



# Chronic Disease Program

The Aboriginal Health and Medical Research Council (AH&MRC) Chronic Disease Program aims to build capacity of NSW Aboriginal Community Controlled Health Services (ACCHS) in the prevention and management of chronic disease, and to build and foster productive partnerships with stakeholders involved in Aboriginal chronic disease in NSW. Together these aim to contribute towards improving health outcomes for Aboriginal peoples and communities in NSW.

## Workshops

Regional chronic disease workshops for ACCHS staff and other key organisations that focus on Chronic Diseases.

They provide the opportunity to network with other staff and be inspired by great Aboriginal programs.

## Sponsored Site Exchange

The Chronic Disease Program sponsors staff members from one ACCHS to attend another ACCHS over two consecutive days. This Program exchanges local knowledge and strategies between two ACCHSs about Adult and Child health checks and/ or developing systems for their implementation.

## Support to ACCHSs through site visits

To support ACCHS to develop chronic disease systems, processes and overall general practice support, on site visits from the Chronic Disease Program team can be arranged.

## Chronic disease conference for NSW ACCHSs

Held bi-annually, the first chronic disease conference Living Better Longer was held in 2010, followed by Living Longer Stronger in 2012. Both conferences captured the

Aboriginal perspective of chronic diseases affecting the Aboriginal community in NSW. We hope to see you at the next one in 2014!

## Chronic Disease Email Network (CDEN)

The CDEN is a weekly email that highlights resources available for Aboriginal communities, training for ACCHS staff, provides Medicare updates, plus other relevant information specifically relating to ACCHS. The chronic disease team continually search for opportunities for grants to support ACCHS. These are communicated through the CDEN on a monthly bases.

## Yarning About...

Yarning About... is coordinated and communicated through the CDEN. Yarning About... offers a tailored telephone based training opportunity to ACCHSs in NSW with suggestions of topics or specialist areas for discussion sought from ACCHS staff. Health professionals are then invited to lead a 1 hour Q&A discussion with ACCHS staff. Continuing Professional Development Points can be applied.

## Development and distribution of resources

The chronic disease team have developed a range of resources to support chronic care in Aboriginal communities based on identified needs from the community. Past resources include: a booklet highlighting successful nutrition and physical activity programs in NSW ACCHS; a cancer story journey booklet and fact sheets; radio messages promoting Child & Adult Health Checks; and a DVD with physical activity and nutrition tips as to how to implement in your community.

## Contact

To contact the Chronic Disease Team directly, for further information or enquiries:

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