

# ANNUAL REPORT 2015



21 YEARS  
OF MAKING A DIFFERENCE  
IN CAPE YORK COMMUNITIES









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## Chairman's Foreword

Welcome to the Annual Report for 2014/15. This year we have been focused on delivering against our strategic plan within a robust accountability framework. As a board we have a clear accountability to our funders for sound financial management, probity and good governance but our key accountability lies with our members and the people of Cape York.

This year my board colleagues and I set the strategic direction of the organisation with the publication of our five year strategic plan and have been proud to see good progress against each of our five strategic goals. Health outcomes against national key performance indicators continue to improve; building work is set to begin on new health facilities in Aurukun and Napranum early in the next financial year; membership of Apunipima has increased; the auditors have declared an unqualified audit; and we continue to be sought after for comment, opinion and presentations at local, regional, national and international levels.

A change in government at State level created some unique challenges for us in terms of a change in policy direction and the commitment to delivering community controlled health services under a transition model. This led us to having to make some difficult decisions around service delivery priorities. Embedding robust risk management systems has supported us to make difficult decisions, ensuring any decision making is evidence based and all risks are taken into consideration.

Over the next year we are determined to meet our commitment to community to deliver expanded and enhanced services that are community driven and community led that will lead to community controlled health services delivering wellness improvement across the Cape.

**Thomas Hudson**  
Chairman

### APUNIPIMA STRATEGIC GOALS

1. Seeing measurable wellness outcomes
2. A health centre in each community, with a skilled workforce with a viable Health Action Team
3. Building community ownership and capacity
4. A strong commitment to the development of more diverse revenue streams
5. Be a leader in remote health nationally and internationally



## Chief Executive Introduction

I am delighted to report that Apunipima has significantly increased access to health services in Cape York, with 70% of the people in the 11 Cape communities we serve, accessing Apunipima services this year.

With the increased access comes increased care which leads to improved wellness as demonstrated by our performance against the National Key Performance Indicators that showed us meeting and exceeding targets in most areas.

Recognising that there is still much to be done, we continue to collaborate with communities through the Health Action Teams and with elected leaders to identify priority areas for each community.

This year ICE was identified as a concern and Apunipima has been leading the response locally, regionally and nationally with our campaign being shared as far as the Prime Minister's Office. Triggers for ICE use are often determined by a person's social and emotional wellbeing and our aim is to embed a social emotional wellbeing component into all of our programs, including health checks progresses, particularly in the realms of family health with our Baby One Program™ and the consolidation of our men's health programs.

Our national profile is increasing with our nutrition team leading the way in highlighting hidden hunger in Cape York and working with renowned research partners to come up with innovative solutions; and our Baby One Program™ received the acclaimed CRANA Plus Collaborative Team award for being health worker led demonstrating how effective our model of care is.

Regionally Apunipima's public health team were heavily involved in the development of the Chronic Conditions Manual and internationally we were invited to present the Apunipima Way at the International Network in Indigenous Health and Development in Winnipeg, Canada and attend a conference focussed on the development of morbidity measures for Aboriginal people across the world.

We continue to meet national standards for our clinical and corporate systems and processes and have maintained our AGPAL accreditation and ISO certification.

Over the next year we are set to face challenges due to financial austerity measures that come with a reduction in government funding but we are committed to deliver our strategic goals and the priorities the board have set us to deliver expanded and enhanced services through the Apunipima Way – a comprehensive primary health care service that is community driven and community led.

**Cleveland Fagan**  
Chief Executive

### ABOUT CAPE YORK

- There are 7024 people in Cape York
- There are 2073 children in Cape York, 118 were born this year
- 70% of the population have accessed health services
- 27% of clients received a health check
- 1934 of our clients have a chronic disease





## ABOUT APUNIPIMA

Apunipima Cape York Health Council was the brainchild of Aboriginal and Torres Strait Islander people who met at a Land and Health Summit 20 years ago at Pajinka Wilderness Lodge, near Injinoo, in 1994.

