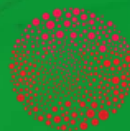


The Torres Strait Healthy Young Women's Project

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**Supervisors: Prof Robyn McDermott,
A/Prof Louise Maple-Brown, Prof Alex Brown**



Acknowledgement

I would like to pay my respects to the Yawuru people, the custodians of the land here on which we meet today. I acknowledge their elders, past, present and emerging.

Project Objectives

- To develop and pilot a sustainable healthy lifestyle program co-designed **by** young women in the Torres Strait Islands **for** young women in the Torres Strait Islands, and
- To document the process of engagement for future learnings.

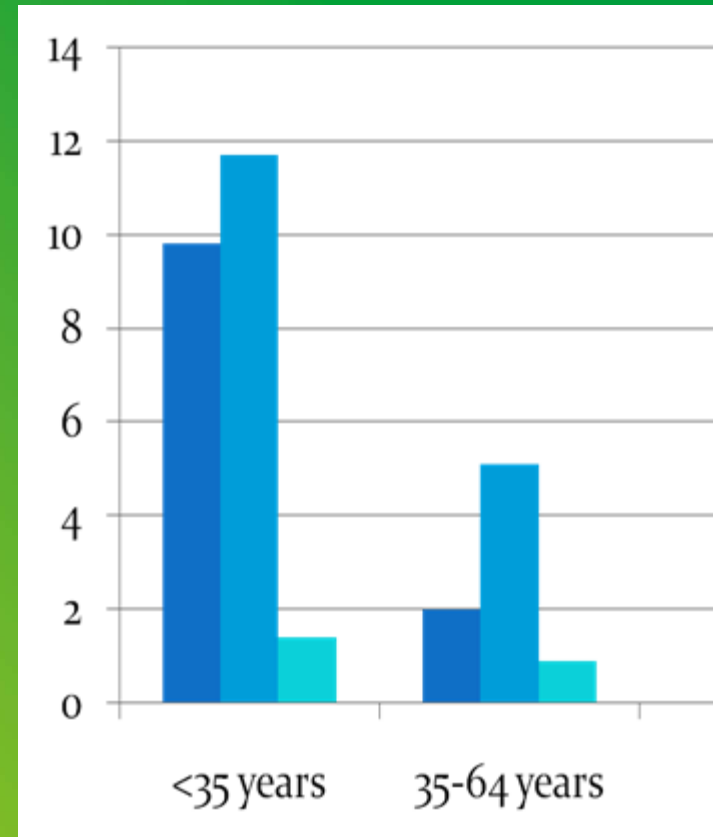
Papua New Guinea



Background

- Rates of obesity and T2DM.
- In particular, young Aboriginal & Torres Strait Islander women increase weight and waist circumference significantly.
- Intergenerational risk.

*Mean women's waist change over 5 years (cm), 1999-2005 FNQ**



■ TSI women
■ Aboriginal women
■ Non-Indigenous (AusDIAB)

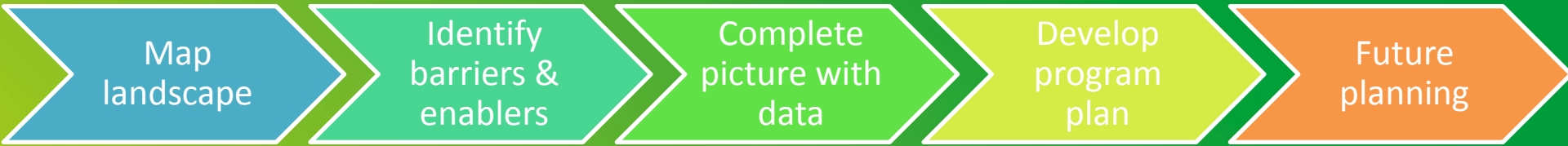
Cairns
Singapore
Townsville

Health Promotion Programs

Generally limited long-term impact;

- Short-term funding (de-funded),
- Poorly planned (time, funding, skills),
- Little ownership by participants,
- Limited reach
- Little /no evaluation, and
- No sustainability.

