</i></p>	<p>Government Info Shops            (see page 31)</p>











## Patient education resources for Aboriginal and Torres Strait Islander people

Title	Description	Contact
<p><b>Aboriginal Health Worker Heart Health Manual</b></p> <p>A resource for the Certificate in Cardiovascular Health for Aboriginal Health Workers.</p> <p>The manual is a 60 hour course manual for instructors divided into 10 modules containing relevant content, suggested activities, work-sheets and overhead transparencies. The course covers specific heart disease related issues as well as generic issues such as health promotion approaches, addressing risk factors, the role of health workers in families and communities.</p> <p>Produced by the National Heart Foundation, Western Australian Division and Derbarl Yerrjan Health Services</p>	<p><b>manual</b> size: A4 ring binder published: 2001</p>	<p>Lyn Dimer or Trevor Shilton</p> <p><i>National Heart Foundation, Western Australian Division</i></p> <p>Tel: (08) 93883343</p>
<p><b>Healthy Murri, Healthy Islander, Strong Hearts 2nd edition</b></p> <p>Provides simple information on heart disease stages, fats in the blood and food, 8 steps to a strong heart.</p> <p>Produced by Inala Indigenous Health Program, QE2 Health Services District and Southern Public Health Unit Network</p>	<p><b>booklet</b> size: A5, 8 pages published: 2001</p>	<p>Southern Public Health Unit Network</p> <p>Tel: (07) 3810 1535 Fax: (07) 3810 1155</p>
<p><b>Heart attack?</b></p> <p>Information on the warning signs of a heart attack and the importance of acting quickly when someone is experiencing these warning signs. Also covers the risk factors of heart disease and steps on how to reduce your risks.</p> <p>Produced by National Heart Foundation of Australia and Illawarra Area Health Service</p>	<p><b>pamphlet</b> cost: provided on application</p>	<p>Andy Mark <i>Regional Health Promotion Coordinator</i></p> <p>Tel: (02) 4275 4630 Email: andy.mark@heartfoundation.com.au</p>
<p><b>Heart story</b></p> <p>Designed for education purposes by health workers, to assist community in gaining a better understanding of heart disease prevention and management.</p> <p>Produced by Heart Foundation of Australia – Northern Territory</p>	<p><b>flipchart</b> size: A3 fully laminated, over 50 pages published: 2000 cost: \$110</p>	<p><i>National Heart Foundation of Australia Northern Territory</i></p> <p>Tel: (08) 8981 1966 Fax: (08) 8941 0344</p> <p>order form available</p>



Title	Description	Contact
<p><b>Listen to your heart</b></p>	<p><b>video</b>  <i>duration: 11 minutes</i>  <i>published: 1999</i>  <i>cost: \$33</i></p>	<p><i>National Heart  Foundation of Australia  – Northern Territory</i></p> <p><i>Tel: (08) 8981 1966</i>  <i>Fax: (08) 8941 0344</i></p> <p>order form available</p>
<p>A story about caring for your heart, designed for patient education. The story is based in an Aboriginal family and covers the relationship between diet, smoking, exercise and heart disease. Explains the risk factors associated with heart disease, the bodily processes that cause heart disease and methods of prevention. A very easy video to watch.</p> <p>Produced by Heart Foundation of Australia – Northern Territory</p>		

## Government Reports

Title	Description	Contact
<p><b>Eye health in Aboriginal and Torres Strait Islander communities</b></p> <p>Author: Hugh R Taylor</p> <p>A national review of eye health in Aboriginal and Torres Strait Islander communities. Provides information on current practices, services and recommendations in areas of primary and specialist eye health care. Covers refractive error and provision of glasses, cataracts, diabetic retinopathy, trachoma, other eye conditions and environmental health.</p> <p>ISBN 0 642 27212 3</p> <p>🔗 <a href="http://www.cera.unimelb.au">www.cera.unimelb.au</a> or <a href="http://www.cera.unimelb.au/new/hrtreview/reviewmain.html">www.cera.unimelb.au/new/hrtreview/reviewmain.html</a></p>	<p><b>book</b> size: A5, 141 pages</p>	<p>Centre for Eye Research Australia (CERA)</p> <p>🔗 Available online</p>
<p><b>From the bush to the store</b></p> <p>Authors: Kim Humphrey, Mervyn Dixon Japanangka, James Marrawal</p> <p><b>Full Report</b> Report of a research project on Aboriginal perspectives of diabetes, undertaken in two Northern Territory communities, between 1996 and 1997. Available in either a full report or a summary booklet</p> <p><b>Summary</b> Summary of the full report above</p> <p>Published by Diabetes Australia – Northern Territory and Territory Health Services</p> <p>ISBN 0724533540 – full report ISBN 072453355 9 – summary booklet</p>	<p><b>report</b> size: A5, 142 pages cost: \$22</p> <p><b>booklet</b> size: A4, 16 pages cost: \$5.50 postage: \$2.20</p>	<p>Diabetes Australia – Northern Territory</p> <p>Tel: (08) 8927 8438 Fax: (08) 8927 8515 E-mail: <a href="mailto:info@diabetesnt.org.au">info@diabetesnt.org.au</a></p>
<p><b>Highlights of government support for diabetes, Australia 1999</b></p> <p>This report is a summary of Commonwealth and State government action in areas such as prevention, early detection, improving care, management of complications associated with diabetes and groups with special needs, including Indigenous people of Australia.</p> <p>Published by the Commonwealth Department of Health and Aged Care</p> <p>🔗 <a href="http://www.health.gov.au:80/hsdd/nhpq/diabetes/diabetes99/dia99.htm">www.health.gov.au:80/hsdd/nhpq/diabetes/diabetes99/dia99.htm</a></p>	<p><b>book</b> size: A4, 50 pages published: 1999 cost: no cost</p>	<p>Joann Stanley Tel: (02) 6289 4257 E-mail: <a href="mailto:joann.stanley@health.gov.au">joann.stanley@health.gov.au</a></p>

Title	Description	Contact
<b>Improving diabetes care and outcomes – NSW Health series</b>		
<b>Principles of care and guidelines for the clinical management of diabetes mellitus</b>	<b>report</b> <i>size: A4, 35pages</i> <i>published: 1996</i>	 Available online
Provides: <ul style="list-style-type: none"> <li>• principles of diabetes care</li> <li>• key management points for adults</li> <li>• guidelines for clinical management of diabetes mellitus which covers blood glucose control, diabetic eye disease, weight, blood pressure, diabetic foot problems, lipids and diabetic nephropathy</li> <li>• key management points for children and adolescents</li> <li>• NSW consensus guidelines for clinical management of pregnancy in women with pre-existing diabetes</li> </ul>  <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html">www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html</a>		
<b>Key management points for adults</b>	<b>info card</b> <i>size: A4</i>	 Available online
Lists steps to take to ensure good management of diabetes in adults.   <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html">www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html</a>		
<b>Managing your diabetes</b>	<b>info card</b> <i>size: A4</i>	 Available online
Lists the steps a person with diabetes and their GP need to take to assist in diabetes management.   <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html">www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabguid.html</a>		
<b>Principles of lifestyle and nutritional management of diabetes</b>	<b>booklet</b> <i>size: A5, 10pages</i> <i>published: 1997</i>	 Available online
This booklet offers 6 principles for lifestyle and nutritional management of diabetes. It also offers strategies and tips/advice for people with diabetes and the health professional.   <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabnutr.html">www.health.nsw.gov.au/public-health/crcp/publications/diabetes/diabnutr.html</a>		
<b>Lower limb ulcers in diabetes – a practical guide to diagnosis and management</b>	<b>booklet</b> <i>size: A4, 44pages</i> <i>published: 1998</i>	 Available online
An aid for clinical decision making and management of patients with diabetes and lower limb ulcers. <ul style="list-style-type: none"> <li>• describes principles of managing ulcers, footcare advice for people with diabetes and also offers supplements for their GP, Podiatrist and Nurse</li> <li>• simple easy to understand information and includes practical flow charts and clinical worksheets</li> </ul>  <a href="http://www.health.nsw.gov.au/publichealth/crcp/publications/">www.health.nsw.gov.au/publichealth/crcp/publications/</a>		

