

HEALTHY LIVING GUIDE FOR THE ABORIGINAL COMMUNITY



Eating Well



Getting Active



Feeling Well



Drink Aware

Helping you care for
your liver and your mob

LiverWELL
Incorporating HEPATITIS VICTORIA

This resource links to Living Well Guides at
<http://www.liverwell.org.au/livingwell/>



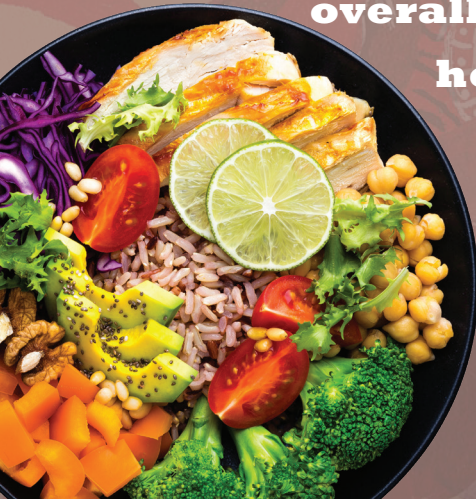


EATING WELL



What's best to eat for our liver and our overall good health?

- Eat lots of of tasty fresh food
- Eat little packaged food
- Cut back on sugary and fatty food



Would you like to share a favourite recipe using fresh healthy food?

<https://www.facebook.com/hepvic/>

Aboriginal and Torres Strait Islander Guide to **Healthy Eating**

Aboriginal Government
Northern Territory and Health Research Fund
Department of Health

www.eatforhealth.gov.au

Eat different types of foods from the five food groups every day.

Grain (cereals) foods, mostly wholegrain, made-up high cereal fibre varieties

Vegetables and legumes

Fruit

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Protein

Use small amounts

Only sometimes and in small amounts

Limit meats and poultry, fat, eggs, fats, milk, ice-cream and sugary beverages



GETTING ACTIVE

Being Active is good for our liver and whole body and helps lift our spirits too!

**There are lots of ways we can be active
We don't have to be an athlete!**



- **Move around**
- **Have a Stretch**
- **Being active and eating fresh food helps our weight and our liver**



Would you like to share a getting active photo?

<https://www.facebook.com/hepvic/>

VACCHO and Go For Your Life have some great Tucker Talk Tips under Getting Active

<https://healthfonet.ecu.edu.au/keyresources/resources>



FEELING WELL

What helps us feel well?



- **It's good to have a yarn**
- **Move around**
- **Do something we enjoy**
- **Get good sleep**
- **Make sure we take our medicines as our doctor prescribes**
(our pharmacist can help)

There's lots we can do to help ourselves and our families feel well and help our spirits when we feel sad





DRINK AWARE



For a healthy spirit and healthy body (including our liver) it is best to limit the amount of alcohol we drink

- **Drinking a lot scars our liver and can cause serious liver disease**
- **Looking after our liver is important for all of us**
- **People who have hep B or have lived with hep C need to take special care**
- **For adults is best to have no more than two standard drinks a day and avoid alcohol when pregnant**
- **It's good to eat when we're drinking and drink water in between drinks**
- **It's good to drink lots of water and avoid sugary drinks**

Guide to standard drinks from the ADF

 WHITE WINE 1.4 standard drinks 11.5% alcohol 150 ml average serving (about half a glass)	 RED WINE 1.5 standard drinks 13% alcohol 150 ml average serving (about half a glass)	 FULL STRENGTH BEER 1.1 standard drinks 4.8% alcohol 285 ml glass (midly)	 FULL STRENGTH BEER 1.8 standard drinks 4.8% alcohol 425 ml glass (schooner)
 HIGH STRENGTH SPIRITS 1 standard drink 40% alcohol 30 ml nip (shot glass)	 READY-TO-DRINK SPIRITS 1.5 standard drinks 15% alcohol 375 ml (premix can)	 READY-TO-DRINK SPIRITS 3.6 standard drinks 7% alcohol 660 ml (large premix bottle)	 HIGH STRENGTH SPIRITS 22 standard drinks 40% alcohol 700 ml spirit bottle

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VACCHO and the Australian Drug Foundation (ADF) have a great resource "A guide to alcohol in our community"
<https://adf.org.au/programs/indigenous-resources/>



EATING WELL

More Information

Aboriginal and Torres Strait Islander Guide to Healthy Eating Poster - Australian Government
https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/final_igthe_a3_poster_-_lr.pdf

Preparing Healthy Food at Home - Tips and recipes

VACCHO for great information, Tucker Talk Tip Sheets, healthy deadly lunch boxes and lots more!
<http://www.vaccho.org.au/resources/npa/>

Closing the Health Gap Young Women's Health project - Tips and recipes for Healthy Living
<http://inwpcp.org.au/wp-content/uploads/2016/03/CTHGCookbook.pdf>

Places to find fresh food

Check out the local Gathering Place in your area ask at your nearest Aboriginal Health Service

Finding Bush Tucker - Yarn with elders

Check out Uncle Trevor Gallagher's walks in Melbourne Botanical Gardens and discover what is edible!

