

8th Annual Chronic Diseases Network Conference in
collaboration with the Good Health Alliance NT

23-24 September, 2004

Holiday Inn Esplanade, Darwin, Northern Territory

The Turning Tide:

Action & improvements in chronic disease

Towards building healthier communities

This conference aims to inspire and motivate people by showcasing some of the best programs in the NT and around Australasia - programs that are using bold, creative, and highly effective strategies to prevent and control chronic diseases and to help build healthier communities.



Northern Territory Government

Department of Health and Community Service

My life. My monitor. **MediSense**



Australian Government

Department of Health and Ageing



Diabetes Australia

Northern Territory



Mirrijini Pty Limited



asthma
northern territory

Arthritis & Osteoporosis
NORTHERN TERRITORY



**Heart
Foundation**

NT Division



TOP END DIVISION
OF GENERAL PRACTICE

Chronic Diseases Network 08 8922 8280

Invited speakers include:

- **Marion Scrymgour, MLA**, Minister for Community Services
- **Prof David Simmons**, Professor of Medicine, University of Auckland, Waikato Clinical School. Diabetes specialist/general physician, Waikato Hospital
- **Dr Malcolm Battersby**, Director of the Human Behaviour & Health Research Unit and Senior Lecturer in Psychiatry, Flinders University
- **Dr Diane Howard**, Endocrinologist, Royal Darwin Hospital
- **Prof Kerin O'Dea**, Director, Menzies School of Health Research; Senior NHMRC national figure; chronic disease/public health expert
- **Ms Anne Kemp**, CEO of Diabetes Australia NT & Healthy Living NT
- **Dr Paul Ireland**, Program Director at the National Institute of Clinical Studies
- **Mr Peter Holt**, Indigenous Program Coordinator, Fred Hollows Foundation
- **Mr Ted Egan**, AO, Administrator of the Northern Territory
- **Ms Inez Carter**, Project Officer FASET (Foetal Alcohol Syndrome Education Team) Apunipima, Cape York Health Council

The Program

The Turning Tide conference aims to bring together local, national and international speakers to talk about results on the ground, working in innovative and creative ways and creating better ways of working together to support systems that build healthier communities. It will focus on activities that are making a real difference to improving health and preventing chronic diseases.

The conference program will be structured around community, self-management and systems. Presenters will look back at how research and services have impacted on chronic diseases, identify what we are doing now that is making a real difference and discuss priorities for the future.

Conference information & registration

Visit the web: <http://www.nt.gov.au/health/cdc/preventable/conference.shtml>

Contact conference secretariat, Justine Glover:

Phone: 08 8922 8280 Email: chronicdiseasesnetwork@nt.gov.au

Program Disclaimer

The speakers, topics and times are correct at the time of publication however, in event of unforeseen circumstances, the organiser reserves the right to alter or delete items from the conference program.

Posters

There will be an wide range of posters available at the conference showcasing chronic diseases programs happening across Australasia. A full listing of posters will be available in the final conference program

Thursday 23 September The Turning Tide Mini Program

8.00am	Registration Desk opens		
8.00am	Tai Chi by the sea – Join us for Tai Chi by the sea on the Esplanade - Arthritis & Osteoporosis NT		
9.00am	Welcome to Country Larrakia Nation		
9.10am	Welcome MC Graham Opie, CEO Heart Foundation (NT Division)		
9.15am	Opening Address Marion Scrymgour, MLA, Minister for Community Services		
9.35am	Keynote 1: Historical perspective of chronic disease in the NT Dr Diane Howard, Endocrinologist, Royal Darwin Hospital		
9.55am	Keynote 2: The Pacific Perspective - Chronic Disease Professor David Simmons, Professor of Medicine, University of Auckland, Waikato Clinical School. Diabetes specialist/general physician, Waikato Hospital		
10.15-10.45am	Morning Tea		
10.45am	Listening to the past, Planning for the future Chair – Dr Christine Connors, Director Preventable Chronic Diseases Unit		
	Keynote 3: The Cooperative Research Centre for Aboriginal Health TBA		
	Keynote 4: Tackling chronic disease: how research can inform future strategies Prof Kerin O’Dea, Director Menzies School of Health Research		
12.00-1.00pm	Lunch & Poster Display		
1.00pm	Concurrent Session A Successful programs and promising approaches		
	<p>A-1 Community Chair - Noelene Swanson, Director of Tiwi Health Services</p> <p>Western Desert Nganampa Walytja Palyantjaku Tjutaku <i>"Making our families well"</i> Sarah Brown, Manager WDNWPT, Marlene Spencer Nampitjinpa, Committee President</p> <p><i>From the ground up</i> - Galiwinku Project - Interventions and Outcomes TBA, Menzies School of Health Research</p> <p><i>Linkages and opportunities - Health Promoting Schools</i> Mike Bowden, Manager Health Promoting Schools Unit, DEET</p>	<p>A-2 Self Management Chair – Ruth Garden, Arthritis & Osteoporosis NT</p> <p><i>A different approach to L.I.F.E</i> Fiona Coulthard Pika Wiya, & Kate Warren, Spencer Gulf Rural Health School</p> <p><i>Taking Care of business</i> Making CDSM Core Business <i>Jacki Ah Kit Director Port Lincoln Aboriginal Health Services</i></p> <p><i>Katherine West Experience</i> Cross cultural chronic disease self management Robyn Mobbs Katherine West Health Board</p> <p><i>We’ve come a long way – Lessons from National Projects</i> John Lawrence, Flinders University & Richard Seden, Danila Dilba</p>	<p>A-3 Systems: Chair - Peter Pearce, Project Manager Coordinated Care & Health Finances, DoH&A</p> <p><i>Extracting the best</i> - Quality Improvement at Central Australian Aboriginal Congress Paul Ryan, Project Officer, Central Australian Aboriginal Congress</p> <p>Quality Use of Medicine Dr Andrew Bell & Jill McDonald, Katherine West Health Board</p> <p><i>The ABCD of the Health System</i> Michelle Dowden & Lyn O’Donoghue, Menzies School of Health Research</p> <p><i>Review of the Preventable Chronic Diseases Strategy – Prevention Best Buys</i> Jenni Judd, DHCS</p>
2.30-3.00pm	Afternoon Tea		
3.00pm	Physical Activity		
3.30pm	Concurrent Session B Little things can do great things		
	<p>B-1 Community: Chair - Lyn O’Donoghue, Menzies School of Health Research</p> <p><i>From little things big things grow</i> Suresh Sharma, Aboriginal Chronic Disease Outreach Program</p> <p><i>Palmerston “Can Do” Initiatives</i> Annette Burke, Mayor of Palmerston</p>	<p>B -2 Self Management: Chair - Jenni Judd, DHCS</p> <p><i>Regaining control through self management: a personal experience</i> Gail Williams</p> <p><i>Community Partnerships</i> Woodside Swim Program Rachel Woodham, Asthma NT</p> <p>Cultural approaches to CDSM Sally Warnes & Ruth Garden, Arthritis & Osteoporosis NT</p>	<p>B-3 Systems: Chair - Nilva Egana, Top End Division of General Practice</p> <p>Systems approach to Best Practice Management Dr Christine Connors, Director Preventable Chronic Diseases</p> <p><i>Getting it right</i> - GP Hospital Integration Project Bernie Eaton, Top End Division of General Practice</p>
4.30pm	Close Mr Ted Egan, AO, Administrator of the Northern Territory will close the first days proceedings in the foyer.		