The summit was attended by representatives of 17 Cape York communities and associated homelands concerned about poor health status of Cape York Aboriginal and Torres Strait Islanders. In the two decades since its inception Apunipima has evolved from a small advocacy organisation to one of the largest Aboriginal Community Controlled Health Organisations in Queensland with an annual turnover of over \$21 million. Apunipima has over 160 staff and delivers comprehensive primary health care to 11 Cape York communities. Apunipima's Primary Health Care team includes GPs, Nurses, Midwives, Paediatricians, Aboriginal and Torres Strait Islander Health Workers, Diabetes Educators, Podiatrists, Nutritionists, Dietitians, Health Promotion officers, a Social Worker, Audiologist and Speech Therapist. Apunipima has a range of facilities on Cape York including the award winning Mossman Gorge Primary Health Care Centre, Kowanyama's Atharpuch Mums n Bubs Family Health Centre and offices in Cooktown, Mapoon and Coen. Apunipima adheres to a family centred model of comprehensive primary health care which sees clients as people embedded in families and communities. Our services are designed to improve the social, emotional and cultural, as well as the physical wellbeing of Cape York people

## FROM THE BOARD

This year, we as a Board, have been progressing achievement of goals under our strategic plan. As outlined in the Chairman's foreword we have been focussing on ensuring we have quality systems in place supported by robust risk management processes that are underpinned by our values.

We are proud to report that Apunipima retains ISO 9001:2008 Standard certification to 25th July 2017, having undertaken the annual survey in May 2014 by IHCAC (Institute for Healthy Communities Australia). Included in the scope of this certification are Cairns, Cooktown, Coen, Mum's and Bub's Centre – Atharpuch, located in Kowanyama, Mossman Gorge, and Mapoon.

The scope of ISO 9001:2008 includes all Primary Health Care Services delivered by Apunipima to the Communities of Cape York and includes our Mossman Gorge Primary Health Care Centre that is accredited to the RACGP Standards until the 22nd Feb 2017.

The key focus of this year has been planning and preparing support for Apunipima's expansion and enhancement of infrastructure and services in community. A comprehensive review of our health service delivery policy and procedure framework has been undertaken with recommendations and improvements underway to support accreditation to RACGP Standards and ISO 9001:2008.

Enterprise and Operational Risk are recorded on the Risk Register with the Board accountable for identifying and monitoring Enterprise Risks and the CEO accountable for managing Operational Risks. Reports for the Board and CEO have been developed enabling us to review risk on a quarterly basis.

Further enhancement of the Apunipima Risk Management Framework has been undertaken in the last year with a focus on in-house training to support the key principle of having risk management embedded across the organisation.

### WORKPLACE HEALTH & SAFETY

The total number of reported incidents for the year was 21, of which;

- 12 – Injury
- 2 – Incident
- 5 – Near miss
- 1 – Threat of violence
- 3 – Ergonomic issues

There were no WorkCover claims for 2014-2015 against Industry comparison of four.

### WORKERS COMPENSATION RATES

**2015** Premium Rate 0.201%  
against an industry average 0.617%

**2014** Premium Rate 0.286  
against an industry average 0.646%

**2013** Premium Rate 0.333%  
against an industry average 0.633%



### OUR MISSION

WELLNESS  
IMPROVEMENT  
THROUGH THE  
APUNIPIMA WAY



### OUR VISION IS TO BECOME A COMMUNITY OWNED ORGANISATION THAT HAS ACHIEVED OPTIMAL WELLNESS FOR CAPE YORK COMMUNITIES

### OUR VALUES

The values Apunipima will adhere to are:

- A comprehensive approach to primary health care through a family centred approach
- Accountability and integrity
- Value for money

