

What is chronic disease?

Chronic disease is an illness which is:

- 1) Long term (it takes a long time to get sick)
- 2) Hard to cure and
- 3) Can be managed.

The chronic diseases which our program covers are:

- 1) Cardiovascular Disease (*heart*)
- 2) Chronic Respiratory Disease (*lungs*)
- 3) Diabetes
- 4) Chronic Kidney Disease

Who are these sessions for?

ECCQ's trained health workers from **9** ethnic communities conduct sessions in these languages:

- Arabic speaking
- Bosnian
- Filipino
- Greek
- Indian
- Samoan
- Spanish speaking
- Sudanese
- Vietnamese

Why should I participate?

- To improve your health and lifestyle
- The sessions and resources are presented and delivered in your community language
- We are flexible with timing and venues
- Refreshments are available

Contact Information

If you are interested in participating in any of our sessions or want any information regarding our program please contact us!

Address: ECCQ House
253 Boundary St
West End, Brisbane

Postal: PO Box 5916
West End
Queensland 4101

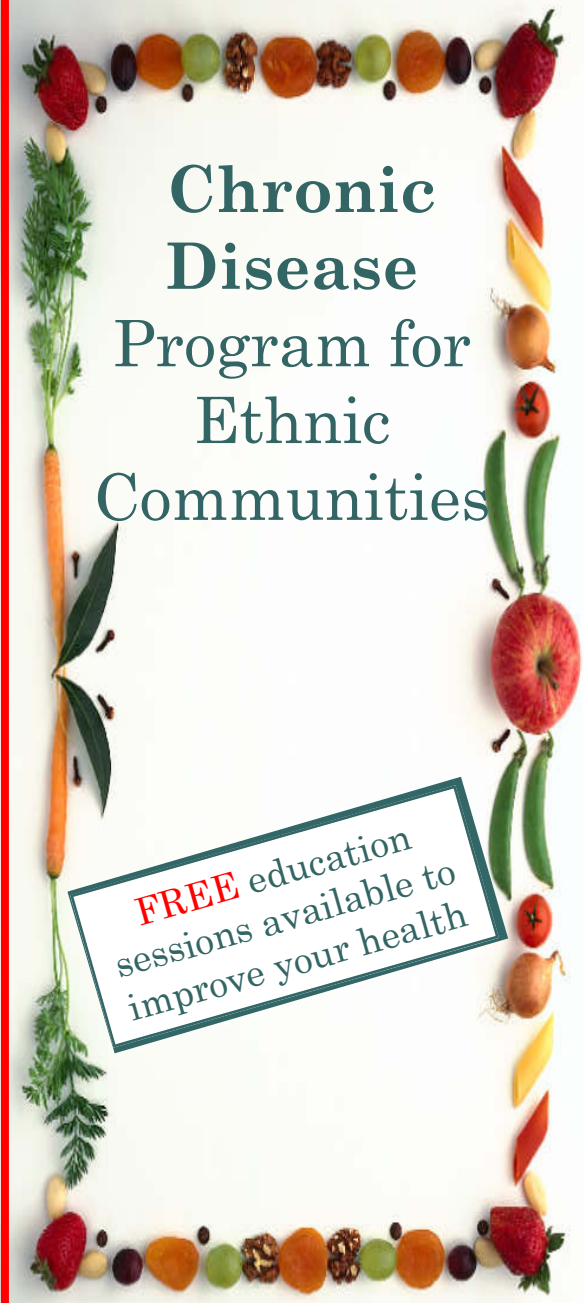
Phone: (07) 3844 9166
Ask for any of the Chronic Disease team

Fax: (07) 3846 4453

Email: chronicdisease@eccq.com.au

Website: www.eccq.com.au

All sessions are once a week for up to 5 weeks. Come to all sessions or just the ones which interest you.



Chronic Disease Program for Ethnic Communities

FREE education sessions available to improve your health



Ethnic Communities Council of Queensland



Queensland Government
Queensland Health

What sessions are available?

MODULE 1: Chronic Disease Education

MODULE 2: Culturally Tailored Healthy Eating

MODULE 3: Physical Activity

MODULE 1

Chronic Disease Education Sessions

What is discussed:

Ways to prevent and better manage the following chronic conditions:

- **Cardiovascular Disease**
 - Heart attack, Angina, Heart failure, Stroke, High blood pressure
- **Chronic Respiratory Disease**
 - Asthma, Emphysema, Bronchitis
- **Diabetes**
 - Type 1, Type 2, Gestational
- **Chronic Kidney Disease**

Education, knowing your rights and responsibilities:

- **The Australian Health Care System**

MODULE 2

Culturally Tailored Healthy Eating Sessions

What is discussed:

- How to choose healthy options
- Cooking demonstration and recipe modification
- Healthy take away and lunch box options
- Basic nutrition information for children, adults and elderly
- Understanding your traditional food
- Introduction to Australian food



Vietnamese participants who have completed the sessions in Inala

MODULE 3

Physical Activity Sessions

What is discussed:

- What is physical activity?
- What are the types of physical activity?
- What is the benefit of physical activity?
- How does physical activity help prevent chronic disease?



A tai chi group session

- Your trained health worker will work with relevant partners to provide activities to you and your community.
- On an individual or group basis.
- Examples of physical activities available include: tai chi, swimming, walking, jogging, stretching exercises etc

What type of physical activity do you want to be involved in?