Title	Description	Contact
<b>Improving diabetes care and outcomes – NSW Health series (continued)</b>		
<b>Guide to lower limb ulcers in diabetic patients</b>	<b>info card</b> size: A4	
Lists causes, position, character, dressing and treatment of venous, neuropathic and ischaemic ulcers in diabetic patients.		
<b>A guide to diabetes education for health professionals</b>	<b>booklet</b> size: A4, 23pages plus overheads published: 1998	🔗 Available online
Covers 17 topics and includes master overheads that can be used in workplace training or patient education.  Topics covered include: <ul style="list-style-type: none"> <li>• what is diabetes</li> <li>• diet</li> <li>• exercise</li> <li>• medication</li> <li>• monitoring blood and urine</li> <li>• prevention of complications</li> <li>• diabetes and pregnancy</li> </ul> 🔗 <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/">www.health.nsw.gov.au/public-health/crcp/publications/</a>		
<b>Principles of care and consensus guidelines for the management of diabetes mellitus in children and adolescents</b>	<b>booklet</b> size: A4, 17pages published: 1998	🔗 Available online
Covers principles of diabetes care and some key management points for children and adolescents with diabetes.  Provides guidelines for: <ul style="list-style-type: none"> <li>• blood glucose control</li> <li>• growth</li> <li>• hypertension</li> <li>• screening</li> <li>• foot problems</li> <li>• diabetic eye disease</li> <li>• diabetic nephropathy</li> </ul> 🔗 <a href="http://www.health.nsw.gov.au/public-health/crcp/publications/">www.health.nsw.gov.au/public-health/crcp/publications/</a>		

Title	Description	Contact
<p><b>National Diabetes Strategy and Implementation Plan – 1998 Australia</b></p> <p>Authors: Stephen Colagiuri, Ms Ruth Colagiuri, Jeanette Ward</p> <p>A comprehensive report on the current situation of diabetes in Australia</p> <ul style="list-style-type: none"> <li>• includes priority programs and groups with special needs</li> <li>• proposes a strategic framework for recommended action</li> </ul> <p>Produced by Diabetes Australia An initiative of the Ministerial Advisory Committee on Diabetes</p> <p>ISBN 0642247161</p>	<p><b>report</b> size: A4, 281 pages published: 1998</p>	<p><i>Diabetes Australia</i> Publications Officer Tel: (02) 9527 1951 or Tel: (02) 6230 1155 Fax: (02) 6230 1535</p>
<p><b>National Diabetes Strategy 2000 - 2004</b></p> <p>The current Commonwealth Diabetes Strategy. Covers background information on diabetes, mission statement, principles, goals and framework for action of a national diabetes strategy</p> <p>Produced by Commonwealth Department of Health and Aged Care</p> <p><a href="http://www.health.gov.au:80/hsdd/nhpq/pubs/diapubs.htm">www.health.gov.au:80/hsdd/nhpq/pubs/diapubs.htm</a></p>	<p><b>booklet</b> size: A5, 16 pages published: 1999</p>	<p> Available online</p>
<p><b>National Health Priority Areas reports - diabetes mellitus</b></p> <p><b>Full report</b> Covers:</p> <ul style="list-style-type: none"> <li>• diabetes types</li> <li>• incidence, prevalence and mortality</li> <li>• risk factors and complications</li> <li>• health service use</li> <li>• special population groups including Indigenous Australians</li> <li>• prevention, early detection and management</li> <li>• current activity in this area</li> </ul> <p><b>Summary</b> Summary of the full report above</p> <p>Produced by the Commonwealth Department of Health and Aged Care and the Australian Institute of Health and Welfare</p> <p>ISBN 0 642 39401 6 – full report ISBN 0 642 39402 6 – summary</p> <p><a href="http://www.health.gov.au:80/hsdd/nhpq/pubs/diapubs.htm">www.health.gov.au:80/hsdd/nhpq/pubs/diapubs.htm</a></p>	<p><b>report</b> size: A4, 172 pages published: 1998 cost: \$21.50 order no: PHE10</p> <p><b>booklet</b> size: A3 published: 1998 cost: \$10.80 order no: PHE13</p> <p><b>as a set</b> cost: \$27 order no: PHE1013</p>	<p><i>Government Info Shops (see page 31)</i></p> <p> Available online</p>

Title	Description	Contact
<p><b>Review of the epidemiology, aetiology pathogenesis and preventability of diabetes in Aboriginal and Torres Strait Islander populations</b></p> <p>Authors: Maximilian de Courten, Allison Hodge, Gary Dowse, Ian King, Joan Vickery, Paul Zimmet.</p> <p>Review by the International Diabetes Institute of the epidemiology, causation, characteristics and prospects for prevention of diabetes in Aboriginal &amp; Torres Strait Islander populations. Also covers primary prevention in Aboriginal communities and the experiences of other communities.</p> <p>Produced by Office of Aboriginal &amp; Torres Strait Islander Health, Commonwealth Department of Health and Family Services</p> <p>ISBN 0 642367418</p>	<p><b>report</b> size: A4, 174 pages published: 1998</p>	<p><i>International Diabetes Institute</i> 260 Kooyong Road Caulfield 3162</p> <p>Tel: (03) 9258 5086</p>
<p><b>Management of non-insulin dependent diabetes in Aboriginal and Torres Strait Islander people Series</b> Produced by Office of Aboriginal and Torres Strait Islander Health, Commonwealth Department of Health and Aged Care</p>		
<p><b>Systematic review of existing evidence and primary care guidelines on the management of non-insulin-dependent diabetes in Aboriginal and Torres Strait Islander populations</b></p>		
<p>Comprehensive systematic review of current evidence and clinical care guidelines. Includes identification of undiagnosed diabetes, control of diabetes, prevention, detection and treatment of complications and strategies to ensure best practice.</p> <p>Produced to guide local primary health care services in the development of local clinical protocols for managing diabetes.</p>	<p><b>report</b> size: A4, 195 pages published: 1998 cost: \$43.25 order number: 9806086</p>	<p><i>Government Info Shops</i> (see page 31)</p>
<p><b>Systematic review of existing evidence and primary care guidelines on the management of non-insulin-dependent diabetes – plain language summary</b></p>		
<p>This book is the plain language summary of the comprehensive review listed above.</p>	<p><b>booklet</b> size: A4, 10 pages published: 1998 cost: \$10.70 order number: 9806049</p>	
<p><b>Recommendations for clinical care guidelines on the management of non-insulin-dependent diabetes in Aboriginal and Torres Strait Islander populations</b></p>		
<p>Provides recommendations for clinical care for diabetes diagnosis, control and prevention of complications and service delivery.</p>	<p><b>booklet</b> size: A4, 54 pages published: 1998 cost: \$16.20 order number:</p>	

## Patient education resources for Aboriginal and Torres Strait Islander people

Title	Description	Contact
<p><b>Diabetes – am I at risk?</b></p>	<p><b>pamphlet</b> cost: free of charge for 50 copies or less</p>	<p>NSW Health Better Health Centre</p> <p>Tel: (02) 9816 0452</p>
<p>Lists risk factors for diabetes and offers places to seek more information.</p>		
<p><b>Diabetes and your feet – how to look after them</b></p>		
<p>Lists steps to looking after your feet and gives simple explanation as to why people with diabetes need to look after their feet.</p>		
<p><b>Diabetes in pregnancy – am I at risk?</b></p>		
<p>Lists risk factors for developing diabetes during pregnancy. Offers simple steps to take during and before pregnancy if you have diabetes.</p>		
<p><b>Diabetes - what to eat</b></p>		
<p>Offers a simple listing of the foods you should eat more and less of. Offers a simple explanation of what you should do in relation to nutrition and exercise.</p> <p>Produced by NSW Health, Aboriginal Health Branch.</p>		
<p><b>Diabetes and your feet</b></p>	<p><b>pamphlet</b> cost: provided on request</p>	<p>Julie Anne Joughin Qld. Uni. of Technology – School of Public Health</p> <p>Tel: (07) 3864 3523 Fax: (07) 3864 3369 E-mail: j.joughin@qut.edu.au</p>
<p>Covers why and how you should check your feet, signs and symptoms of nerve damage or poor blood supply. Also offers preventative practices to improve the condition of the feet.</p> <p>Produced by Queensland University of Technology – School of Public Health</p>		
<p><b>Diabetes and your eyes</b></p>	<p><b>pamphlet</b> cost: provided on request</p>	<p>Margaret-Mary Althaus Qld. Uni. of Technology – School of Optometry</p> <p>Tel: (07) 3864 5713 Fax: (07) 3864 5665</p>
<p>Covers how diabetes can affect the eyes and the recommended prevention practices. Also includes an explanation of diabetic retinopathy.</p>		
<p><b>Diabetes and your eyes – a guide to eye examinations for patients with diabetes</b></p>	<p><b>pamphlet</b> cost: provided on request</p>	
<p>Provides information on why diabetics should have their eyes checked, what an eye examination for diabetic retinopathy involves, including how the patient can prepare for this examination.</p> <p>Produced by Queensland University of Technology – School of Optometry &amp; Queensland Health Promotion Council.</p>		

