

Media Release - Urana

During the month of May, the Rural Primary Health Service team (formerly MAHS) conducted their annual health promotion day. This year the focus was on how to make healthy food choices in the supermarket.

The RPHS team visits several locations around the area, holding diabetes health clinics at Urana on a 3 monthly basis. 'The health promotion days are a great opportunity for community members who already attend the clinic, & those interested in improving their health to put advice into practice' says Sally Elliott, RPHS dietitian.

The team led small groups of community members through various areas of the supermarket, focusing on label reading. In particular, the group looked at nutrition panels and how to decipher common claims on food packaging. Some participants commented, 'It was a very informative morning; now I can compare products in the supermarket & make the best decision for my health'. The group were also given a wallet shopping card, to assist in identifying levels of fat, sugar, fibre & salt to look for in the future.

In addition to the tour, members of the community were also offered the opportunity to utilise the AusDRisk tool, from the Department of Health & Ageing. 'The tool is a simple questionnaire that can be used for all family members to identify potential risk of developing diabetes in the next 5 years' according to Sue Hill, RPHS Credentialed Diabetes Educator. The AusDRisk tool can be found online, search for AusDRisk at www.health.gov.au.

The team wishes to thank participants, the supermarkets and their friendly and obliging staff for their involvement in the day.

For further information on the diabetes clinics, contact 02 6049 1900.

