

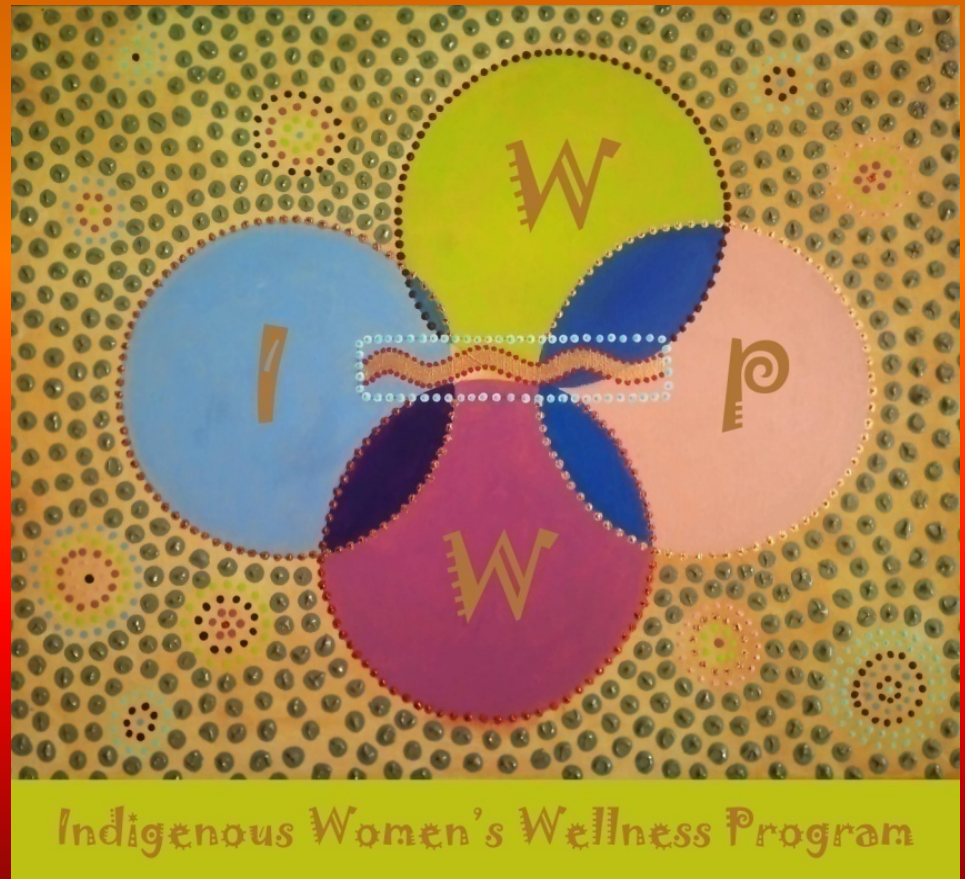
# Indigenous Women's Wellness in North Brisbane