Title	Description	Contact
<p><b>Diabetes – foot and eye complications</b></p> <p>A video that provides information on the importance of regular checkups to prevent foot and eye complications associated with diabetes. The video includes a story about an Aboriginal woman with diabetes attending checkups with a Podiatrist and an Optometrist.</p> <p>Produced by School of Public Health and the School of Optometry.</p>	<p><b>video</b>  <i>duration: 13 mins</i>  <i>cost: no cost</i></p>	<p>Julie Joughin  <i>Qld. Uni. Of Technology</i>  <i>– School of Public Health</i></p> <p><i>Tel: (07) 3864 3523</i>  <i>Fax: (07) 3864 3369</i></p>
<p><b>Diabetes it's up to you</b></p> <p>Provides information essential to understanding diabetes and how it affects the body in an easily understood manner. Also includes explanations on testing procedures, prevention and control of diabetes. A summary of issues covered makes the video a good resource for patient education.</p> <p>CAAMA Production</p> <p>Produced by Diabetes Australia, Australian Pharmaceutical Manufacturers, AMA in consultation with Marr Moodity Foundation, Durri AMS and Nunkuwattin Yunti.</p>	<p><b>video</b>  <i>duration: 7 minutes</i>  <i>cost: no cost</i></p>	<p><i>Diabetes Australia</i>  Publications Officer  <i>Tel: (02) 9527 1951</i>  or  <i>Tel: (02) 6230 1155</i>  <i>Fax: (02) 6230 1535</i></p>

Title	Description	Contact
<b>Diabetes it's in your hands – package</b>		
A comprehensive package that includes a health workers manual and community information booklet.		
<b>Health worker's manual</b>		
<p>Provides a detailed account, in user-friendly language of:</p> <ul style="list-style-type: none"> <li>• diabetes – types, symptoms and treatment</li> <li>• physical activity, eating habits</li> <li>• managing diabetes – monitoring blood sugar, medication, infections</li> <li>• care of teeth</li> <li>• care of feet</li> <li>• long term effects and their prevention</li> </ul> <p>Also provides a guide to the health workers role in increasing patient knowledge in the form of steps and strategies.</p>	<p><b>manual</b> size: A4, 82 pages</p>	<p>No longer being printed.</p> <p>Spare copies available for loan from <i>Aboriginal Vascular Health Program</i></p> <p>Tel: (02) 9391 9571</p>
<b>Community information booklet</b>		
Provides basic information for patients to take home from a consultation as a guide.	<p><b>booklet</b> size: A4, 39 pages</p>	
<b>Diabetes it's in your hands</b>		
<p>Includes several personal stories of Aboriginal people's experiences with diabetes. Also covers the role of the health worker in educating the community and in dealing with the complications associated with diabetes.</p> <p>Produced by Koorie Diabetes Service &amp; International Diabetes Institute Australia</p>	<p><b>video</b> duration: 19 minutes published: 1997</p>	
<b>Diabetes – keep families strong</b>		
<p>Useful for patient education and sections can be used in isolation. Explains different aspects of diabetes, including signs and symptoms, risk factors, complications, managing diabetes and diabetes in pregnancy. A guide to using the flip chart is also provided.</p> <p>Developed by Diabetes Australia – Northern Territory and ATSIC</p> <p>ISBN I 875690 16 6</p>	<p><b>flip chart</b> size: 22 pages available in 2 sizes (A4 or A3) published: 1996</p> <p>cost: A4 – \$66 A3 – \$170.50 (fully laminated) \$7 postage per copy</p>	<p><i>Diabetes Australia – Northern Territory</i></p> <p>Tel: (08) 8927 8488 Fax: (08) 8927 8515 E-mail: info@diabetesnt.org.au</p> <p>Order form available <i>Diabetes Australia – Northern Territory</i></p>

Title	Description	Contact
<p><b>Diabetes – keep your feet healthy</b></p> <p>An Aboriginal patient education resource which provides basic information on:</p> <ul style="list-style-type: none"> <li>• keeping feet healthy</li> <li>• steps to take when foot problems occur</li> <li>• why foot problems occur</li> <li>• complications from foot problems</li> </ul> <p>Produced by Clinical Nursing &amp; Research – NT University, Territory Health Services and Diabetes Australia – Northern Territory.</p> <p>ISBN 0 9577370 1 7</p>	<p><b>flip chart</b>  size: A4, 8 pages  laminated/  colour  cost: \$38.50 plus  \$3.30 postage  per copy</p>	<p>Diabetes Australia – Northern Territory  Tel: (08) 8927 8488  Fax: (08) 8927 8515</p> <p>Email: info@diabetesnt.org.au</p> <p>Order form available</p>
<p><b>What to do when you have diabetes</b></p> <p>An Aboriginal patient education resource covering :</p> <ul style="list-style-type: none"> <li>• what it is</li> <li>• how to tell if you have diabetes</li> <li>• activities</li> <li>• nutrition</li> <li>• weight</li> <li>• infection</li> <li>• reading labels</li> <li>• breakfast / lunch / dinner plans</li> </ul> <p>Produced by Central Australian Nutrition Team  Territory Health Services</p>	<p><b>folder</b>  size: A4,  laminated pages  published: 1999  cost: \$100</p> <p>Available as CD Rom</p>	<p>Sue Gough  Manager – Food and Nutrition</p> <p>Tel: (08) 8951 6902</p>
<p><b>What is diabetes</b></p> <p>An information manual on diabetes which would be appropriate to use with community members. Covers what is diabetes, how to look after yourself, what your doctor and health worker need to check, what causes type 2 diabetes, what happens to people who have type 2 diabetes, diabetes and women, nutrition and alcohol.</p>	<p><b>booklet</b>  size: A4, 29 pages  cost: no cost</p>	<p>Tropical Public Health Unit  PO Box 1103, Cairns</p> <p>Tel: (07) 4050 3600  Fax: (07) 4031 1440</p>


# Renal disease

Title	Description	Contact
<p><b>Check Your Kidneys</b></p> <p>A training manual on Kidney disease for Aboriginal health workers.</p> <p>Produced by Centre for Kidney Research, Children's Hospital at Westmead and NSW Health.</p>	<p><b>manual</b>  <i>size: A4</i>  <i>published: 2002</i>  <i>cost: no cost involved</i></p>	<p>Aboriginal Vascular Health Program, NSW Health</p> <p>Tel: (02) 9391 9571            (02) 9391 9853</p>
<p><b>Kidney disease – preparing for dialysis treatment</b></p> <p>Aimed at Aboriginal people with renal disease. Explains the importance of dialysis in the treatment of kidney failure, provides information on the treatment process and the support available.</p> <p>Produced by Australian Kidney Foundation in co-operation with Royal Perth Hospital.</p>	<p><b>video</b>  <i>duration: 17 minutes</i>  <i>production date: 1997</i>  <i>cost: no cost (postage costs for larger orders)</i></p>	<p>Australian Kidney Foundation</p> <p>Tel: (08) 9322 1354  <i>Email: afk@perth.kidney.org.au</i></p> <p>Order form available</p>
<p><b>The kidneys</b></p> <p>Aimed at Aboriginal people with renal disease. Provides an introduction to the basics of kidney health, kidney disease, treatment options for kidney failure and information on prevention.</p>	<p><b>flip chart</b>  <i>size: A4, 8 pages</i>  <i>published: 2000</i></p> <p><i>cost: no cost (postage costs for larger orders)</i></p>	
<p><b>Koori kidneys need kindness</b></p> <p>A pamphlet aimed at prevention and early detection of kidney disease. Provides information on what the kidneys do, risk factors for kidney disease and how to prevent kidney disease by control of diabetes and blood pressure. It also provides the important message of screening for kidney disease. A good pamphlet to use with Aboriginal patients that provides the essential information in a simple manner with use of local artwork and photos.</p> <p>Developed and produced by Hunter Renal Resource Centre of Hunter Area Health Service and Awabakal Aboriginal Co-op.</p> <p>Funded by the Lower/Upper Hunter Health Councils, NSW</p>	<p><b>pamphlet</b>  <i>published: 2001</i>  <i>cost: no cost (postage costs for larger orders)</i></p> <p><b>poster</b>  <i>size: A3</i>  <i>published: 2001</i>  <i>cost: cost provided on request</i></p>	<p>Coordinator            Hunter Renal resource Centre, Hunter Area Health Services</p> <p>Tel: (02) 4904 8800</p>

