



B.strong

Aboriginal and Torres Strait Islander Brief Intervention Training Program

There are significant differences in health outcomes for Aboriginal and Torres Strait Islanders living in Queensland and the rest of the population. A lot of this can be addressed by changing three key lifestyle factors: smoking, nutrition and physical activity.

From 2017 to 2019, the B.strong Brief Intervention Training Program will give Queensland's Aboriginal and Torres Strait Islander health and community workforce knowledge, skills and tools to provide brief interventions to promote healthy changes to their clients. Training will be provided across Queensland in all Hospital and Health Service areas.

The B.strong Training Program will also be provided to staff working with Aboriginal and Torres Strait Islander clients in non-health settings such as schools and correctional facilities. Training will be made available to all staff working with Aboriginal and Torres Strait Islander clients in the government and non-government health and community sector.

B.strong is delivered by Menzies School of Health Research and proudly funded by Queensland Health.

B.strong objectives

Combining brief interventions for multiple risk factors can improve health outcomes for Aboriginal and Torres Strait Islander Queenslanders by providing a clinical framework to guide screening and intervention. B.strong aims to:

- Increase practitioner access to brief intervention training
- Deliver more brief intervention services to Aboriginal and Torres Strait Islander clients in primary and community care settings
- Assess and refer more clients to early intervention programs and services
- Improve understanding and awareness of key risk factors for chronic disease in Aboriginal and Torres Strait Islander communities in the longer term.

B.strong delivery

B.strong provides culturally appropriate training and resource material. It includes a one-day face-to-face workshop, six online modules and practitioner and client resource kits.

The program is based on the SmokeCheck Brief Intervention Training Program and the Lifestyle Program (nutrition and physical activity) previously delivered by Queensland Health.

Further information

For further information contact the B.strong team at:
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Sources:

- Queensland Health (2016) The health of Queenslanders 2016, Report of the Chief Health Officer, Queensland Government, Brisbane.
- Department of Health (2015) Preventive health indicators for Aboriginal and Torres Strait Islander people in Queensland and Australia 2012-13. Queensland Government, Brisbane.
- Australian Bureau of Statistics (2014) (2012-13) Australian Aboriginal and Torres Strait Islander health survey: customised report. No 4727.0.55.001. ABS, Canberra.

QUIT EAT MOVE FOR HEALTH

Working to close the 10 year health gap for Aboriginal and Torres Strait Islander people in Queensland



Smoking and Indigenous adults in Queensland

45%

Daily smokers

2.5x

More likely to smoke

4x

More likely to smoke when pregnant

Smoking rates since 2001
↓ 13% Indigenous ↓ 28% Non-Indigenous



Nutrition and Indigenous adults in Queensland

70%

Overweight or obese

41%

Eat recommended serves fruit daily

4%

Eat recommended serves veggies daily



Activity and Indigenous people in Queensland

3 in 5

Non-remote adults that had little or no physical activity

Children active for at least one hour per day

49%

Indigenous

38%

Non-Indigenous

Proudly funded by the



Queensland Government