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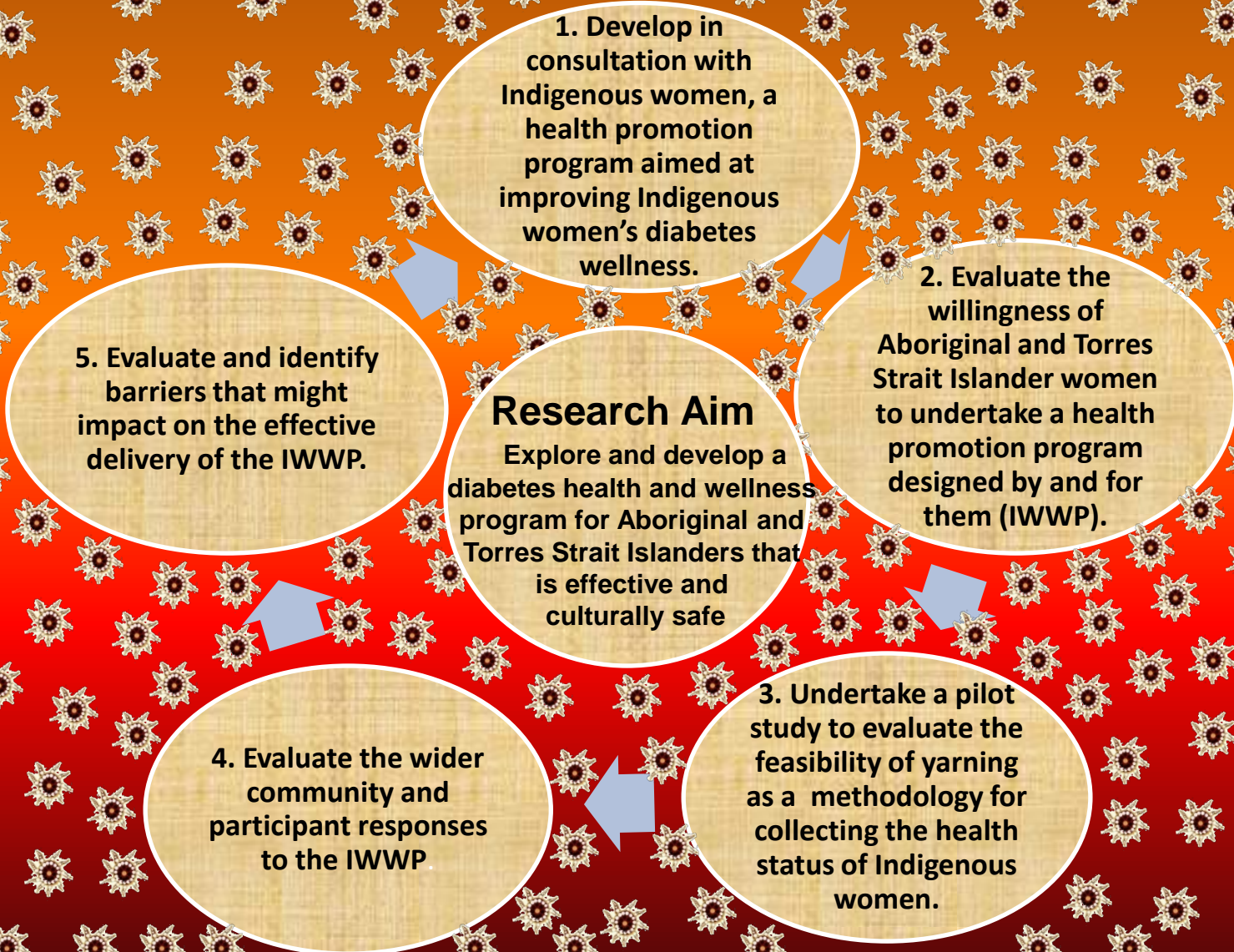
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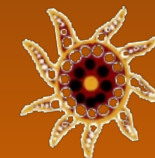
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# Research Objectives







DQ/QUT/  
CQU



Indigenous Women's Wellness Study



Bunyabilla Inc

Focus  
Groups

*Brisbane North*



Diabetes  
Study

*Brisbane  
North and  
Cherbourg*



Wellness Study and Program Development



Implementing Indigenous Women's Wellness  
health summit model



# Research Stages



## Phase 1

Objectives

1 and 2

**Stage 1:** Focus groups conducted with Indigenous women to examine the factors and barriers highlighted within the research objectives.

**Stage 2:** Collate and analyse the data and re-approach community

**Stage 3 :** Designing a culturally appropriate questionnaire in conjunction with community.

## Phase 2

Objectives

1, 2 and 3

**Stage 4:** Develop an Indigenous women's health promotion model/program in conjunction with the research and Indigenous women's input.