### STRATEGIC

### Measures for our aspirations

1

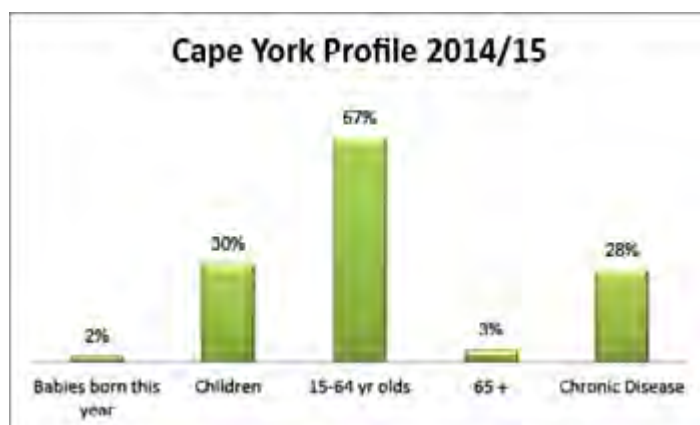
#### Seeing measureable wellness outcomes

- Demonstrated progress against the national key performance indicators
- 80% of the Aboriginal and Torres Strait Islander population have health checks
- 70% of existing clients are accessing services
- Reduce the failure to show rates





# WELLNESS IMPROVEMENT



## Apunipima performing well against national indicators

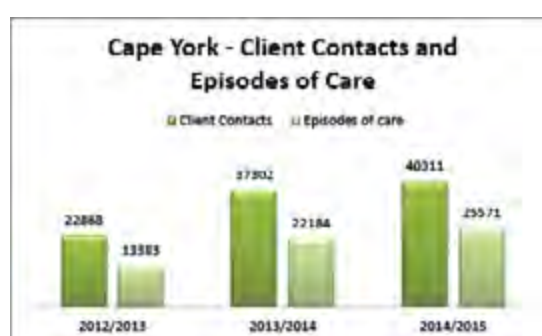
Apunipima is consistently outperforming other health services when it comes to meeting the government's National Key Performance Indicators for Aboriginal and Torres Strait Islander Primary Health Care.

Apunipima performs significantly better when it comes to maternal and child health care with:

- 73% of Cape York mums receiving their first antenatal visit before 13 weeks compared to 38% nationally;
- 93% of Cape babies have their birth weights recorded compared to 61% nationally;
- 98% of Cape kids are fully immunised compared to 90% nationally;
- 42% of children between 0-4 receiving a health check compared to 27% nationally.

In Mossman Gorge, Apunipima's only fully community controlled primary health care centre, the outcomes against the National Key Performance Indicators see the centre perform in the top 25th Percentile for the care they give their clients.

Apunipima's Senior Medical Officer, Dr Jacki Mein said, "We know that to create parity in Cape York we have a long way to go but are pleased that the outcomes against these measure are showing what a difference community controlled primary health care can do in terms of increasing access, engaging clients in their own health and most importantly improving outcomes."

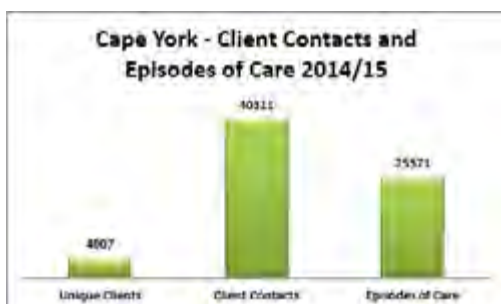




"It also helps that we have recently introduced an electronic medical record for our clients, meaning we are much better at recording, and it really helps being able to rely on our own data." Acknowledging where Apunipima has not performed so well in the past, Dr Mein explained, "We have known for some time that there has been a gap in terms of the management of renal function in diabetics and have recently appointed a Renal Nurse to fill that gap. They will be working with our diabetic clients to record their renal function and establish a management plan to maintain or improve function where appropriate."

Of 19 indicators Apunipima only misses the mark on five indicators, even then only marginally.

1. 15% of Cape York babies have a low birth weight compared to 13% nationally;
2. Only 61% of people have their smoking status recorded compared to 68% nationally;
3. 27% and 45% of people have a recorded BMI of overweight or obese compared to 26% and 40% nationally;
4. Alcohol consumption is recorded for 46% of people across Cape York rather than 47% nationally;
5. Cape York wide, diabetes clients with a kidney function test recorded stands at 29% compared to 63% nationally.



