



Rural in Reach Program

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Rural in Reach tackles childhood obesity in upcoming winter calendar

Australia is currently experiencing a health crisis amongst our younger generations. One in four Australian children is now overweight (Australian Bureau of Statistics 2013). Childhood obesity has serious consequences for children's health and wellbeing. These consequences include close links between obesity in childhood and being an overweight or obese adult, diseases such as type-2 diabetes, hip and joint problems and obstructive sleep apnoea. Emotional and social challenges are also associated with childhood obesity these include teasing and bullying, low self-esteem, poor body image, depression and eating disorders. According to the National Health and Medical Council, if children remain overweight there can be physical health problems in adulthood such as cardiovascular disease, type-2 diabetes, types of cancer, infertility and skin disorders.

Active growing children require good nutrition to build healthy bodies and to help them be the best they can be. Many attitudes towards food are shaped during early school years, forming the basis for future eating habits. Parents can help their children build healthy foundations

by encouraging a love of good food and good nutrition throughout these years.

However providing a healthy balanced diet to our children is significantly harder than it should be particularly in remote and rural West Australia where fresh produce is expensive and often hard to come by. Our supermarket shelves are also now stacked with processed foods which are often loaded with hidden sugars and fats. What compounds the issue is that these products are often advertised and marketed towards kids, and frequently can be promoted as being a 'healthy option'.

Helping to respond to the confusion regarding healthy eating for kids the Rural in Reach program have an upcoming 'community talk' on children's nutrition. This talk will aim to simplify all the mixed messages out there on what we should be feeding our kids. It will discuss the new Australian Dietary Guidelines as well as providing lunch box snacks and dinner ideas for fussy eaters. For more information on this talk please see the new winter 2014 calendar or call Sarah Broadhead, Rural in Reach Project Officer on 1800 998 399.

Evaluation report shows positive outcomes

The Rural in Reach program is currently being evaluated by Francesca Robertson from Edith Cowan University. A special report was released in March 2014 which documents the significant positive outcomes the program has achieved since its development in 2012. One of the greatest benefits reported by counselling clients was the flexibility in service delivery; options include accessing a local Community Resource Centre or receiving help at home through the client's internet connection or by telephone. Appointments were tailored to meet the needs of clients and the cost is free. This report had only one recommendation, keep doing more of the same. Womens Health and Family Services and the Rural in Reach team hope to meet this recommendation and provide further high quality service delivery in the years to come. For a copy of the evaluation report please contact Nicole Gale at ngale@whfs.org.au or call 1800 998 399



Supporting the health and well-being of rural Western Australia



Strengthening our families and communities through health advocacy, evidence based information and health delivery

Tom Price, Wakuthuni, Bellary and Paraburdoo

Written by Stacey Robinson Nintirri Centre's Women's Health Promotion Nurse

Nintirri Centre is a non for profit organisation that strives for improved quality of life through connection, collaboration and partnership. Located in the isolated mining town of Tom Price, the closest larger town is Karratha which is approximately 330km away on an unsealed road.

Despite the isolation, collaboration and partnerships developed have encouraged national authors, educators and specialists, to visit our community to deliver knowledge and provide support through connection.

We have been fortunate to have Maggie Dent the "common sense queen" provide community seminars on building resilience and self-esteem in our children. The highlights included encouraging families to get back to basics with more childhood exploration of the great outdoors and the importance of nurturing and connecting with our boys to help them grow into wonderful men.

In a professional development seminar, Nintirri Centre employees were provided with knowledge on effective leadership and using our head, heart and soul to make a difference in our community. The seminar inspired staff to expand our services in the community.

Furthermore, the community midwives from Bump WA, travelled from Perth and delivered workshops to our communities on effective breastfeeding and challenges plus a four hour 'active birth' workshop which focused on the experience of childbirth. This gave women the opportunity to talk about tips and techniques to prepare confidently for birth.



Above: Maggie Dent presenting to Nintirri Centre employees

RinR Community Talks Winter Series Highlights

Postnatal Depression

Friday 25th July, 11.00am - 12.30pm

Breast Cancer Prevention and Awareness

Thursday 25th September, 1.00pm - 2.30pm

A full list of talks is available on our website www.ruralinreach.whfs.org.au

To register your interest in attending a community talk at your local partnering CRC or call Rural in Reach on 1800 998 399.

'Men! What is going on with our health?'

The Rural in Reach program is pleased to collaborate this June with Dean Dyer (President of MAN, Healthier Directions for Males). Dean has already been an active part of the Rural in Reach program as one of several male health advocates on our Westlink Men's Health panel (please see <http://www.ruralinreach.whfs.org.au/content/video-links#ep08> for the 2013 recording). Dean returns June 25th at 5.30pm to discuss men's health as part of our 'talks' calendar. According to Dean, men suffer longer and die earlier than women by five years on average. Various areas are of particular concern: physical health, mental health & relationship health. Dean suggests that many men seem to be ignorant of these aspects, often to their own detriment and early demise.

Men's health is men's responsibility & this talk is a step towards achieving that.

This evening presentation aims to enlighten, inform and inspire men with some immediate steps they can take away to live longer and happier. As well as learning ways to live an optimum life of good health and wellbeing. Access to this talk is available via both video conference and webcast, however spots are limited. To register your interest in this talk please contact Rural in Reach on ruralinreach@whfs.org.au or call 1800 998 399.



Want more information about the RinR Program?

Why not check out our website! www.ruralinreach.whfs.org.au You can subscribe to the RinR quarterly newsletter to keep up to date on RinR community activities and events!

To find out more about all the services and programs at Womens Health & Family Services go to www.whfs.org.au

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