Title	Description	Contact
<p><b>Kidney fact sheets</b></p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• kidney health</li> <li>• diabetes and kidney disease</li> <li>• blood pressure and kidney disease</li> <li>• kidney and urinary tract health for women and men</li> <li>• urinary tract infections</li> </ul> <p>Provides comprehensive information useful for health workers. Could be adapted to use with local community members.</p>	<p><b>pamphlets</b> cost: no cost</p>	<p>Australian Kidney Foundation</p> <p>NSW Office 161 Clarence St Sydney</p> <p>Tel: (02) 9299 4599 Email: akf@sydney.kidney.org.au</p>
<p><b>Haemodialysis &amp; Self Care Training Education Manual</b></p> <p>A training manual that is designed for health staff to train Aboriginal patients to conduct 'at home dialysis'. Covers an introduction on the kidneys and dialysis, easy to follow information on weight, blood pressure, hygiene, use of the machines, needling, observation during dialysis, alarms and problems, medications and fistula care.</p> <p>Produced by Northern Territory Health Services. Prepared by Melinda Flack, Lynda Wagner &amp; Margaret Kent.</p>	<p><b>manual</b> size: A4 ring binder 64 pages cost:\$199 plus postage</p>	<p>Manager Nightcliff Renal Unit PO Box 41326 Casuarina NT 0811</p> <p>Tel: (08) 8948 9000</p>
<p><b>Kidney problems</b></p> <p>A video designed to provide information to patients and their families on the different treatment options for renal failure and the impact of those choices.</p> <p>Produced by Nightcliff Renal Unit, Northern Territory Health Services.</p>	<p><b>video</b> cost:\$33 plus postage</p>	<p>Manager Nightcliff Renal Unit PO Box 41326 Casuarina NT 0811</p> <p>Tel: (08) 8948 9000</p>
<p><b>Renal Training Manual for Aboriginal Health Workers</b></p> <p>A training manual designed specifically for training Aboriginal health workers who work in a dialysis unit. The manual is divided into five modules with an orientation module specific to the Nightcliff Renal Unit. Covers kidneys and kidney failure, diet and dialysis, basic haemodialysis, observations during dialysis, renal medications and peritoneal dialysis.</p> <p>Produced by Nightcliff Renal Unit, Territory Health Services</p>	<p><b>manual</b> size: A4 ring binder 127 pages cost:\$198</p> <p><b>cd-rom</b> cost:\$110 plus postage</p>	<p>Manager Nightcliff Renal Unit PO Box 41326 Casuarina NT 0811</p>

## Nutrition

Title	Description	Contact
<p><b>Australian guide to healthy eating kit</b></p> <p>Authors: Alison Smith, Elizabeth Kellett, Yvonne Schmerlaib of the Children's Health Development Foundation.</p> <p>A kit aimed at people who educate others about eating for good health. Provides information on the five food groups and nutritional requirements and practical tips for eating healthier.</p> <p>Produced by Commonwealth Department of Health and Family Services, Children's Health Development Foundation, SA Women's and Children's Hospital, Faculty of Health and Behavioural Sciences Deakin University.</p> <p><a href="http://www.health.gov.au/pubhlth/publicat">www.health.gov.au/pubhlth/publicat</a></p>	<p><b>kit</b></p> <p><b>educators manual</b> size: A4, 40 pages ISBN 0642272581</p> <p><b>consumer booklet</b> size: A5, 22 pages ISBN 0642272573</p> <p>size: A4 brochure A1 poster A4 poster</p> <p>published: 1998 cost: no cost</p>	<p>Commonwealth Dept of Health and Aged Care – Population Health Unit</p> <p>Tel: (02) 6289 8654 (voicemail) 1800 020 103 (8654 ext.) order no: SS52509</p> <p><a href="#">Available online</a></p>
<p><b>National Aboriginal &amp; Torres Strait Islander Nutrition Strategy and Action Plan 2000/2001 and Eat Well Australia (DRAFT)</b></p> <p>Developed by the National Aboriginal and Torres Strait Islander Nutrition Working Party</p> <p>The <b>manual</b> and <b>summary</b> are divided into:</p> <ul style="list-style-type: none"> <li>National Aboriginal &amp; Torres Strait Islander Nutrition Strategy</li> <li>Eat Well Australia – an agenda for action for public health nutrition</li> </ul> <p>The National Aboriginal &amp; Torres Strait Islander Nutrition Strategy covers:</p> <ul style="list-style-type: none"> <li>the development of the strategy and action plan</li> <li>the action areas including the rationale, main issues, what is already being done and what more is needed</li> </ul> <p>Eat Well Australia covers:</p> <ul style="list-style-type: none"> <li>the background and structure of the action plan</li> <li>strategic management initiatives</li> <li>health gain initiatives</li> <li>capacity building initiatives</li> </ul> <p><a href="http://www.dhs.vic.gov.au/nphp/signal/priority.htm">www.dhs.vic.gov.au/nphp/signal/priority.htm</a></p>	<p><b>manual</b> size: A4, 180 pages</p> <p><b>summary</b> size: A5, 63 pages</p> <p>cost: no cost</p>	<p>Available from SIGNAL Secretariat</p> <p>Tel: 02 6289 8052</p> <p><a href="#">Available online</a></p>

Title	Description	Contact
<p><b>Nutrition in Aboriginal and Torres Strait Islander peoples – an information paper</b></p> <p>Report covering a variety of nutrition issues.</p> <p><b>Section 1</b> includes how nutrition affects health, demographic information, factors influencing diet, hygiene and infection and involving communities in promoting good health.</p> <p><b>Sections 2 and 3</b> cover the extent, risk factors and health consequences of maternal and child health issues and nutrition related conditions.</p> <p>Published by National Health &amp; Medical Research Council</p> <p>ISBN 186496068X</p> <p><a href="http://www.health.gov.au:80/nhmrc/publicat/nhome.htm">www.health.gov.au:80/nhmrc/publicat/nhome.htm</a></p>	<p><b>report</b>  size: A5, 266 pages  published: 2000  cost: \$22.50</p>	<p>Govt Info Bookshops  (see page 31)</p> <p> Available online</p>
<p><b>Deliver Nutrician Care</b></p> <p>An education series which can be used for Aboriginal health worker training and patient education. This series of four booklets includes:</p> <ul style="list-style-type: none"> <li>• Food and nutrition</li> <li>• Food and chronic disease</li> <li>• Food and specific target groups</li> <li>• Food and life-skills</li> </ul> <p>Produced by the Nutrition and Physical Activity Team of the WA Department of Health</p>	<p><b>4 booklets</b>  published: 1994  cost: to be organised</p>	<p>Nutrition and Physical Activity Team  Department of Health,  WA</p> <p>Tel: (08) 9222 2062</p>