All comparison data based on National Key Performance Indicators for Aboriginal and Torres Strait Islander primary health care results from December 2013. All Apunipima data based on results from December 2014. Apunipima has only had its electronic medical record in place at Mossman Gorge for 2 years and less than one year in other communities. In most places in Cape York the primary medical record is held by Queensland Health, meaning that not all data is held by Apunipima such as renal indicators, alcohol and smoking data.



## ACHIEVEMENTS

### BOUNCING FOR JOY AS BABY ONE PROGRAM™ DELIVERS

An Apunipima program aimed at healthier deliveries for Cape York mums has itself delivered a national award.

The Baby One Program™, which covers pregnancy to 1000 days, led by Apunipima's maternal and child health workers was recognised as joint winners at the CRANaplus' (Council of Remote Area Nurses of Australia) 32nd annual conference.

Maternal and Child Health team was nominated for the Collaborative Team Category for its Baby One Program™, an innovative evidence-based program structured around the Aboriginal health-worker led family-visiting program. The Aboriginal Health worker works with parents, children and families in a case-load model with others of the maternal and child health team, namely: midwives,

child health nurses, allied health practitioners and health manager.

Maternal Child Health Worker Debra Jia and Team Leader Johanna Neville were proud to accept the award at the event. Of the award, Debra said, "The team works within 'The Apunipima Way', a comprehensive primary health care model that enables a holistic approach to the improvement of health and wellbeing for communities and families in Cape York.

"It is a worthwhile program that is delivered on the ground in communities," Debra said.

"We see mums-to-be and talk to them about nutrition, not only for themselves but for the bub and family's health too. It's one big support network and that's what we're focussed on."

### APUNIPIMA INDUCTED INTO HALL OF FAME

2014/15 saw Apunipima inducted into the Queensland Aboriginal & Islander Health Council Hall of Fame. Presented with the Quality in Governance Award, Apunipima was recognised because of the organisation's commitment to ensuring good governance through community control. Apunipima's community control philosophy is demonstrated through the way it appoints its Board, made up of elected community members and skills based directors and how it holds itself accountable for quality service delivery through the establishment of community based Health Action Teams, volunteer community groups.

Chair of Apunipima, Thomas Hudson said, "We are delighted to have

received this award that recognises our community control philosophy and the outcomes it is achieving in terms of improved access to health services, improved health literacy, engagement and accountability.

"We have a clear vision to become a community owned organisation that has achieved optimal wellness for Cape York people and we recognise the only way to do that is for health services across Cape York to become fully community controlled.

"We are committed to maintain strong governance systems and processes to make sure that Cape York people receive the best quality health services we can deliver."



# DEADLY CHOICES

2014/15 saw Apunipima pilot the Deadly Choices Program in Cape York. Initially designed for an urban setting, Apunipima took on the challenge to see if it could work in a rural and remote setting.

Deadly Choices is an initiative of the Institute for Urban Indigenous Health and has been successfully run in South East Queensland, across other parts of Queensland and interstate. The Program aims to empower Aboriginal and Torres Strait Islander people to make healthy choices for themselves and their families – to stop smoking, to eat good food and exercise daily. Deadly Choices also encourages people to access their local health service and complete a health check to prevent or better manage their chronic disease and remain healthy.

The initiative includes activities such as a school and community-based health education program, community days which are designed to promote healthy lifestyle choices in the wider community and the Deadly Choices campaign.

As part of the program, community days were held in Mapoon, Napranum, Aurukun and Mossman Gorge.





# APUNIPIMA SAYS DON'T LET ICE PUT YOUR LIFE ON THE ROCKS

Let's kick ICE out of our communities and tackle it together. That was the message from Apunipima when we launched a social media campaign to help bring awareness of what the potent drug, ICE, can do to individuals, families, friends and communities.

