



# INNOVATION Awards 2013

Connecting Minds  
Innovating care every day in every way

## Culture Health Communities: NSW Aboriginal Knockout Health Challenge Eat right – Get Active Healthy Living

### Introduction

The NSW Knockout Health Challenge is a primary prevention program run in partnership with NSW Rugby League.

The challenge aims to engage Aboriginal communities in NSW Health priorities of physical activity and obesity. The Challenge provides a structure which supports local decisions about physical activity and nutrition activities that will work for them.

### Aim

The Challenge aims to motivate Aboriginal people to manage their lifestyle-related risk factors for chronic disease and reduce prevalence of obesity through participation in a series of challenges, related to weight loss and physical activity

### Method

Communities nominate teams of Aboriginal people to participate in different components of the Health Challenge.

A volunteer Team Manager is crucial to the success of the Challenge and teams and takes responsibility for leading the team and helping coordinate and support team members to lose weight.

Teams form a town committee to coordinate the a physical activity and nutrition schedule, and to support the Challenge participants. State support is provided by local site visits and participation in state Challenge forums

Each team structures its own training schedules and approaches to losing weight in line with local resources and services.

Team results are based on the largest weight loss percentage and winners are awarded community grants to support local healthy lifestyle initiatives.

### Results

In 2012, 324 people participated, and 89% who completed the Challenge lost weight, with an average total percentage weight loss of 4.7%. New national guidelines indicate that a 5% initial weight loss can reduce the risk of health problems like diabetes and cardiovascular disease.

Participants say:

“I have struggled with my weight and more so with the birth of my daughter, I have lost about 16kgs since starting the Challenge and everyone is very proud of me. I feel really good and will continue to my eating and exercise plan. I can see the changes I have made are for the better, and will continue. I like having family and friends on the Challenge, it is very encouraging ”

“I was part of the town committee last year and was very inspired by the encouraging and supportive environment throughout the Challenge and I decided I wanted to be part of it. I am 63 years of age, and it is the first time I have been to a gym and I love it. I have lost about 8 kgs and cms off my waist and I feel a lot better. My HBA1C has gone from 12.3 to 8.2 and I am feeling really well. I hope to keep going with the changes I have made.”

### Conclusion

An independent evaluation of the pilot demonstrated that the Challenge achieved its aim of encouraging weight loss among participants and teams through physical activity and improved nutrition and that the pilot was highly effective.

The Challenge started with 13 teams in 2012 and grew to 22 teams in 2013.

Plans have commenced for the 2014 Challenge and we hope to register 30 teams.

### Acknowledgements

- Menindee Fat Yabs
- Menindee – Fantastic Wedgies
- Moree – Warra- Li
- Central Coast – Challenge Accepted
- Armidale - All shapes
- Orange – Tri hards
- Wagga Wagga – Wagga Warriors
- Albury – Mixed Salad
- St George/Sutherland Slimmers
- Coffs Harbour - Deadly Sista Girls and Brutha Boys
- Campbelltown Ghosts
- Nambucca
- Tweed Heeds - Goorie Go Getters
- Western Sydney – Mate Watchers
- Bourke weight warriors
- Inverell/Tingha – Inga Movers
- La Perouse La per Lose
- Miller – Marrin Green
- Griffith
- Foster
- Tamworth
- Kempsey
- Walgett
- Redfern



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