Title	Description	Contact
<p><b>The Healthy Weight Program</b></p> <p>A community based weight management program for overweight Aboriginal and Torres Strait Islander adults designed to be run by people who have undergone training to become Healthy Weight Program facilitators. Training is provided by the Tropical Public Health Unit of Queensland Health.</p> <p>Resources produced for the Program include:</p> <ul style="list-style-type: none"> <li>• facilitators manual . . . . .</li> <li>• workshop flipcharts</li> <li>• set 1 . . . . .</li> <li>• set 2 . . . . .</li> <li>• fat in food photos . . . . .</li> <li>• laminated activity cards . . . . .</li> <li>• food models . . . . .</li> <li>• health weight t-shirts . . . . .</li> <li>• food pyramid . . . . .</li> </ul>	<p><b>training</b> cost: cost is negotiated with coordinator</p> <p>Resource costs: \$27.50</p> <p>\$429.00 \$195.00 \$220.00 \$22.00 \$231.00 \$27.50 \$451.00</p>	<p>To order resources contact: Dulcie Bird Dr Edward Koch Foundation Pty Ltd Tel: (07) 4031 0145 Fax: (07) 4031 0744 Email: drkoch@austarnet.com.au</p> <p>Nutrition Team Tropical Public Health Unit Network, Cairns Tel: (07) 4050 3600 Fax: (07) 4050 3662</p> <p>or</p> <p>Nutrition Team Tropical Public Health Unit Network, Townsville Tel: (07) 4750 4040 Fax: (07) 4750 4041</p> <p>or</p> <p>Public Health Nutritionist Southern Public Health Unit Network, Ipswich Tel: (07) 3810 1535 Fax: (07) 3810 1155</p> <p>or</p> <p>Public Health Nutritionist Central Public Health Unit Network, Brisbane Tel: (07) 3250 8593 Fax: (07) 3250 8595</p>
<p><b>Koori cook book</b></p> <p>Includes recipes developed by Aboriginal women from the La Perouse and surrounding communities. The recipes have been adapted in line with healthy food guidelines for people with diabetes and heart disease.</p>	<p><b>booklet</b> size: A5, 29 pages published: 1996 cost no cost (postage costs for larger orders)</p>	<p>Elsie Heiss Aboriginal Health Education Officer in Diabetes S.E. Sydney Area Health Service</p> <p>Tel: (02) 9382 8013</p>

Title	Description	Contact
<p><b>Let's talk tucker</b></p> <p>Author: Rachel Avard</p> <p>A patient education resource for Aboriginal people about diet and nutrition.</p> <p>Provides modules on</p> <ul style="list-style-type: none"> <li>• weight loss</li> <li>• cholesterol</li> <li>• blood pressure</li> <li>• diabetes</li> <li>• diabetes in pregnancy</li> <li>• alcohol</li> <li>• budget</li> <li>• food for children (0–11 years)</li> </ul> <p>Produced by Northern Districts Public Health Unit, Tamworth</p>	<p><b>manual</b>  size: 117 pages  published: 1996  cost: \$27.50  (including GST)</p>	<p>Dietician department  Tamworth Base Hosp</p> <p>Tel: (02) 6768 3291</p>
<p><b>Sharing good tucker stories – a guide for Aboriginal and Torres Strait Islander communities</b></p> <p>Author: Rebecca Bear-Wingfield</p> <p>Stories of nutritional programs conducted in Aboriginal and Torres Strait Islander communities, including the evaluation of the programs.</p> <p>Also provides a background of the production of this resource, its recommended uses and a section on how to plan, run and evaluate a community nutrition program.</p> <p>ISBN: 0 642 24803 6</p>	<p><b>book</b>  size: 154 pages  published: 1996  cost: no cost  order no: SS51617</p>	<p>Commonwealth Dept.  of Health and Aged  Care – Population  Health Unit</p> <p>Tel: (02) 6289 8654  voicemail:  1800 020 103 (8654  ext.)</p>
<p><b>Store food for people with diabetes</b></p> <p>Provides the basic information on diet for people with diabetes. Uses mostly pictures and a few written tips.</p>	<p><b>pamphlet</b>  size: A4  published: 1997  cost: no cost</p>	<p>Nutrition Program  Tropical Public Health  Unit  PO Box 1103  Cairns QLD</p>
<p><b>What to eat</b></p> <p>A booklet about diet and exercise aimed at all people, but also can be used for people with diabetes. Extensive pictures with short explanations.</p> <p>Currently being revised.</p>	<p><b>booklet</b>  size: A4, 24 pages  published: 1995  cost: no cost</p>	<p>Tel: (07) 4050 3600  Fax: (07) 4050 3662</p>
<p><b>The food you eat</b></p> <p>A patient education booklet that provides simple dietary information for people with diabetes.</p> <p>Explanations are given on carbohydrates, fats, protein, fibre, vitamins and minerals and alcohol including what foods contain them. Brief lists are given on what foods should be eaten more and what should be eaten less. Tips on how much you should eat, eating out, losing weight and reading labels is also given.</p> <p>A simple, easy to understand booklet.</p> <p>Developed by Diabetes Centre, Royal Prince Alfred Hospital, Camperdown</p> <p>Produced by Servier Laboratories</p>	<p><b>booklet</b>  size: A5, 24 pages  published: 1995  cost: no cost</p>	<p>Servier Laboratories</p> <p>Tel: (03) 8923 7333</p>

Title	Description	Contact
<b>Fruit and Veg Kit for Aboriginal Health</b>		
<b>Fruit and Vegetable Kit</b>		
<p>Outlines a range of fruit and vegetable initiatives that could be potential projects for different communities.</p>	<p><b>training package</b> <i>published: 2001</i></p>	<p>Kerith Duncanson <i>Forster Community Health</i></p>
<b>Fruit and veg cookbooks</b>	<p>Cost: provided on request</p>	<p><i>Tel: (02) 6555 6822</i></p>
<p>For use in conjunction with cooking programs in Aboriginal communities or schools.</p>	<p>Available on cd-rom and as PDF File (to print out).</p>	<p>or</p>
<b>Fat and fibre cards</b>		<p>Aboriginal Health (Mid North Coast Area Health Service)</p>
<p>For use to show the composition of various fruit and vegetables and foods make from them.</p>		
<b>Fruit and vegetable stickers</b>		
<p>For use by participants of programs to record fruit and vegetable intake</p>		
<b>Fruit and vegetable models</b>		
<p>To show exact serving sizes for fruit and vegetables</p>		
<b>Fruit and vegetable handouts and recipe cards</b>		
<p>For education sessions and fruit and vegetable promotions</p> <p>Produced by the Mid North Coast Aboriginal Health Partnership</p>		

## Smoking



Title	Description	Contact
<p><b>Say goodbye to smokes – health effects of smoking</b></p> <p>Aimed at Indigenous people who smoke. Provides information on the diseases caused by smoking, the dangerous chemicals in cigarettes, benefits of quitting and advice and contacts for help with quitting.</p>	<p><b>pamphlet</b> published: 2000 order number: HP5867</p> <p>cost: no cost (limited copies available)</p>	<p>Marketing &amp; Communications Public Health Division</p> <p>PO Box 8172 Perth Business Centre WA 6849</p>
<p><b>Say goodbye to smokes – a guide to quitting smoking</b></p> <p>Provides advice for Aboriginal people quitting, steps to stay a non-smoker and contacts for help with quitting. Includes WA statistics and contacts but other information is general.</p> <p>Produced by Smoking and Health Program, Public Health Division, Health Department of WA.</p>	<p><b>pamphlet</b> published: 1997 order number: HP4948</p> <p>cost: no cost (limited copies available)</p>	<p>Tel: 1300 035 030 (08) 9222 2088</p>
<p><b>National Heart Foundation Resource Series</b></p>		
<p>Set of resources produced by the National Heart Foundation – Northern Territory, Menzies School of Health Research, the Tiwi Health Board and Bagot Community.</p>		
<p><b>The tobacco book – a manual for staff who want to help Aboriginal people to quit smoking</b></p>		
<p>A manual for health workers. Provides easy to understand information on how smoking can affect your body and your life and steps to assist clients to quit.</p>	<p><b>manual</b> size: A4, 25 pages, colour published: 2000 cost: \$33.55</p>	<p>The National Heart Foundation – NT Division</p> <p>Tel: (08) 8981 1966 Fax: (08) 8941 0344</p>
<p><b>The tobacco book – a booklet for people who are thinking about quitting</b></p>		
<p>Aimed at Aboriginal people who are considering quitting smoking. Easy to understand information about how smoking can affect your body and life. Also provides advice on how to quit and what to expect to happen to your body as a result of quitting.</p>	<p><b>booklet</b> size: A5, 19 pages, colour published: 1999 cost: \$3.85</p>	<p>Order form available</p>
<p><b>The tobacco book</b></p>		
<p>Covers the history of tobacco use, health effects on the individual and family and steps and tips for those wanting to quit.</p>	<p><b>flip chart</b> size: A3, 20 pages, colour, laminated published: 1999 cost: \$110</p>	
<p><b>Giving up tobacco</b></p>		
<p>A pamphlet providing information on how smoking affects the body and advice on how to quit.</p>	<p><b>pamphlet</b> size: 3 fold A4 pamphlet published: 1999 cost: \$1.30</p>	