Four well-known public figures joined Apunipima's fight to help tackle ICE in Cape York - NRL legend Johnathan Thurston, Gold Coast Suns Footballer Davin Crampton, CQUniversity Cairns Taipan Kerry Williams and hip-hop group The Last Kinection (featuring Naomi Wenitong).

So far the campaign has reached over 45,000 people, 3,500 of those from Cape York.

Public Health Medical Advisor, Dr Mark Wenitong said, "Ice destroys friends, families and culture and ultimately lives. Our approach is strategic and we will work with all agencies at all levels to deliver a community-based response to rid ice from the Cape and beyond."

"Having celebrities like Thurston, Crampton, Williams and The Last Kinection on board with Apunipima sets a great example to our Indigenous communities and encourages them to heed their messages."

## COWBOYS' LEGEND JOHNATHAN THURSTON SAYS NO TO ICE



ICE MELTS  
YOUR LIFE

LET'S KICK ICE OUT OF OUR COMMUNITIES

WE NEED TO FIND A WAY TO  
TACKLE IT TOGETHER-  
IT'S BAD FOR YOU AND IT'S BAD  
FOR OUR CAPE YORK MOB

NEED HELP? WORRIED ABOUT YOUR FRIEND OR  
CUZ? OR WANT MORE INFORMATION?

GO TO YOUR LOCAL CLINIC OR SEE YOUR  
LOCAL HEALTH WORKER.

FOR ANONYMOUS SUPPORT CONTACT:  
KIDS HELPLINE: 1800 55 1800  
ALCOHOL AND DRUG INFO SERVICE:  
1800 177 833  
DOMESTIC VIOLENCE HOTLINE:  
1800 811 811



FOR MORE INFORMATION AND RESOURCES  
VISIT [APUNIPIMA.ORG.AU/ICE](http://APUNIPIMA.ORG.AU/ICE)



LET'S KICK ICE OUT OF  
OUR COMMUNITIES

NORTHERN PRIDE'S  
DAVIN CRAMPTON  
SAYS NO TO ICE

ICE MELTS  
YOUR LIFE

WE NEED TO FIND A WAY TO TACKLE IT  
TOGETHER- IT'S BAD FOR YOU AND IT'S BAD  
FOR OUR CAPE YORK MOB



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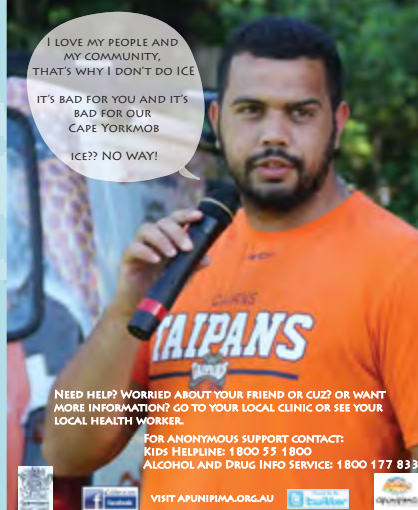
ICE - IT'S NOT COOL

CQ UNIVERSITY CAIRNS TAIPAN - KERRY WILLIAMS SAYS NO TO ICE!

I LOVE MY PEOPLE AND  
MY COMMUNITY,  
THAT'S WHY I DON'T DO ICE

IT'S BAD FOR YOU AND IT'S  
BAD FOR OUR  
CAPE YORKMOB

ICE?? NO WAY!



NEED HELP? WORRIED ABOUT YOUR FRIEND OR CUZ? OR WANT MORE INFORMATION?  
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FOR ANONYMOUS SUPPORT CONTACT:  
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ALCOHOL AND DRUG INFO SERVICE: 1800 177 833

VISIT [APUNIPIMA.ORG.AU](http://APUNIPIMA.ORG.AU)



ICE - IT'S NOT DEADLY,  
IT'S FATAL

LOVE YOUR PEOPLE AND  
YOUR CAPE YORK MOB  
DON'T DO ICE!