**Stage 5:** Implement the proposed design by undertaking a pilot of the program.

**Stage 6 :** Evaluate the pilot program by re-approaching community and participants.

## Phase 3

Objectives

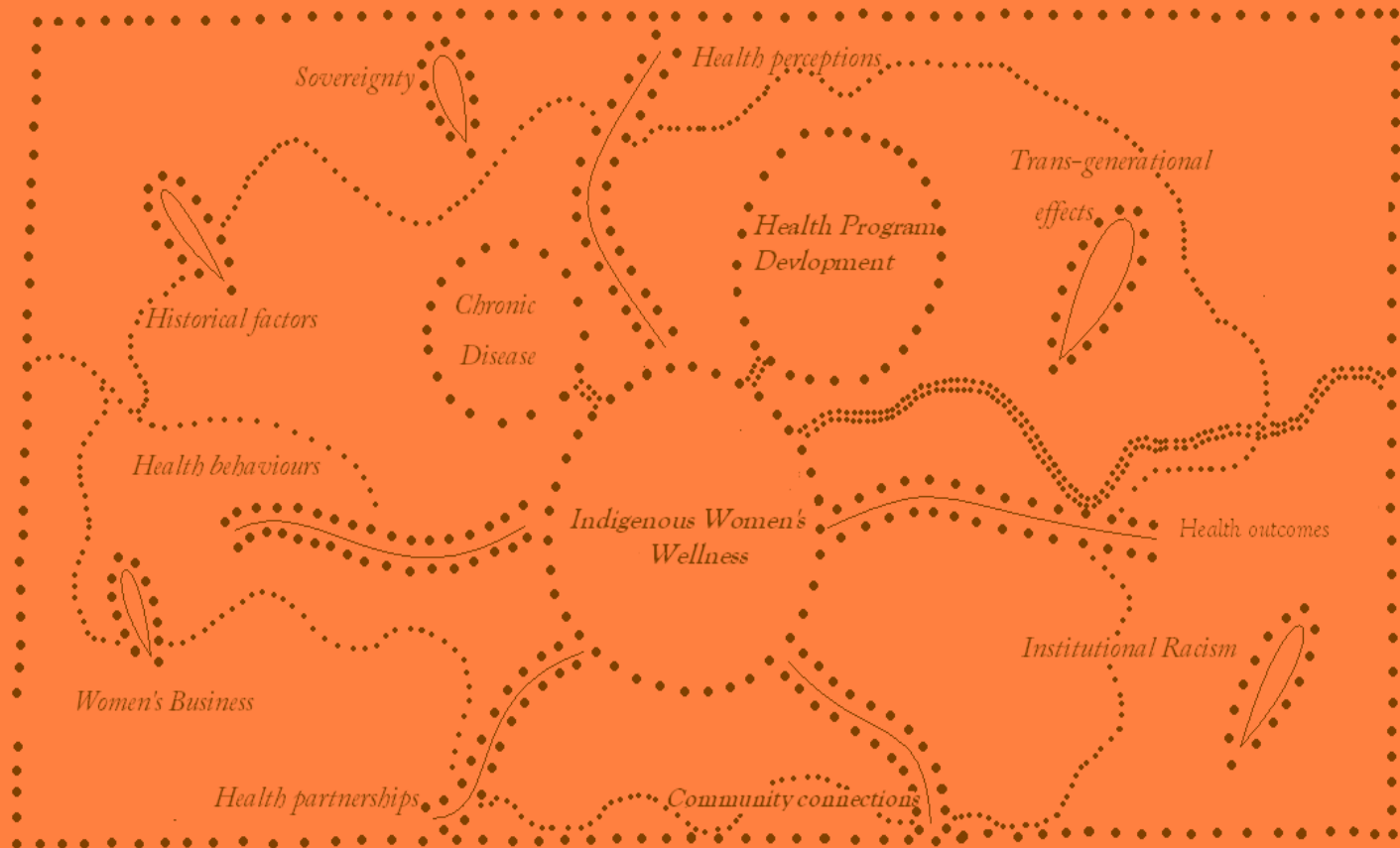
2, 3, 4 and 5

**Stage 8:** Implement the evaluated changes to the program and re-run the pilot.

**Stage 9:** Re-evaluate the program for confirmability and effectiveness.

**Stage 10:** Exploring avenues of assuring continuation of the Indigenous women's wellness program.

# Variables discussed within the Research





# Methodology



***A mixed- methodology approach addresses this research***  
***112 women attended the IWWP***

***Qualitative data collection***– Yarning /Action Research

- Thematic analysis

***Quantitative data collection*** - Questionnaire (through Yarning)

- Chi square nonparametric one sample statistical testing and base line mean average





