Taking One Deadly Step to better health

More than 200 Aboriginal and Torres Strait Islander people are expected to be screened for a range of common health issues at the One Deadly Step event in Marrickville next week.

The innovative program, launched in 2011 by the NSW Health Minister, Jillian Skinner, has so far screened more than 1000 Aboriginal and Torres Strait Islander people across NSW.

At this year’s event, to be held at the Marrickville PCYC from 10am next Wednesday (March 20), staff from Sydney Local Health District and Inner West Sydney Medicare Local will put participants through an extensive health check, covering weight, blood pressure, blood sugar, cholesterol, kidney and lung function. The screening will provide individual results for follow up with a health professional.

Participants will also be able to meet players NRL players Timana Tahu and George Rose, enjoy a barbecue lunch, giveaways and take home a free One Deadly Step jersey.

The Director of Aboriginal Health for Sydney Local Health District, George Long, said Aboriginal Australians continued to have higher rates of ill-health than other Australians.

“The One Deadly Step program is a great opportunity to reduce chronic disease among Aboriginal Australians with early detection and follow up, and is a great opportunity for the community to get together and have some fun while also spreading that vital health message,” Mr Long said.

The Aboriginal Outreach Project Officer for Inner West Sydney Medicare Local, Rose Nean, said “One Deadly Step is a good way of breaking down the barriers of access and costs associated with chronic disease screening. It gives members of our community the opportunity to learn what steps they need to take to manage their health.”

One Deadly Step is a partnership between Sydney Local Health District, the Agency for Clinical Innovation and the Inner West Sydney Medicare Local and targets communities in NSW where Aboriginal populations may be at risk of chronic disease.

Marrickville is the second One Deadly Step event to be held in the Sydney Local Health District following Redfern’s successful event during NAIDOC Week 2012.

For more information, photos or interviews on the day, contact Melinda Hunt on 9515 9607 or on Melinda.Hunt@sswahs.nsw.gov.au.