One Deadly Step to healthier lives

Sydney Local Health District (SLHD) health care staff recently took part in the health screening event One Deadly Step in Redfern, held to tackle the issue of chronic disease in the Aboriginal and Torres Strait Islander community.

One Deadly Step is a partnership with NSW Health and the Australian Rugby League addressing chronic diseases in Aboriginal communities in NSW.

Participants take part in a 12-step screening process, and are weighed, undergo kidney and lung health checks, have their blood pressure and cholesterol measured, and are tested for diabetes and screened for mental health issues.

After a series of successful health screenings in Campbelltown, Kempsey, Griffith and Dubbo, the latest One Deadly Step event was held last week at the National Centre for Indigenous Excellence (NCIE) in Redfern, due to the area's large Aboriginal population.

SLHD Chronic Care Program Manager, Julie Finch, said staff worked with volunteers from the Aboriginal Medical Service, Sydney Inner West Medicare Local, local GPs, NCIE staff, Kidney Australia, and university and school students to offer health screenings and education to more than 200 community members who took part.

"Partnerships are paramount to the District and One Deadly Step was a great collaborative event where our staff worked in partnership with other health providers to improve health outcomes for Aboriginal people," Ms Finch said.

The day also provided live entertainment, give-aways, information stalls, free barbecues, prizes and footy clinics with some of NRLs best.

SLHD Aboriginal Health Director, George Long, said Aboriginal people continued to suffer a greater burden of ill health than non-Aboriginal people. Indigenous Australians had one of the highest rates of type 2 diabetes in the world and heart disease, stroke and vascular disease were the most common causes of death.