Friday 24 September

7.30am	Join the Heart Foundation for a JUST WALK IT session at the Mitchell Centre		
8.30am	Registration		
9.00am	Welcome MC Ms Anne Kemp, CEO Diabetes Australia NT and Healthy Living NT		
	Keynote 1: Lessons from America Malcom Battersby, Director of the Human Behaviour & Health Research Unit and Senior Lecturer in Psychiatry, Flinders University		
	Keynote 2: Filling the Gaps - The Gaps Report Dr Paul Ireland, National Institute of Clinical Studies		
10.00-1030am	Morning Tea		
10.30am	Making a difference Chair: Graham Opie, CEO Heart Foundation (NT Division)		
	Keynote 3: Developing New Partnerships – philanthropic organisations and business Peter Holt, Indigenous Program Coordinator, Fred Hollows Foundation		
	Keynote 4 Good health for a good country - Impact of non government organisations on chronic disease Ms Anne Kemp, CEO of Diabetes Australia NT and Healthy Living NT		
	Keynote 5 Giving kids a good start - Foetal Alcohol Syndrome Project Inez Carter, Apunipima Cape York Health Council		
12.00-1.00pm	Lunch & posters		
1.00pm	Concurrent Session C Hitting the target		
	C-1 Community: Chair Helen Smith, Director Cancer Council NT <i>AIMing HI: Mental Health</i> Dr Tricia Nagel, Senior lecturer Flinders University, Consultant psychiatrist, Chief Investigator AIMHI <i>Lessons Learnt: Implementation of the Learning Lessons</i> Barbara Weis, Director Learning Lessons Branch, Department of Education, Employment & Training <i>No more Dirty Ashtrays: Evaluation of Tobacco Act</i> TBA, Alcohol and other drugs	C-2 Self Management: Chair Michelle Menzies, CEO Asthma NT <i>Cardiac Rehabilitation:</i> Chrissie Inglis, Cardiac rehabilitation coordinator <i>Healthy Living NT</i> <i>Evaluation of Katherine West Health Board Chronic Disease Self Management</i> Elizabeth Chalmers, Associate Professor, Centre for Remote Health, Katherine Unit <i>Educating for self-management in a multicultural community</i> Linda Rennie, Diabetes educator, DHCS	C-3 Systems Chair Bernadette Shields, Department of Health & Community Services NT <i>Healthy Houses, Healthy People, Healthy Community</i> Des Rogers Chair Indigenous Housing Authority NT <i>National Rheumatic Heart Disease Project</i> Keith Edwards, Community Paediatrician, Department of Health & Community Services NT <i>Using local networks</i> Top End Aboriginal Bush Broadcasting Association (TEABBA)
2.30-3.00pm	Afternoon Tea		
3.00pm	Concurrent Session D Listening and learning		
	D-1 Chair Dr Christine Connors, Director Preventable Chronic Diseases Unit <i>Indigenous Yarning</i> Bernadette Shields & Lyn O'Donoghue	D-2 Chair TBA, <i>Stemming the tide - Physical Activity</i> TBA <i>PHRED Developing a picture of chronic disease services in the NT</i> TBA, Good Health Alliance NT	D-3 Chair TBA <i>Surviving the system – A consumer's perspective</i> Annette Smith, Department of Health & Community Services NT <i>Improving Workforce Capacity</i> Janie Smith, Associate Professor, Rural Health Education Development
4.00	Close		