



Title: Western Sydney Changing Diabetes

Category: Healthcare

Club Name: Blacktown Workers Club

Entrant: Alison Brown

- 1. Provide an outline of the program, project or cause that addresses each of the following aspects:**
 - a. The program/project/cause objectives**
 - b. The support the club provided, i.e. was it financial, in-kind, staff volunteers or use of club facilities?**
 - c. A timeline of activities/events**
 - d. Any developments made since implementation (for example: if the support spans multiple years, how has the program grown? Will the club provide support again? Will the program be enhanced in the future?)**

Workers Lifestyle Group aims to combat the prevalent issue of Diabetes in the local community of Western Sydney. As a community-focused organisation, the Board of Directors, CEO and executive team are focused on confronting the real and pressing issue of diabetes in Western Sydney through partnering with Western Sydney Diabetes (WSD), part of the Western Sydney Local Health District, to create a whole of community approach.

“Thirteen per cent of adults living in the Western Sydney Local Health District have diabetes and 38% are at high risk of developing it,” Janine Dawson, Prevention Manager, WSD.

To effectively address this growing issue in the local community of Western Sydney, Workers Lifestyle Group has partnered with WSD to launch Western Sydney Changing Diabetes, a campaign aiming to increase diabetes detection, awareness, and prevention through a comprehensive approach. Workers Lifestyle Group has committed to investing \$500,000 over five years.

The objectives were:

- Increasing awareness of diabetes and the risk of diabetes
- Creating awareness on the opportunities for early detection and for prevention through lifestyle changes
- Reduce type 2 diabetes in the community of Blacktown where it is currently prevalent
- Create awareness that reducing weight by two kilograms, can decrease chance of diabetes by 30%
- Highlight that diabetes creates health issues that are costly to the health structure and economic health, as well as disproportionately effects Aboriginal, Torres Strait, Pacific Island and Asian.

Key activities and events include:

- healthy interactive displays (shown at Diabetes stalls throughout Workers venues)

- cooking demonstrations (held at Workers Blacktown to inform, teach and train individuals on how to eat healthier)
- Diabetes Detection Program (events run by WSD at Workers Blacktown allowing participants to test for diabetes while simultaneously learning about diabetes, lifestyle choices that affect the likelihood of developing it and how to manage if developed)
- SiSU health-check stations (available at Workers venues at Blacktown, free to all members and guests) and;
- healthy menu options (with menu items inspired by CSIRO Diet & Lifestyle Books).

We're at the beginning of the \$500K commitment over 5 years, which is an exciting place to be, therefore the program will be developed over time as the program and awareness of the program grows and adapts, to meet the changing needs of the community over time. While Workers Lifestyle Group hopes to erase the scourge of diabetes in the community, we acknowledge that it is a huge battle that will take time to win.

2. Provide a brief insight into why this program, project or cause was supported by the club.

In your answer, summarise:

- a. **How the project, program or cause was first presented to the club. For example, did a member present it to the Board or Executive team, was it part of a ClubGRANTS submission, did it come from a local business or the community based on a need, was a survey conducted to identify areas of community need, etc.**
- b. **Why it was important to the club to support this community need.**

With diabetes being a prevalent issue in the local community of Western Sydney, the origin of Workers Lifestyle Group's initiatives stems from equally being affected by the same issue plaguing our community. With staff, executive directors and board members having individual experiences with diabetes either personally or through loved ones, it was an obvious and real issue that needed to be addressed.

From previous dealings with WSD, Workers Lifestyle Group had access to the tools and information to understand the magnitude of the issue within the local community, inspiring the decision to take action.

Considering the high rate of diabetes in Western Sydney to be a serious health concern that required attention, Workers Lifestyle Group has taken it upon themselves to be proactive in promoting diabetes prevention and control. This is a contributing factor to the overall wellbeing of the local community of Blacktown and Western Sydney due to how diabetes being a chronic condition, affecting the life of the neighbourhood and its residents. Workers Lifestyle Group seeks to increase awareness of diabetes, offer information and support, as well as opportunities for persons affected by diabetes to better manage their health and their quality of life through their "Western Sydney Changing Diabetes" campaign.



3. Provide an outline of the positive impact the club’s contribution had on the community.

The “Western Sydney Changing Diabetes” campaign has improved the local community and infrastructure of the Western Sydney through its multi-armed strategy to raise awareness and combat the prevalent issue of diabetes. Through strategies such as the integration of the SiSU Health Machines and Diabetes Detection Program the campaign is achieving its goals of raising awareness and educating the local community. Feedback from participants of both found their experiences to be both intriguing and informative. Provision of these facilities have created an environment for local individuals to stay updated on their level personal health. In addition, the healthy cooking class demonstrations and CSIRO-inspired menu options have helped educate and normalise a healthy diet for the local community. These initiatives in tandem have created a central hotspot in Western Sydney where healthy living, mindfulness and choices have become a normalised and prioritised conversation, making a difference in addressing the issue of diabetes in Western Sydney.

4. Add any credits here (optional).

5. Supporting material: