

Cultural adaptation of the Go4Fun program for Aboriginal families

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Go4Fun

🍏 **AIM:** *To support children and their families in adopting a healthy lifestyle by improving dietary and physical activity habits and confidence*

🍏 Free community-based program for children above a healthy weight

🍏 Delivered by qualified health professionals

🍏 Incorporates:

■ Nutrition

■ Behaviour change

■ Physical activity

■ Family involvement



Go4Fun



🍏 Eligibility:

- NSW resident
 - Aged 7 to 13 years
 - Above a healthy weight ($\geq 85^{\text{th}}$ BMI percentile for age and gender)
 - Have a parent/carer attend each session with them
- 🍏 Programs delivered across NSW since 2011 through the Local Health Districts >11,000 families
- 🍏 **Referral:** AMS', Self referral, Health Professional Referral and Medical Practitioner referral. (Free call and website)

Aboriginal Go4Fun

2015

- 🍏 9% of all participants in standard Go4Fun identified as Aboriginal
- 🍏 A culturally adapted version of the program was developed for Aboriginal families and communities.
- 🍏 Co-delivery model: partnership between Aboriginal organisations and LHDs



Cultural adaptation



Program delivery



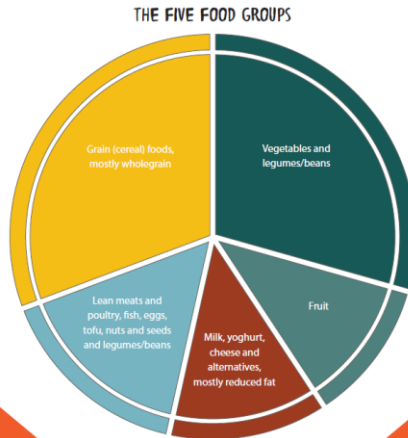
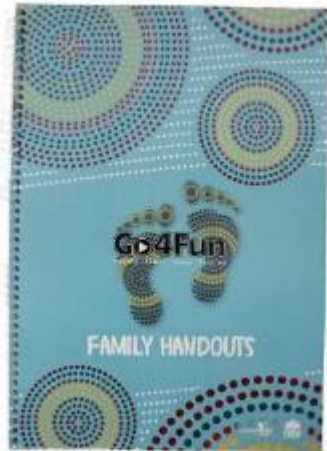
Program personnel



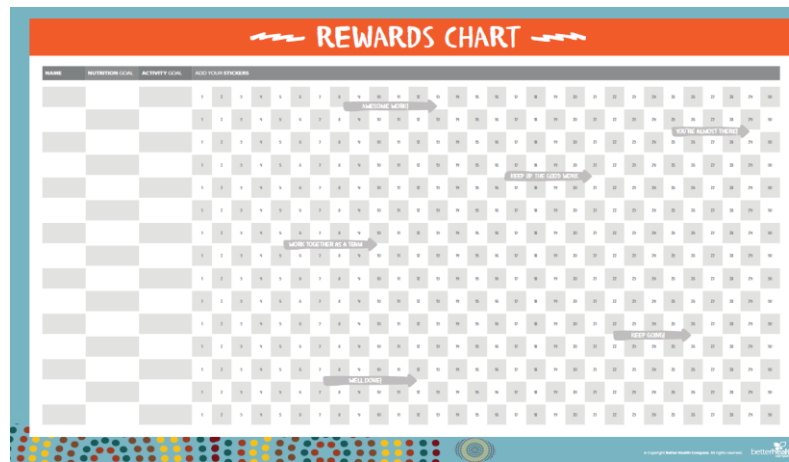
Program content & resources



Program and Teaching Resources



UNPROCESSED FOODS VS. PROCESSED FOODS



Piloting the Program

Pre Pilot

- 🍏 2015
- 🍏 Aim: To evaluate the acceptability and feasibility of the program

Pilot

- 🍏 Jan 2017 – April 2018
- 🍏 33 programs
 - 19 different sites
 - 8 LHD's
- 🍏 n=357 participants
- 🍏 96% completed three or more sessions(n=341)
- 🍏 Of the 357 participants:
 - 🍏 88% identified as Aboriginal (n=315)
 - 🍏 69% identified as Aboriginal and were eligible (n=245)



Pilot Outcomes

Outcomes for eligible Aboriginal children

- 🍏 BMI ↓ 0.4kg/m²
- 🍏 Waist circumference ↓0.7cm
- 🍏 ↑ daily fruit intake
- 🍏 ↑ daily vegetable intake
- 🍏 ↓ frequency of sugar sweetened drink consumption
- 🍏 ↑ days meeting PA guidelines
- 🍏 ↓ weekend sedentary time



Pilot Evaluation

- 🍏 Process and outcome evaluation led by Cultural & Indigenous Research Centre Australia (CIRCA)
- 🍏 70 x in-depth, semi-structured interviews with key stakeholders
- 🍏 Findings:
 - 🍏 Program is appropriate for Aboriginal families
 - 🍏 Co-delivery model is acceptable, especially where strong partnerships exist
 - 🍏 Employment of Aboriginal program leaders vital
 - 🍏 Volume of content was a challenge, as was behaviour management for some leaders



NSW Premiers Award

Tackling Childhood Obesity

This award category recognises those who have worked on programs, initiatives, innovations or improvements that lead to a reduction in overweight and obesity rates of children (supporting the Premier's Priority to reduce overweight and obesity rates of children by 5% by 2025).

Team

- ▶ **Aboriginal Go4Fun**
NSW Office of Preventative Health and partners
Health



Comments from the partners

🍏 Rob Monaghan
(Monaghan Consulting)



Comments from the partners

🍏 **Nicole Turner**

(Hunter New England Health & University of Sydney)



Thank you



To refer any NSW child:
FREECALL 1800 780 900
Website: www.go4fun.com.au