Title	Description	Contact
<p><b>Granny why don't you smoke?</b></p>	<p><b>flip chart</b></p>	<p><i>Cape York Health Council – Apunipima</i></p>
<p>A smoking education resource designed for use by health workers with Indigenous children in the middle and lower years of primary school. Includes a story that is designed to be read to, or by the children.</p> <p>There are also information boxes on health risks associated with smoking with related story content and suggested follow-up activities.</p> <p>Produced by Apunipima – Cape York Heath Council &amp; Queensland Health</p>	<p>size: A3, 37 pages laminated cost: no cost</p>	<p>Tel: (07) 4051 7450 1800 653 393 Fax: (07) 4051 7940</p>

## Alcohol

Title	Description	Contact
<p><b>The grog book – strengthening Indigenous community action on alcohol</b></p> <p>Author: Maggie Brady</p> <p>Comprehensive resource book for people who are able to encourage and stimulate community-based action. Provides interventions and strategies for dealing with the use and abuse of alcohol. Can also be adapted for other drugs.</p> <p>This resource covers:</p> <ul style="list-style-type: none"> <li>• the history and effects of alcohol</li> <li>• ideas and experiences on stimulating action</li> <li>• prevention awareness and training</li> <li>• managing drinking in hotels and clubs</li> <li>• ideas for managing drinking trouble</li> <li>• licensing issues</li> <li>• mobilising existing services</li> </ul> <p>Produced by Commonwealth Department of Health and Aged Care</p> <p>ISBN 0 642 36729 9</p>	<p><b>book</b>  size: A5, 222 pages  published: 1998  cost: \$32.25  order number: 9807357</p>	<p><i>Government Info Shops (see page 31)</i></p>
<p><b>Giving away the grog – Aboriginal accounts of drinking and not drinking</b></p> <p>Collected and edited by Maggie Brady</p> <p>A book of stories, told by Aboriginal people about their experiences of drinking and giving up drinking. Stories by people from Belyuen, Katherine, Binjari, Rockhole and Timber Creek region in the Northern Territory and Yatala in South Australia.</p> <p>Produced by Commonwealth Dept of Health and Aged Care</p> <p>ISBN 0 644 45458 X</p>	<p><b>book</b>  size: 173 pages  published: 1995  cost: \$18.30  order number: 9508465</p>	<p><i>Government Info Shops (see page 31)</i></p>

## Additional useful resources

Title	Description	Contact
<p><b>A Medical Practitioner's Guide to Aboriginal Health</b></p> <p>Produced for General Practitioners and includes:</p> <ul style="list-style-type: none"> <li>• cultural issues</li> <li>• history and health</li> <li>• men's, women's and children's health</li> <li>• environmental health</li> <li>• drug use</li> <li>• ear health</li> <li>• mental health</li> <li>• injury</li> <li>• type 2 diabetes</li> <li>• renal disease</li> <li>• STD's</li> <li>• regional profiles</li> </ul> <p>While the book provides data on Western Australian Aboriginal communities, it offers important general information on the scope of the specific health areas pertaining to Aboriginal people, implications for general practice and provides contact details of organisations where further information can be obtained.</p> <p>Published by Australian Medical Association (WA Branch) Funded by AMA and Healthway (WA Health Promotion Foundation)</p> <p>ISBN 0 6463 29952</p>	<p><b>manual</b> size: A4, 120 pages published: 1998 cost: \$32.95 plus \$9.35 freight</p>	<p><i>Australian Medical Assoc. (WA Branch)</i> PO Box 133 Nedlands WA 6009</p> <p>Tel: 08 9273 3022 Fax: 08 9273 3017</p>
<p><b>Aboriginal primary health care – an evidence-based approach</b></p> <p>Authors: Sophia Couzos &amp; Richard Murray for the Kimberley Aboriginal Medical Services' Council</p> <p>Provides detailed information on:</p> <ul style="list-style-type: none"> <li>• contemporary issues and overview</li> <li>• information technology for patient recall</li> <li>• the periodic health examination</li> <li>• skin infections</li> <li>• rheumatic fever</li> <li>• diabetes</li> <li>• chronic renal failure</li> <li>• ear health</li> <li>• trachoma</li> <li>• gestational diabetes</li> </ul> <p>The chapters on specific health conditions cover:</p> <ul style="list-style-type: none"> <li>• goals and targets</li> <li>• burden of suffering</li> <li>• clinical definitions of conditions</li> <li>• diagnostic procedures</li> <li>• effectiveness of prevention (primary, secondary and tertiary)</li> <li>• implications of programs</li> <li>• data collection</li> <li>• performance indicators</li> </ul> <p>Published by Oxford University Press</p> <p> <a href="http://www.angusrobertson.com.au">www.angusrobertson.com.au</a></p>	<p><b>book</b> size: A5, 455 pages published: 1999 cost: \$55</p>	<p> can be ordered through Angus &amp; Robertson website <a href="http://www.angusrobertson.com.au">www.angusrobertson.com.au</a></p>

Title	Description	Contact
<p><b>Guidelines on ethical matters in Aboriginal and Torres Strait Islander health research</b></p>	<p><b>booklet</b> size: A4, 40 pages</p>	<p><i>National Health &amp; Medical Research Council</i></p> <p>Tel: (02) 6289 9520</p> <p>Available online</p>
<p>Describes the development of the guidelines and offers specific guidelines on the consultation process, community involvement and ownership and publication of data.</p> <p>Produced by the National Health and Medical Research Council</p> <p>www.health.gov.au:80/nhmrc/publications/ehome.htm www.health.gov.au/nhmrc/publicat/synopses/el1syn.htm</p>	<p><b>book</b> size: A4, 140 pages published: 2000 cost: \$30 incl GST, postage and handling</p>	<p><i>The Aboriginal and Islander Health Worker Journal</i></p> <p>Tel: (02) 9311 2593</p>
<p><b>Indigenous health promotion resources – 3rd edition</b> An information guide for Aboriginal and Torres Strait Islander health workers</p>	<p><b>book</b> size: A4, 140 pages published: 2000 cost: \$30 incl GST, postage and handling</p>	<p><i>The Aboriginal and Islander Health Worker Journal</i></p> <p>Tel: (02) 9311 2593</p>
<p>Provides an extensive listing of relevant resources on indigenous health promotion in a wide variety of topics including specific health conditions and health related issues such as housing, nutrition, social and emotional well being, social justice, education and health worker issues.</p> <p>Special publication of the Aboriginal &amp; Torres Strait Islander Health Worker Journal.</p>	<p><b>book</b> size: A4, 111 pages published: 1994</p>	<p><i>Better Health Centre NSW Health</i></p> <p>Tel: (02) 9816 0452 Fax: (02) 9816 0492</p>
<p><b>Program management guidelines for health promotion</b></p>	<p><b>book</b> size: A4, 111 pages published: 1994</p>	<p><i>Better Health Centre NSW Health</i></p> <p>Tel: (02) 9816 0452 Fax: (02) 9816 0492</p>
<p>Provides extensive information in point form and checklist format. Covers the four topics of planning, implementation, evaluation and sustainability in relation to program management.</p> <p>Produced by Central Sydney Area Health Service</p>	<p><b>manual – Vol. 1</b> size: A4, 235 pages cost: \$36.30</p> <p><b>manual – Vol. 2</b> size: A4, 260 pages cost: \$33.00</p> <p>cost: postage \$6.60 published: 1999</p>	<p><i>Territory Health Services Public Health Strategy Unit</i></p> <p>Tel: (08) 8999 2720 Fax: (08) 8999 2420</p> <p>available online</p>
<p><b>The public health – bush book</b></p>	<p><b>manual – Vol. 1</b> size: A4, 235 pages cost: \$36.30</p> <p><b>manual – Vol. 2</b> size: A4, 260 pages cost: \$33.00</p> <p>cost: postage \$6.60 published: 1999</p>	<p><i>Territory Health Services Public Health Strategy Unit</i></p> <p>Tel: (08) 8999 2720 Fax: (08) 8999 2420</p> <p>available online</p>
<p>A valuable public health / health promotion resource specifically designed for people working in rural and remote areas. Produced in two volumes.</p> <p><b>Volume 1: Strategies and resources</b> Covers issues related to health promotion practices. It provides the theoretical background and history of health promotion and public health, practical strategies, other resources available and planning and evaluating health promotion projects. Draft checklists and worksheets are also provided.</p> <p><b>Volume 2: Facts &amp; approaches to three key public health issues</b> Provides facts and approaches to three key public health issues:</p> <ul style="list-style-type: none"> <li>• alcohol and other drugs</li> <li>• environmental health</li> <li>• food and nutrition</li> </ul> <p>Produced by Territory Health Services – Public Health Strategy Unit</p> <p>ISBN 0 7245 3361 3</p> <p>www.nt.gov.au/nths/healthdev/health_promotion/bushbook/</p>	<p><b>manual – Vol. 1</b> size: A4, 235 pages cost: \$36.30</p> <p><b>manual – Vol. 2</b> size: A4, 260 pages cost: \$33.00</p> <p>cost: postage \$6.60 published: 1999</p>	<p><i>Territory Health Services Public Health Strategy Unit</i></p> <p>Tel: (08) 8999 2720 Fax: (08) 8999 2420</p> <p>available online</p>