# What did we find



## Research Themes

A thematic analysis was undertaken from the focus groups to identify the textual data's major themes that emerged from the yarning processes. The major themes consisted of.

### 1) What is wellness

- a) What creates wellness?,
- i) Strength, ii) Support

### 2) Wellness and Health Services

- a) Autonomy b) Indigenous women being heard, c) historical factors, d) Indigenous women's group development and continuation.

### 3) Access to services

- a) Transport b) Place and space

We then implemented these changes into a diabetes focused health and wellness program for the women.

## “Tiddahood (sisterhood) in health”

“We want to come together, we learn best together, so we should improve our health together.....”

Walker, Fredericks, Anderson, 2012

## Indigenous Women's Wellness

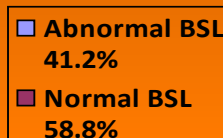
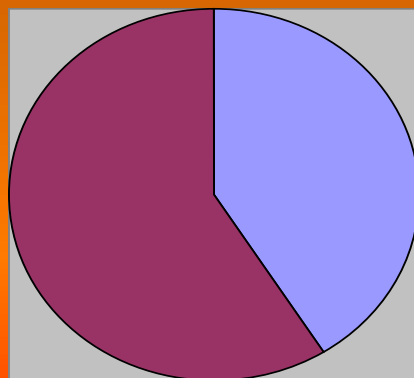
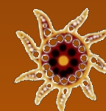
“Indigenous women's wellness is the connection combinations and interactions that are intertwined to create wholeness within an individual. Health or wellness becomes the by- product of this organic internal connection”.

Walker, Fredericks, Anderson, 2012





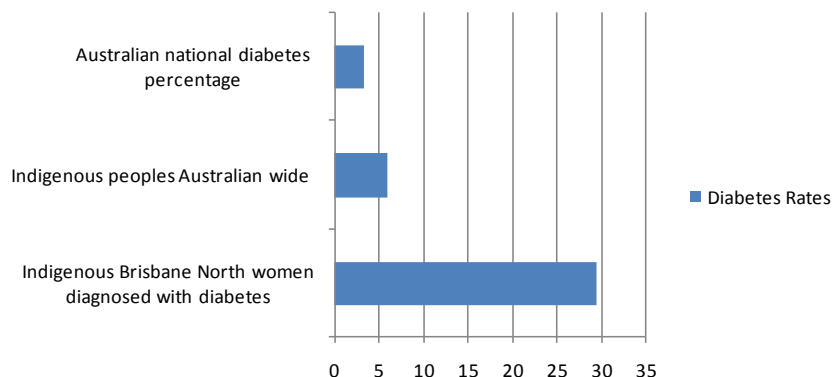
# Diabetes pilot results



With Aboriginal people six times more likely to develop type 2 diabetes (mellitus) than the rest of the Australian population, participant's blood sugar levels were tested. Only participants who tested over > 7.8mmols were included in the following calculations of Brisbane North women who had high blood sugar levels regardless of fasting or non-fasting indications. This was undertaken to ensure that there could be no discrepancy (eating/cup of tea) with being indicated as having high blood sugar levels. **41.2%** of Indigenous Brisbane North women were found to have blood sugar levels that were outside normal ranges however only **29.4%** had been diagnosed with diabetes and or endocrine abnormalities. These findings highlight that at minimum **11.8%** of participants have signs indicating that they may have undiagnosed diabetes or/and pre diabetes juxtaposed to unacceptable endocrine levels compatible with health and wellness.

