

Video Transcript HEAL Champions

LAURA COLLINS (DPV Health, Health Promotion Officer): The first session was very much about what Hume looks like, what the demographics are. People were really surprised particularly on the chronic disease level in Hume and some that are quite preventable through life-style related changes. So whether that's healthy eating or physical activity. And we also discussed the concepts of diet, and the language and how to start a conversation as we are in a very culturally diverse community that when we are talking about healthy eating, it needs to be delivered in a way that encompasses the five food groups, but also talks about foods that are most popular in that culture.

BASIMAH YONAN (Multicultural Education Aide, Roxburgh Rise Primary School): There's a lot a language barriers with the families around us, around the communities, so it will help them if we can deliver them the right information in all different situations. It might suit their life, so that'll be easier for them, let's say if we do our work shop in our schools or our community hub, that helps to deliver information how they can use this resource and how they can implement to their life.

NIROSHA LANSAKARA (DPV Health, Evaluation Officer): Such an evaluation, reveals that they are understanding about the topics increasing and now they are confident enough to go to the community which is multi-cultural - different communities, different settings - and they're confident, and they are ready to go and communicate the messages effectively to make a change within the community.

VERONICA O'BRIEN (Community Hub Coordinator, Roxburgh Rise Primary School): Certainly, when you're working with community groups to be looking at small changes, a starting point, 'cause sometimes making life changes for eating habits and exercise can be really daunting. So I think what I'm gonna take away, is about small goals to make little steps and little changes. For example, exercise, it doesn't have to be expensive, or a great length of time, but even if it's walking to school once a week, with the children, it's one small step that builds in into the lifestyle.