

What have Aboriginal people said about the program?

'This has been a long time coming! Finally we have something we can work with! A program that is culturally appropriate for Noongar people and for all Aboriginal people whether they are Yamatji people, Wongai people or from other communities.'

'I found the program a 'Moorditj' Noongar way of learning. It was the best thing for me. I'm over 50 and was always stressed over my diabetes, especially on my bad days. I didn't know what was happening or how to control it. That has now all changed and I now understand what diabetes is and how to manage it.'

'This program is written in clear, simple language with few words and more pictures so people can see what we're talking about.'

'People are making changes in their lives. They are choosing healthier foods, doing more exercise, people have lost weight and their blood sugar levels are lower. These are the good news stories. People have made huge changes in their lives in such a short time.'



Want further information?

If you would like to find out more about the program or would like to be notified about future programs held in your area, please contact:

Name: _____

Phone: _____

Email the Metropolitan Aboriginal Community Programs team:

EMHS.HealthyLifestylePrograms@health.wa.gov.au

**Healthy People, Amazing Care
Koorda Moort, Moorditj Kwabadak**

We respectfully acknowledge the past and present traditional owners of this land, the Wadjuk people of the Noongar Nation.

Note: The use of the term "Aboriginal" within this document refers to Australians of both Aboriginal and Torres Strait Islander descent.

This document can be made available in alternative formats on request.

Artwork of the Aboriginal Six Seasons By Phil Narkle (Deceased).
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Government of Western Australia
East Metropolitan Health Service



The Journey Living with Diabetes

A Health Education Program for
Aboriginal and Torres Strait Islander People



RPH M180326002

What is *The Journey of Living with Diabetes* program?

This program is for Aboriginal people who have Type 2 diabetes.

It was developed to help Aboriginal people to manage their diabetes.

The program is run in groups and led by a trained Aboriginal health professional. Discussion and sharing stories are used to help you learn about your diabetes and how you can make changes to best look after your health.



You will be given time to think about your own journey with diabetes and steps you can take to care for your health.

The program is run over six to eight weeks.

Programs are held locally. Families are welcome.

What is covered in the program?

Module 1: Understanding Diabetes

- What is diabetes
- How to manage your diabetes
- How to test your blood glucose levels

Module 2: Eating Healthy Food

- Why eating healthy foods is important to control your diabetes

Module 3: Going Shopping

- How to shop for healthy food

Module 4: Balancing Life

- Physical activity and your diabetes
- How to manage stress

Module 5: Caring for Yourself Over the Years.

- Medications
- Reducing risks of complications
- Working with your health care team

Module 6: Caring for Yourself Every Day

- Every day ways to care for your health and your diabetes
- Other support services

Why is diabetes a problem for Aboriginal people?

Diabetes is a big problem in Aboriginal communities and many of our people have it.



There are lots of reasons why our people are getting diabetes. This is because of changes in food from the traditional Aboriginal lifestyle and not being as active as our ancestors.

If your diabetes is not controlled it can lead to heart attack, stroke, kidney failure, blindness or foot problems.

The good news is that by making a few changes to your lifestyle, your diabetes can be controlled.