IT'S BAD FOR YOU AND IT'S  
BAD FOR OUR  
CAPE YORK MOB



LAST KINECTION SAY NO TO ICE!

NEED HELP? WORRIED ABOUT YOUR FRIEND OR CUZ? OR WANT MORE INFORMATION?  
GO TO YOUR LOCAL CLINIC OR SEE YOUR LOCAL HEALTH WORKER.

FOR ANONYMOUS SUPPORT CONTACT:  
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## AURUKUN



### HEALTH SNAPSHOT

Population: 1410

53% of people have accessed Apunipima services this year.

232 people have a chronic disease

38% of people have had a health check this year.

### MAKING EVERY SCHOOL DAY COUNT - AURUKUN KIDS GET A HEALTHIER START TO LIFE.

An apple a day helps keep the doctor away. That's the message 127 Aurukun school children got their teeth into after they received their free health screen and apple, courtesy of Apunipima paediatric registrar Dr Sally Evans.

At school screenings children receive an eye-sight and hearing screen, their height and weight is measured, their teeth are checked to make sure there is no decay or gum disease, iron and sugar levels are checked along with their heart, limbs and skin.

Apunipima Maternal and Child Health Worker Johanna Hunt, who co-ordinated the health checks, said children in Cape York receive school screening as a vital method of detecting early signs of chronic disease and developmental issues, which allows prevention measures to be put in place.

"If children cannot hear, see or have sores on their skin then they cannot learn to the best of their abilities so it is important for us to be able to identify any potential issues and put in place support or treatment if anything is found to be a problem," Ms Hunt said.

"We are delighted at the level of commitment to the school screen at Aurukun from the community and all of our health partners and especially thank the principal at the academy for making this happen.

### HEALTHY CHOICE REWARDS FOR INCREASED FRUIT AND VEG INTAKE IN AURUKUN

Apunipima and Island & Cape Retail Enterprises have teamed up to introduce a new Healthy Choice Reward Scheme in Aurukun designed to encourage people to increase their fruit and veg intake.

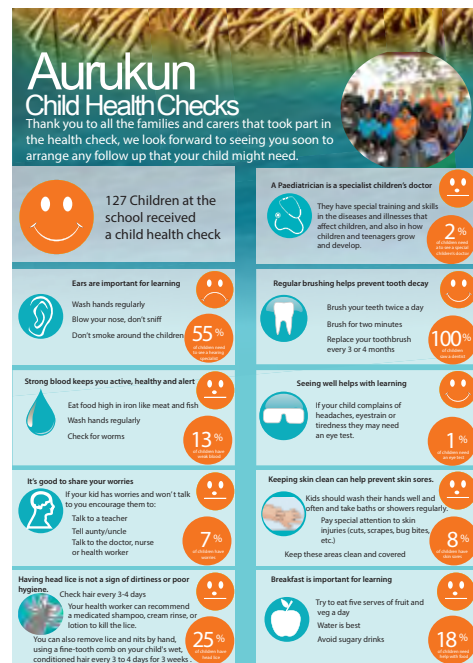
Developed around a voucher system, similar to that used by Coles and Woolworths for fuel, anyone in Aurukun who purchases \$15 or more on fruit and vegetables at the Island & Cape Store is rewarded with a \$10 voucher to spend on more fruit and veg.

Being introduced as part of a collaborative research initiative between Apunipima, Island & Cape Retail Enterprises, Menzies School of Health Research and James Cook University, its aim is to contribute to the evidence that will be used to inform economic policy addressing the challenges of healthy food consumption in remote communities.

Apunipima's Community Nutritionist Cara Polson said of the initiative "Most people know that eating fruit and vegetables are important for good health and can help to protect us from developing a chronic disease but in remote communities cost is often a barrier.

"International studies show that offering financial rewards when purchasing healthy foods or drinks encourages people to switch to healthier options and that is what we are hoping to see here."