Walker, Frederick, & Anderson, 2012

## Diabetes rates

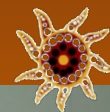


## 11.8% possible diabetes type II,

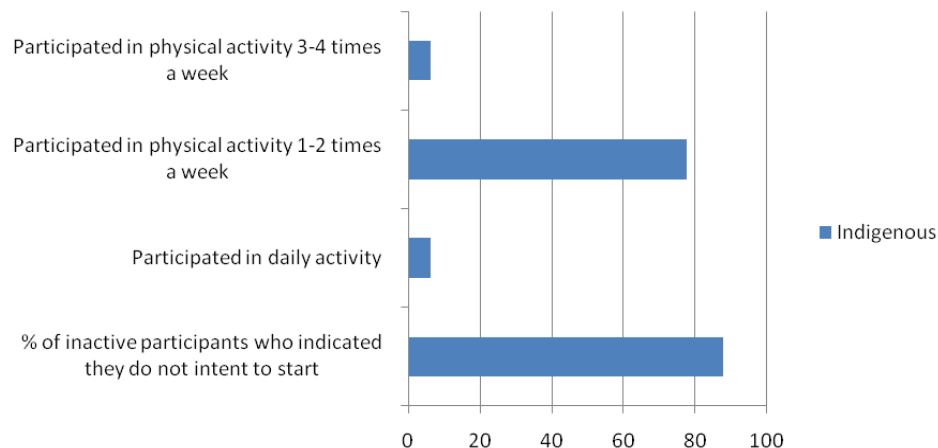
It must also be noted that individuals may indeed have diabetes however present with normal BSL levels. This research did not and does not intend to diagnosis individuals.







## Physical activity for at least 30mins or more



## Physical activity

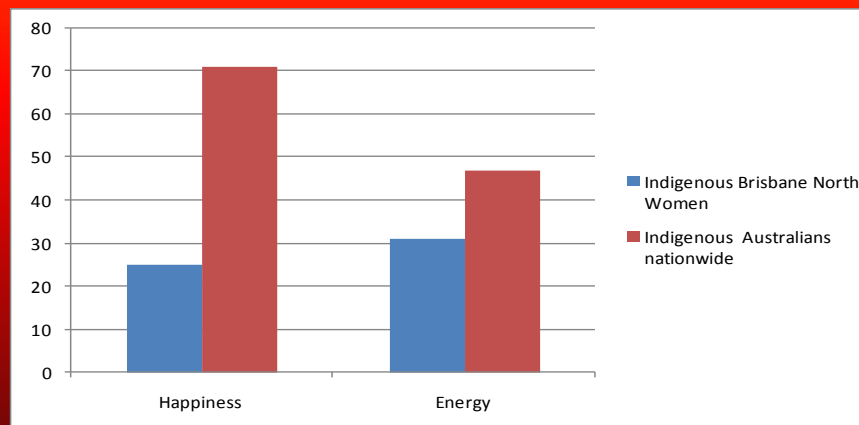
**43%** of Indigenous Brisbane North women do not currently participate in moderate physical activity for at least 30min, 3 times a week

**87%** of these women stated that they did not plan on doing it when asked. We are now implementing walking groups and aqua aerobics to these communities

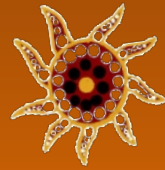


Of concern **43.7%** of these women reported feeling down hearted or blue “a good bit of the time or more”. **14.3%** of these individuals reported feeling downhearted and blue “all of the time” and **57.2%** reported feeling downhearted or blue “most of the time” while **14.3%** reported “a good bit of the time or more”.

## Wellness and Wellbeing







# Wellness and Wellbeing





# Acknowledgements



**Diabetes Queensland**



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**Bunyabilla Inc**

**Aunty Honor Cleary  
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