Stages of the Project



- 1: Mapping the landscape,
- 2: Identify barriers and enablers for health, for young Aboriginal and Torres Strait Islander women,
- 3: Completing the picture with data,
- 4: Development of a program including an implementation and evaluation plan, and
- 5: Future planning.

Stage 1: Mapping the Landscape



Map
landscape

- Identify key opinion leaders, trendsetters and stakeholders.
- Canvas their views on the suitability, cultural appropriateness, planning and roll-out of various programs. What works/doesn't work & why?
- Understand their perceived barriers and enablers for young women and health behaviours, particularly re: SNAP behaviours and SEWB.

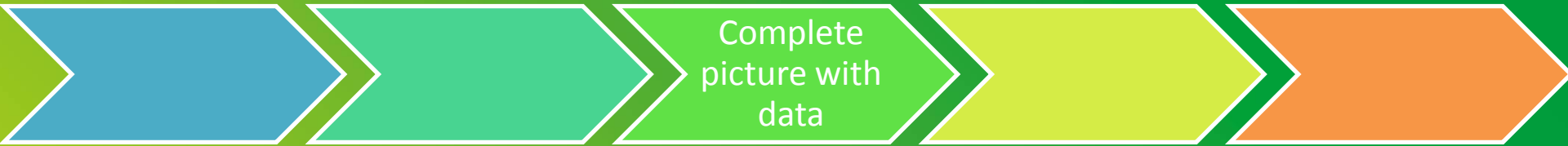
Stage 2: Barriers and enablers



Focus groups and one-on-one interviews with young Aboriginal and Torres Strait Islander women to explore their;

- Perceived barriers and enablers for healthy behaviours (SNAP) and SEWB, and
- Use of current facilities and participation in healthy lifestyle programs (incl. sports).

Stage 3: Complete with Data



- Negotiate use of appropriate de-identified data from engaged stakeholders (Queensland Health and the School).
- Data analysis will be completed and a brief baseline report for use in engaging stakeholders and young Aboriginal and Torres Strait Islander women will be prepared.

Stage 4: Program Development



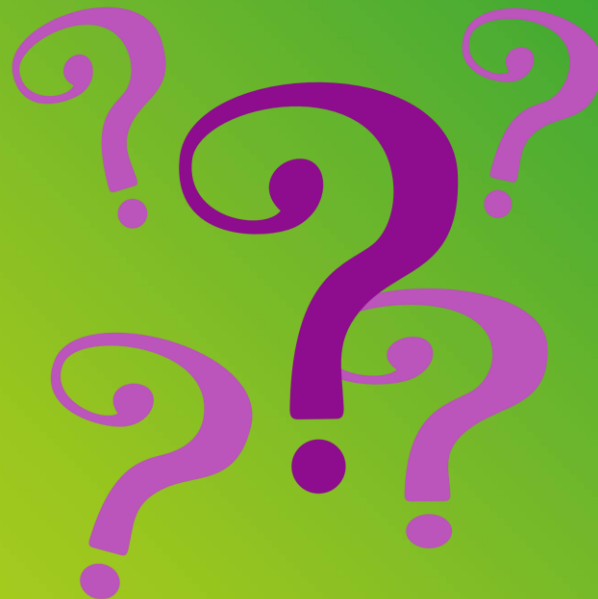
- Workshops for young Aboriginal and Torres Strait Islander women and key stakeholders will be held to co-design a program to implement as a pilot study, and
- Develop a comprehensive program plan including a plan for sustainable funding and rigorous evaluation.

Stage 5: Future Planning



- Applications for future funding to maintain program,
- Applications made for other interested groups to enable a similar process if applicable, and
- Publish findings, including the process of engaging stakeholder and the target group to co-design a program.

Questions/Comments/Advice



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