

Menzies to provide training for Torres Strait health workers

Monday, 21 May 2018

Health workers from 10 Torres Strait Islands will be taking steps to improve the health of their communities by participating in a brief intervention training program delivered by Menzies School of Health Research (Menzies) this week.

Approximately 30 Healthy Lifestyle workers, health workers and community members from Waiben (Thursday Island), Masig (Yorke Island) and the other surrounding islands will take part in a two-day training course delivered by Menzies' B.strong Training Program team.

Some of the participants will be traveling great distances to attend the training.

"We are excited to be delivering our training modules to these communities because they actually approached us themselves, requesting to be part of the program," said B.strong Training Program facilitator, Grace Ward.

"Reducing chronic disease risk factors, like quitting smoking, eating well and moving more can result in a better quality of life, as well as increased wellbeing and satisfaction with health.

"The training we deliver will help health and community workers feel more confident in delivering these messages to clients and supporting them on their journey to better, happier and healthier lives."

Through B.strong, which is funded by the Queensland Government, Aboriginal and Torres Strait Islander health and community workers will receive training in brief interventions for smoking cessation, nutrition and physical activity.

Minister for Health and Ambulance Services Steven Miles said the program is proving to be successful for healthcare workers across the state.

"Since the program began in 2017, more than 500 Queensland health and community workers have participated in training," he said.

"We know improving lifestyle factors like smoking, nutrition and physical activity in Aboriginal and Torres Strait Islander communities will have a great impact on closing the gap in health outcomes.

"It's fantastic to see such high interest in preventive health and helping Indigenous Queenslanders improve their overall health and wellbeing."

B.strong will be delivered in Waiben on 21 and 22 May, and in Masig from 23 to 25 May.

For more information about the B.strong Training Program or to book a community training session, visit www.bstrong.org.au

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Media contact:

Melody Song communications officer

Phone: 0412 850 203 or (08) 8946 8485 | Email: communications@menzies.edu.au

Available for comment:

Grace Ward, B.strong Training Program facilitator (Masig Island) – Menzies School of Health Research

Royden Fagan, B.strong Training Program facilitator (Thursday Island) – Menzies School of Health Research

Menzies School of Health Research

Menzies School of Health Research is one of Australia's leading medical research institutes dedicated to improving Indigenous, global and tropical health. Menzies has a history of over 30 years of scientific discovery and public health achievement. Menzies works at the frontline, joining with partners across the Asia-Pacific as well as Indigenous communities across northern and central Australia. Menzies collaborates to create new knowledge, grow local skills and find enduring solutions to problems that matter.