



Position statement: The use of Living Strong resources

Background

The Living Strong program was developed by Queensland Health for implementation by health professionals for Aboriginal and Torres Strait Islander adults who are overweight or obese, at risk of chronic disease, or who are ready to adopt healthier lifestyle behaviours. For non-Indigenous people there is the *Lighten Up to a Healthy Lifestyle Program* which is more appropriate for the non-Indigenous population. Health professions are trained in the use of the resources by Public Health Nutrition across Queensland.

Origins of the Living Strong

Queensland Health owns the intellectual property and copyright to the program resources. The program is provided by interested local Community Health Centres and non-government organisations and should only be delivered by trained facilitators.

A state wide working group including Living Strong Advisors, Advanced Health Workers (Nutrition), Aboriginal and Torres Strait Islander Nutrition Promotion Officers, Public Health Nutritionists and Program Coordinators (Healthy Lifestyle) from both government and non-government organisations. This group was established to ensure consistent quality implementation of the program across the state of Queensland.

The Living Strong Resources can only be purchased from the Dr Edward Koch Foundation (order form available from Living Strong Advisors) according to the following guidelines:

1. People living outside of Queensland have no restrictions on purchasing the resources. If they intend to alter the resources in anyway permission must be obtained from Queensland Health by contacting a Living Strong Advisor.
2. Persons living within Queensland can only purchase the following resources:
 - Workshop Flipcharts
 - What's in Food – Photos
 - What's in Food – Posters
 - Don't Dream It Just Do It! DVD or Video
 - Participant T Shirts – Aqua with artwork on the front.

The Living Strong Manual and CD can only be obtained in Queensland after completing facilitator training. Facilitators can purchase additional manuals and CD's by contacting their relevant Living Strong Advisor. These resources have been developed by Aboriginal and Torres Strait Islander health professionals. These resources are listed below.

Resources

The Living Strong program resources are based on peer reviewed evidence based materials. The program resources have been approved by the Living Strong State Wide Working Group.

To maintain the evidence based quality of Living Strong it is imperative that the program is delivered as designed, using the approved resources. However, in some

specific circumstances, facilitators may want to make minor changes to the resources for particular participant groups. Any minor changes should be discussed with the relevant Living Strong Advisor or Program Coordinator (Healthy Lifestyle).

If facilitators would like any major changes to any of the Living Strong resources, the changes should be forwarded to the Living Strong Advisor (contact details below) and they will be considered by the Living Strong State Wide Working Group when review of the resources is due, usually every three years.

How the Living Strong resources can be used

Living Strong resources should be used in the way they have been designed and following training. However some of the resources can be used without attending training. Attendees of the Living Strong Facilitator training are instructed in the use of the Facilitator Manual, CD and supporting resources.

Living Strong Facilitators' Manual

A copy of the Living Strong Facilitator Manual and CD are given to attendees of facilitator training free of charge (usually one per health service or agency). Any additional facilitators' manuals can be purchased from the Dr Edward Koch Foundation. The CD contains all the power point presentations of the Living Strong workshops. The CD also contains media releases, sample talks and other documents which the facilitators can add their personal details to when advertising their programs.

Living Strong Flipcharts

The Living Strong Flipcharts comprise of a set of nine flip charts and can be used in a variety of ways. For example if facilitators do not have access to PowerPoint facilities. They can also be used one on one with clients. The Flipcharts come in A2 size, full colour and includes a stand.

What's in Food? Posters

The 'What's in Food?' posters comprise of a series of four highlighting the amounts of fat and sugar in general foods and drinks. These posters can be purchased individually or as a set of four and can be used in work places, during trainings or with other healthy lifestyle presentations.

Living Strong T-shirts

Living Strong t-shirts can be ordered for Living Strong programs participants.

What's in Food? CD

The 'What's in Food' CD can be used in education sessions as an interactive game and is available for trained Living Strong facilitators in Queensland free of charge from Living Strong Advisors.

Don't dream it, Just do it! DVD or video

The 'Don't dream it, Just do it!' DVD or Video contains low intensity physical activities and can be used by facilitators as part of the Move More Lose More workshop.

Living Strong Healthy Lifestyle Cookbook

The Living Strong Healthy Lifestyle Cookbook provides a variety of healthy recipes ideas and some traditional cooking ideas. The cookbook can be used in conjunction with the Healthy Cooking workshop or as a resource when delivering healthy cooking demonstrations.

Who can use Living Strong resources

Ideally users of the resources have attended training however this is not mandatory to use the resources. If Health Care Professionals are using the Living Strong

resources as a group based activity they are required to notify the Living Strong Advisor of the program details.

Cost of Living Strong resources

Prices for each Living Strong resource can be viewed on the Living Strong Resource Order form. This order form is also available from the Living Strong Advisors.

How to order Living Strong resources

Resources can be ordered using the resource order form and sending it to the Edward Koch Foundation. The order form can be downloaded from <http://www.kochfoundation.org.au/index.php> or can be obtained from the local Living Strong Advisor.

New resources/projects

If a facilitator, program coordinator or area coordinator proposes the need for a new or modified resource, project or research relating to the Living Strong program and its resources, a PM plus proposal or concept/first draft must be taken to the Living Strong State Wide Working Group through a representative of the state wide Living Strong Working Group. The working group will review the proposal or concept/first draft in terms of its need and at the discretion of the Living Strong State Wide Working Group the proposal or concept/ first draft are progressed to either production or a project plan.

In some circumstances the proposal, concept brief or project plan will need to be approved and signed off by Public Health Queensland.

Resources or projects that have been designed without the approval of the Living Strong State Wide Working Group are not to be included in the implementation of a Living Strong program. The Statewide Living Strong Working Group cannot guarantee the quality of these resources and thus the program at which they are being used.

For information about Living Strong Programs or facilitator training please contact your Living Strong Advisor or Program Coordinator.

Tropical	Nutrition Promotion Officer, Tropical Population health Services.	07 4226 5527
Central	Nutrition Promotion Officer, Central Population Health Services	07 3624 1137
Southern	Nutrition Promotion Officer, Southern Population Health Services.	07 1639 7772

Other key *Living Strong* documents

- Position Statement: Use of the Living Strong Healthy Lifestyle Program with Children and Adolescents
- Position statement: Facilitator training and Implementation of the Living Strong Program
- Protocol for the sale of the Living Strong program resources by the Dr Edward Koch Foundation.