



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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INCREASED SUPPORT FOR ABORIGINAL PEOPLE TO 'GET HEALTHY'

Aboriginal people across NSW will have increased access to information and support about healthy eating, physical activity and weight management through a new telephone service launched today by the Minister for Healthy Lifestyles, Kevin Humphries.

Mr Humphries said the *NSW Aboriginal Get Healthy Service* is a free, confidential telephone service that will assist Aboriginal people to make healthy lifestyle changes and close the health gap between Aboriginal and non-Aboriginal people.

"This Aboriginal-specific telephone service provides Aboriginal people with free one-on-one coaching and goal setting from qualified health professionals to help set healthy lifestyle goals, overcome barriers and setbacks, maintain motivation and achieve long-term lifestyle changes," Mr Humphries said.

"The start of the New Year is the perfect time for people to take up the challenge to get healthy, and I would encourage Aboriginal people across the State to give the service a call and discuss ways in which they can make 2013 the year in which they improve their physical health and wellbeing."

Mr Humphries said the NSW Government has developed this service to further address the inequitable health outcomes of Aboriginal people within NSW and ensure that programs are better designed to meet the needs of Aboriginal people across the State.

"Just knowing that on the end of the phone there is someone willing to help will be a big support to people as they take the important first steps towards a healthier life," Mr Humphries said.

"The service will help combat chronic disease risk factors that are more common in Aboriginal people than the rest of the population, such as smoking, overweight and obesity and not eating recommended serves of fruit and vegetables.

"Aboriginal people are far more likely to experience poorer health outcomes and to die younger than non-Aboriginal people mostly because of these risk factors and the chronic conditions that they can cause, like cardiovascular disease, kidney disease and diabetes.

"This new service is an important step towards reversing this trend and reflects the NSW Government's commitment to implementing changes that will make a real difference to the lives of the State's Aboriginal people."

The *NSW Aboriginal Get Healthy Service* builds on the success of the *Get Healthy Service*, which has helped tackle chronic disease and the risk factors for chronic disease in the general population since its implementation in 2009.

For further information about the Aboriginal Get Healthy Service please call 1300 806 258 or visit <http://www.gethealthynsw.com.au>.