Growing Vege tips - Yummy Gardens Vegetable Planting Guide, Melbourne, Victoria
<https://www.yummygardensmelbourne.com/vegetable-garden-planting-guide.html>



GETTING ACTIVE

More Information

For more Healthy Eating and Physical Activity Tucker Talk Tips

https://healthinonet.ecu.edu.au/key-resources/resources/19497/?title=Tucker%20talk%20tips%3A%20healthy%20eating%20and%20physical%20activity%20tip%20sheets&contentid=19497_1

Australian Government Healthy Activity Guidelines

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines>

Get Active Victoria free ways to get active

<https://www.getactive.vic.gov.au/>

How to Start Exercising - Health Direct

<https://www.healthdirect.gov.au/tips-for-getting-active>

Fitness and Activity - Health Direct (for children and adults)

<https://www.healthdirect.gov.au/fitness-and-exercise>

Physical Activity and Your Heart Health Heart Foundation

<https://www.heartfoundation.org.au/heart-health-education/physical-activity-and-exercise>



FEELING WELL

More Information

Lifeline Tool kit

Help when you are feeling down - A self help resource for Aboriginal and Torres Strait Islander people who are feeling down

<https://www.lifeline.org.au/static/uploads/files/help-when-you-are-feeling-down-wfyurbkambfe.pdf>

Aboriginal Health Net

<https://healthinonet.ecu.edu.au/learn/health-topics/healing/>

Head to Health - Australian Government Supporting Yourself

<https://headtohealth.gov.au/supporting-yourself/support-for/aboriginal-and-torres-strait-islander-peoples>

Spark Health - Wellah Aboriginal Women Health and Happiness Project

<https://sparkhealth.com.au/pages/wellahwomen>

Sleep Foundation

<https://www.sleephealthfoundation.org.au/fact-sheets.html>

Beyond Blue

<https://www.beyondblue.org.au/get-support/order-printed-information-resources>



DRINK AWARE

More Information

Australian Drug Foundation

<https://adf.org.au/programs/indigenous-resources/>

<https://adf.org.au/>

Australian Alcohol Guidelines (NHMRC)

<https://www.nhmrc.gov.au/health-advice/alcohol>

Insight (Queensland Health)

<https://insight.qld.edu.au/toolkits/aboriginal-and-torres-strait-islander/detail>

Strong Spirit Strong Mind - Alcohol (WA)

<https://strongspiritstrongmind.com.au/alcohol/>

Health Direct - Top Seven Tips for Safe Drinking

<https://www.healthdirect.gov.au/top-7-tips-for-safe-drinking>

The Royal Women's Hospital - Alcohol and Pregnancy

<https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Alcohol-and-pregnancy-2019.pdf>

Men's Line Australia - Drinking Responsibly - Call 1300 78 99

<https://mensline.org.au/mens-mental-health/drinking-responsibly/>

Rethink sugary drink

<http://www.rethinksugarydrink.org.au/koori>

ACKNOWLEDGEMENTS

We acknowledge the Artists

Capture

Peter Waples-Crowe, Ngarigu people (back cover and page backgrounds)

Hepatitis B and Hepatitis C are blood borne viruses. This art work is about being blood aware and making sure viruses don't spread in our communities. Our communities are built on our blood (family) connections and by working together we can stay strong.

Shifty Crane

Keith, Gunaikurnai/Monero people (front cover)

Sitting at the pond at Fulham, I always see the crane trying to steal our fish. I always have to shoo him away.

Totem

BB Paints, Ngarabal people (Eating Well page)

Many Aboriginal mobs have the koala as their totem and in Dreamtime believe the koala came from grey clay which moved into trees and gave strength to them. This strength has been even more vital in the aftermath of the recent bushfires. Under great adversity we can bounce back and flourish.

Four Emus

Darren, Yorta Yorta people (Getting Active page)

An emu family.

Always Connected

Dargs , Darug people (Feeling Well page)

This represents me and my ex partner. Though we are not connected physically, the white dot work through the centre of the painting represents the connection we still have.

Sobriety

Garry Scott (Drink Aware page)


Two of my sons and I are on an everyday journey together. They are in their late 20s and coming to terms with their addictions. I have been clean and sober for over ten years. Sobriety is the number one priority in our lives now.

This painting is about our journey, locked together, keeping busy, training hard and supporting one another in every way possible. I am sharing some methods I use for my sobriety with my sons. The most effective method I have found in keeping myself sober is to keep busy; physical and mentally training hard and staying positive, taking it one day at a time.

The big campsite in the middle of the painting is my father's and mother's place where we have a boxing gym. This is where we train, this is where we come together to support each other.

We acknowledge and thank Peter Waples-Crowe for his cultural guidance and assistance in developing this resource.

We acknowledge and thank community members and workers for their guidance and contributions.

Booklet design by 

Keeping your liver healthy

The LiverWELL app developed by Hepatitis Victoria has lots of tips on how to keep your liver healthy:



eating well: cut back on foods that are high in fat and high in sugar



getting active: do some exercise everyday



feeling well: take care of yourself emotionally, spiritually and physically



drink aware: cut back on how much alcohol you drink or try to stop altogether

For information and practical tips on managing your liver health, visit www.liverwell.org.au or download the **LiverWell app**

LiverWELL
Incorporating HEPATITIS VICTORIA



Or call LiverLine 1800 703 003



Capture Peter Waples-Crowe, Ngarigu people