Title	Description	Contact
<p><b>Thinking, listening, looking, understanding and acting as you go along – steps to evaluating Indigenous health promotion projects</b></p> <p>Authors: Tjikalyi Colin &amp; Anne Garrow</p> <p>Provides simple, user-friendly information on what evaluation is, steps to planning evaluation and worksheets and checklists to be used in the workplace.</p> <p>Produced by CRANA</p> <p>ISBN 0 646 291 16 5</p>	<p><b>booklet</b>  size: A4, 69 pages  published: 1996  cost: \$39 (10% discount for members)</p>	<p><i>Council of Remote Area Nurses of Australia Inc (CRANA)  Alice Springs, NT</i></p> <p>Tel: (08) 8953 5244  Fax: (08) 8953 5245</p>
<p><b>Submission writing</b></p> <p>Explains in simple terms</p> <ul style="list-style-type: none"> <li>• suggested planning and preparation required for submission writing</li> <li>• the process of developing a project</li> <li>• the structure and content of a submission, including the budget component</li> <li>• suggested sources of information</li> <li>• presentation of analysis</li> </ul> <p>Produced by Queensland Health Promotion Council</p>	<p><b>booklet</b>  size: A5, 45 pages  published: 1995</p>	<p>Copies available from:  <i>Aboriginal Vascular Health Program</i></p> <p>Tel: (02) 9391 9571  Fax: (02) 9391 9556  Email:  mscot@doh.health.nsw.gov.au  or  socon@doh.health.nsw.gov.au</p>

# Training available

Course/Training	Organisation/Contact
<p><b>Graduate Certificate in Diabetes Education and Management</b></p> <ul style="list-style-type: none"> <li>• One year part-time course</li> <li>• Involves two intensive workshops and four distance education modules</li> </ul>	<p>University of Technology Sydney (UTS)</p> <p>Sue Dean Academic Coordinator University of Technology</p> <p>Tel: 02 9514 5124 📧 online: <a href="http://www.nmh.uts.edu.au/courses/diabetes.html">www.nmh.uts.edu.au/courses/diabetes.html</a></p>
<p><b>Graduate Certificate in Health (Diabetes Management &amp; Education)</b></p> <ul style="list-style-type: none"> <li>• Three one-week residential over a 1 year period (in Adelaide)</li> <li>• 40 hours of practical placement which can be done interstate</li> </ul>	<p>Flinders University – Adelaide</p> <p>Ms Meri King                      Tel: (08) 8201 3414 Course Coordinator Flinders University or Anne Reichstein                      Tel: (08) 8201 3481</p> <p>📧 online: <a href="http://www.flinders.edu.au/courses/postgrad/diabet.htm">www.flinders.edu.au/courses/postgrad/diabet.htm</a></p>
<p><b>Graduate Diploma in Health Sciences (Diabetes Education)</b></p> <ul style="list-style-type: none"> <li>• One-year full time or two-year part time</li> <li>• Available as external study</li> <li>• Entrance requirements: relevant bachelors degree</li> <li>• Involves course work and clinical placements (2 x 2 week blocks)</li> </ul>	<p>Curtin University – Western Australia</p> <p>Tel: 1800 062 814 Fax: 1800 353 145 Email: <a href="mailto:postgrad@curtin.edu.au">postgrad@curtin.edu.au</a> 📧 online: <a href="http://www.curtin.edu.au/curtin/handbook/">www.curtin.edu.au/curtin/handbook/</a></p>
<p><b>Graduate Certificate of Diabetes Education</b></p> <ul style="list-style-type: none"> <li>• Offered by off-campus study. Can be completed in either two or three semesters of part-time study. A five-day residential workshop is a highly recommended component of the course.</li> </ul>	<p>Deakin University - Victoria Faculty Student Centre</p> <p>Tel: (03) 9251 7777 Email: <a href="mailto:hbs.info@deakin.edu.au">hbs.info@deakin.edu.au</a> 📧 online: <a href="http://www.deakin.edu.au/handbook/pg_courseguide/coursework/nursing.htm#3">www.deakin.edu.au/handbook/pg_courseguide/coursework/nursing.htm#3</a></p>
<p><b>Aboriginal Health Worker Program in Diabetes Prevention and Control</b></p> <ul style="list-style-type: none"> <li>• Accredited course designed for delivery in a training room setting</li> <li>• \$75 (including p&amp;h)</li> <li>• Course providers must either apply for status as a Registered Training Organisation (RTO) or conduct the program in partnership with an RTO.</li> </ul>	<p>Diabetes Australia – Western Australia</p> <p>Health Services Division Diabetes Australia – WA PO Box 6097 East Perth WA 6892</p> <p>Tel: 08 9325 7699 Fax: 08 9221 1183</p>

Course/Training	Organisation/Contact
<b>National Training Program for Nurses and Allied Health Professionals</b>	National Association of Diabetes Centres (NADC) The National Office of the National Association of Diabetes Centres is co-located with Diabetes Australia in Canberra.
<ul style="list-style-type: none"> <li>• Self-directed modules that are purchased from NADC</li> <li>• \$50 + GST + postage</li> </ul>	<i>GPO Box 2887            Canberra ACT 2601</i>
<b>National Footcare Training Manual</b>	<i>Tel: (02) 6230 1555</i>
<ul style="list-style-type: none"> <li>• Self-directed modules that are purchased from NADC</li> <li>• Include case studies, colour photos, overhead transparencies and activities</li> <li>• \$80 + GST + postage</li> </ul> <p>Produced by NADC in partnership with the Australian Podiatry Council</p>	<i>Fax: (02) 6230 0270            Email: NADC@bigpond.com</i>
<b>Programs for Health Professionals</b>	Janet Haynes <i>Training Coordinator            International Diabetes Institute</i>
<ul style="list-style-type: none"> <li>• 5 day comprehensive diabetes course – \$495</li> <li>• 2 day intensive course for health professionals – \$350</li> <li>• Half day workshops – \$60 per workshop</li> </ul>	<i>Tel: (03) 9258 5053            Fax: (03) 9258 5090            Email: jhaynes@idi.org.au</i>
<b>Renal Training Manual for Aboriginal Health Workers</b>	Manager <i>Nightcliff Renal Unit</i>
<ul style="list-style-type: none"> <li>• A manual that has been developed by Nightcliff Renal Unit as an orientation and training resource</li> <li>• Available on CD Rom \$110</li> <li>• Manuals have been purchased by several Renal Units in NSW</li> </ul>	PO Box 40596 Casuarina NT 0811  <i>Tel: (08) 8948 9000</i>

