



Pru Goward

Minister for Mental Health

Minister for Medical Research

Assistant Minister for Health

Minister for Women

Minister for the Prevention of Domestic Violence and Sexual Assault

MEDIA RELEASE

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Aboriginal Knockout Challenge tackles obesity head on

Assistant Minister for Health Pru Goward and NSW Rugby League tonight announced the winners of the first round of the statewide Aboriginal Knockout Health Challenge, which is tackling obesity in Aboriginal communities.

Minister Goward teamed up with NSW Rugby League Origin and Blues' Coach, Laurie Daley and CEO David Trodden at Allianz Stadium to congratulate the winners of the George Rose Challenge:

- First - *Eurobodalla Scale Busters* (Batemans Bay)
- Second – *Healthy, Black and Deadly* (Newcastle)
- Third – *Dead or Deadly* (Nowra).

“The winners of the first stage of the 2015 Knockout Challenge – the George Rose Challenge – have shown that through commitment and a team approach it is possible to lose weight and adopt a healthier lifestyle,” Ms Goward said.

“People who are overweight or obese are at increased risk of developing type 2 diabetes and associated diseases such as cardiovascular disease, osteoarthritis and reproductive problems. Poor diet and physical inactivity also contribute to coronary heart disease.”

Mr Daley applauded all 33 teams that participated in this year's George Rose Challenge for making a commitment to lose weight and improve their health.

“The winning teams did a great job of meeting their exercise program targets and milestones to achieve their goal of an average weight loss of three percent,” Mr Daley said.

“This is a team effort that not only results in better health for each participant but raises community awareness of the benefits of physical exercise and nutrition.”

In NSW, 57 percent of Aboriginal people are overweight or obese compared to 52 percent of non-Aboriginal people. The annual Knockout Challenge is a joint initiative of NSW Health and NSW Rugby League, which invites Aboriginal communities to participate in a fun and effective program to lose weight and reduce the obesity rate.

“More than 800 people from communities across NSW are participating in this year's Knockout Challenge,” Ms Goward said.

For more information on the Aboriginal Knockout Health Challenge go to: www.facebook.com/nswknockoutchallenge