

WSPHN TEAM WINS NSW KNOCKOUT HEALTH CHALLENGE

1 August 2019

As part of our commitment to improve the health and wellbeing of Aboriginal and Torres Strait Islander people, the Western Sydney Primary Health Network (WSPHN) collaborated with local organisations to support sixty Aboriginal and Torres Strait Islander community members from Western Sydney and the Nepean Blue Mountains regions in the recent NSW Knockout Health Challenge.

The state-wide weight-loss challenge focused on encouraging healthier lifestyles through exercise and nutrition within a supportive group environment. Thirty-three teams participated in the 10-week challenge that commenced in April.

With so many local community members wanting to get involved, two teams were entered into the challenge. Ninety percent of our team members are living with chronic health issues, so it was important that participants received extra advice and support to help them manage their conditions. By providing training, nutrition and extra support, team members have learned life-long skills that allow them to continue their health journey on their own.

The team name, Burbaga Burawa, means to 'rise up – rise above', and that they did! Burbaga Burawa #1 took out the top prize with a staggering loss of 174.7kgs winning \$20,000. Our second Burbaga Burawa team came third with a total loss of 118.6kgs, winning \$5,000. The \$25,000 prize money will be used to fund and support more teams in the next challenge which kicks off in September.

The teams would like to extend their thanks to the Western Sydney Local Health District Tabacco team, NSW Health, Nepean Community Neighbourhood Services and Brad Waugh, CEO Panthers on the Prowl for their support.

If you have an Aboriginal or Torres Strait Islander patient that you think will benefit from this challenge, please contact our Aboriginal Project Coordinator Robyn Taylor at robyn.taylor@wentwest.com.au for more information.

Congratulations to all NSW Knockout Health Challenge participants for taking the first step and working towards a healthier you.

About the Western Sydney Primary Health Network (WentWest Ltd)

Primary Health Networks (PHNs) are a federal government health initiative, established with the key objectives of increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes and improving coordination of care to ensure patients receive the right care in the right place, at the right time.

In its role as the Western Sydney Primary Health Network, WentWest focuses on addressing national and regional health priorities in consultation and partnership with local GPs, Allied Health Professionals, consumers and community bodies and the broader health sector.



FOR MORE INFORMATION

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WentWest would like to acknowledge the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We value their culture, identity, and continuing connection to country, waters, kin and community. We would like to acknowledge and give our respect to Elders past, present and future. We are committed to making a valued contribution to the wellbeing of all Aboriginal and Torres Strait Islander peoples.

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