## Relevant internet sites

<b>Government sites – Commonwealth / national</b>
<p><b>Australian Bureau of Statistics</b>  <a href="http://www.abs.gov.au/">www.abs.gov.au/</a></p>
<p><b>Australian Department of Health and Aged Care</b>  <a href="http://www.health.gov.au/">www.health.gov.au/</a></p>
<p><b>Australian Coordinated Care Trials – Interim National Evaluation Report</b>  <a href="http://www.health.gov.au/hsdd/cocare/nevalrep.htm">www.health.gov.au/hsdd/cocare/nevalrep.htm</a></p>
<p><b>Australian Institute of Health and Welfare</b>  <a href="http://www.aihw.gov.au/">www.aihw.gov.au/</a></p>
<p><b>Cooperative Research Centre for Aboriginal and Tropical Health</b>  <a href="http://www.ath.crc.org.au/crc/">www.ath.crc.org.au/crc/</a></p>
<p><b>Department of Aboriginal Affairs – Home Page</b>  <a href="http://www.daa.nsw.gov.au/daa/index.html">www.daa.nsw.gov.au/daa/index.html</a></p>
<p><b>Highlights of Government Support for Diabetes Australia 1999 – Report</b>  <a href="http://www.health.gov.au:80/hsdd/nhpq/diabetes/diabetes99/dia99.htm">www.health.gov.au:80/hsdd/nhpq/diabetes/diabetes99/dia99.htm</a></p>
<p><b>National Health and Medical Research Council</b>  <a href="http://www.health.gov.au:80/nhmrc">www.health.gov.au:80/nhmrc</a></p>
<p><b>Office of Aboriginal and Torres Strait Islander Health</b>  <a href="http://www.health.gov.au/oatsih/index.htm">www.health.gov.au/oatsih/index.htm</a></p>
<p><b>Office of Aboriginal &amp; Torres Strait Islander Health – Publications List</b>  <a href="http://www.health.gov.au/oatsih/pubs/index.htm">www.health.gov.au/oatsih/pubs/index.htm</a></p>
<p><b>The Minister for Immigration and Multicultural and Indigenous Affairs</b>  <a href="http://www.minister.immi.gov.au/atsia/index.htm">www.minister.immi.gov.au/atsia/index.htm</a></p>

<b>Government sites – State</b>
<b>NSW Health</b>
<b>Home Page</b> <a href="http://www.health.nsw.gov.au/">www.health.nsw.gov.au/</a>
<b>Health Promotion Branch</b> <a href="http://www.health.nsw.gov.au/public-health/health-promotion/abouthp/about.html">www.health.nsw.gov.au/public-health/health-promotion/abouthp/about.html</a>
<b>Centre for Research and Clinical Policy</b> <a href="http://www.health.nsw.gov.au/public-health/crcp/about/">www.health.nsw.gov.au/public-health/crcp/about/</a>
<b>NSW Aboriginal Health Information Guidelines</b> <a href="http://www.health.nsw.gov.au/iasd/imcs/ahisu/publications/ahealth-guide.html">www.health.nsw.gov.au/iasd/imcs/ahisu/publications/ahealth-guide.html</a>
<b>NSW Health – The health of Aboriginal people of NSW</b> <a href="http://hoist8.doh.health.nsw.gov.au/HAPN/">hoist8.doh.health.nsw.gov.au/HAPN/</a>
<b>NSW Aboriginal Health Strategic Plan</b> <a href="http://www.health.nsw.gov.au/health-public-affairs/ahealth/astratplan.htm">www.health.nsw.gov.au/health-public-affairs/ahealth/astratplan.htm</a>
<b>Health related sites</b>
<b>Australian Centre for Health Promotion</b> <a href="http://www.achp.health.usyd.edu.au/">www.achp.health.usyd.edu.au/</a>
<b>Australian Diabetes Educators Association</b> <a href="http://www.adea.com.au/">www.adea.com.au/</a>
<b>Australian Diabetes Society</b> <a href="http://www.racp.edu.au/ads/index.htm">www.racp.edu.au/ads/index.htm</a>
<b>Australian Health Promotion Association</b> <a href="http://www.healthpromotion.org.au/">www.healthpromotion.org.au/</a>
<b>Australasian Podiatry Council</b> <a href="http://www.apodc.com.au/">www.apodc.com.au/</a>
<b>Diabetes Australia</b> <a href="http://www.diabetesaustralia.com.au/">www.diabetesaustralia.com.au/</a>
<b>Diabetes Research Institute</b> <a href="http://www.drinet.org/">www.drinet.org/</a>
<b>Kidney Foundation</b> <a href="http://www.kidney.org.au">www.kidney.org.au</a>

**Royal Australasian College of Physicians – Indigenous Health Education and Resources**

[www.racp.edu.au/indig/guide.htm#health](http://www.racp.edu.au/indig/guide.htm#health)

**World Health Organisation**

[www.who.int/home](http://www.who.int/home) – page 1

**Other sites of interest / relevance**

**Council for Aboriginal Reconciliation**

[www.austlii.edu.au/au/orgs/car/](http://www.austlii.edu.au/au/orgs/car/)

**Australians for Native Title and Reconciliation**

[www.antar.org.au/](http://www.antar.org.au/)

# Organisation contact details

<b>Aboriginal &amp; Islander Health Worker Journal</b>
<p>PO Box 502          Matraville 2036          Tel: (02) 9311 2593          Fax: (02) 9311 2814 (fax)          Email: aihwjourn@indiginet.com.au</p>
<b>Australian Kidney Foundation</b>
<p>3rd Floor          68 Georges Terrace          Perth WA 6000          Tel: (08) 9322 1354          Fax: (08) 9481 3707          Email: akf@perth.kidney.org.au</p>
<b>Australian Medical Association</b>
<p>PO Box 133          Nedlands 6009 WA          Tel: (08) 9273 3000          Fax: (08) 9273 3017</p>
<b>Australian Diabetes Education Association</b>
<p>Secretariat          1st Floor Churchill House          218 Northbourne Avenue          BRADDON ACT 2612          Tel: (02) 6230 1228          Email: adeasec@interact.net.au</p>
<b>Apunipima</b>
<p>Cape York Health Council          Tel: 07 4051 7451          1800 653 393          Fax: (07) 4051 7940</p>
<b>Better Health Centre</b>
<p>NSW Health          Locked Mail Bag 5003          Gladesville 2111          Tel: (02) 9816 0452          Fax: (02) 9816 0492</p>
<b>Council of Remote Area Nurses</b>
<p>PMB 203          Alice Springs NT          Tel: (08) 8953 5244          Fax: (08) 8953 5245          Email: crana@ozemial.com.au</p>

<b>Diabetes Australia</b>
<p><b>Central Office</b>          The Secretariat          Diabetes Australia          1st Floor, Churchill House          218 Northbourne Avenue          Braddon ACT 2612          Tel: (02) 6230 1155          Fax: (02) 6230 1535          ☎ online: <a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a></p>
<p><b>NT Branch</b>          PO Box 40113          Casuarina NT 0811          Tel: (08) 8927 8488          Fax: (08) 8927 8515</p>
<b>Government Info Shops</b>
<p><b>Over the counter:</b>          Sydney          32 York Street          Tel: (02) 9242 8500          Fax: (02) 9242 8505</p>
<p>Parramatta          Shop 24 Horwood Place          (off Macquarie Street)          Tel: (02) 98938466          Fax: (02) 9893 8213</p>
<p><b>Mail order sales</b>          Tel: 132 447 (toll-free)</p>
<p>Ausinfo          GPO Box 84          Canberra ACT 2601          or          Fax: (02) 6295 4888</p>
<p>☎ online: <a href="http://www.ausinfo.gov.au">www.ausinfo.gov.au</a>          (Can search for documents at this site)</p>

**Heart Foundation of Australia****NT Division**

3rd Floor  
Darwin Central Building  
21 Knuckley Street Darwin 0800  
GPO Box 4363  
Darwin NT 0801  
Tel: (08) 8981 1966  
Fax: (08) 8941 0344

**Central Office**

Cnr Denison & Geils Court  
Deakin ACT 2600  
PO Box 2  
Woden ACT 2606  
Tel: (02) 6282 2144 (reception)  
(02) 6269 2637 (Terri Richardson)  
Fax: (02) 6282 5147

**International Diabetes Institute**

260 Kooyong Road  
Caulfield 3162  
Tel: (03) 9258 5086

Janet Haynes  
Training Coordinator  
Tel: (03) 9258 5053  
Fax: (03) 9258 5090  
Email: jhaynes@idi.org.a

**NHMRC**

The Publications Officer  
NHMRC MDP 100  
GPO Box 9848  
Canberra ACT 2601  
Tel: (02) 6289 9520  
1800 020 103 (toll free)  
Fax: (02) 6289 9197  
Email: nhmrc.publications@health.gov.au

**Tropical Public Health Unit**

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