Island & Cape Retail Enterprises General Manager Kim Nona said, "Island & Cape and Apunipima have worked together for a number of years to improve nutrition in remote communities in Far North Queensland. We see this exciting, new initiative as another positive step forward in encouraging healthier choices in the communities we serve."



### APUNIPIMA, BALKANU AND AURUKUN WOMEN WORK TOGETHER FOR CAPE YORK MUMS

Apunipima, Balkanu Cape York Development Corporation and the Aurukun Women's Sewing Group are working together to provide locally made items for Apunipima's Baby Baskets which go out to Aboriginal and Torres Strait Islander mums on the Cape as part of the Baby One Program™.

Apunipima Maternal and Child Health Team Leader Nie Sheehan says the beauty of the partnership was that it supported economic development on the Cape, provided real work for community members, and ensured new mums received beautiful, locally made items.

"Our team has contracted the Women's Sewing Group to make cloth bags, baby rugs and birthing sarongs for Baby Baskets which are given to mums during pregnancy and the post-natal period.

"Apunipima is all about getting beyond the clinic. We realise that true health has many factors, from culturally appropriate care to addressing the social determinants of health such as training and employment. We tick all these boxes by working with Balkanu and the women of Aurukun."





# COEN



## HEALTH SNAPSHOT

Population: 416

55% of people have accessed Apunipima services this year.

66 people have a chronic disease

25% of people have had a health check this year.

## COEN'S KALAN CARES FOR COUNTRYMEN

Kalan Enterprises Aboriginal Corporation, a company dedicated to land and sea management in Coen, Cape York has taken the unusual step of offering each of its employees a health check. "Our fellas have a strong connection to their country and are committed, that's at the heart of what we are all about" explained Operations Manager Shane Forester. "Like we care for country we need to care for ourselves, keep ourselves healthy and make healthy choices. A health check will help us do that" added Lucretia Creek, Manager at Kalan. "We are very pleased that Apunipima is able to assist Kalan with health checks. It's important that we keep our workers fit and healthy. Healthy people = Healthy Country." Ms Creek continued.

## STORMING AHEAD WITH HEALTH CHECKS IN COEN

Every child attending Cape York Aboriginal Australian Academy in Coen received a health screen as the team from Apunipima hit town.

As Cyclone Nathan bore down on the Cape York township, the team undertook 47 school health screenings in 4 hours.

Each child has a general health screen to identify any potential issues and put in place support or treatment if anything is found to be a problem, any existing good healthy activities are also encouraged and supported.



## HOPEVALE



### HEALTH SNAPSHOT

Population: 1095

55% of people have accessed Apunipima services this year.

228 people have a chronic disease

31% of people have had a health check this year.



### WELCOME TO COUNTRY

Babies born in 2014 were given a first-ever "Welcome to Country" at Hope Vale recently. More than 20 infants and their families were handed certificates and baby baskets as Hope Vale traditional elder Tim McGreen welcomed the babies' home to their traditional lands.

Apunipima's Health Promotion Officer Priscilla Gibson and Child Health Nurse Robyn Lythall organised the event and said it was more than a social gathering.

"It's the start of a pattern for parents to create a platform for their baby's health and to make sure they have health checks. This then helps build a foundation for baby's future," Ms Gibson said.

"It is where we can cement healthy ideas and choices so baby gets the best start in life.

"We see too many of our people at a young age on dialysis because of chronic disease problems and we need to take preventative measures through healthy messages."



Apunipima staff made healthy snacks for clients including banana smoothies with an extra dose of freshness, as they were made with bananas from the local Hope Vale Banana Farm.

At the event there was a range of information available to parents including advice about chronic disease, breastfeeding and nurturing baby to grow up healthy and strong.

The event was the first of its kind and marked the start of what will be a yearly ceremony.



### YOUR HEART'S IN YOUR HANDS AT HOPEVALE

We have all worn our heart on our sleeve but now you can have your heart in your hands thanks to the use of a new tool being used at Hopevale.

Your Heart Forecast is an interactive tool developed by The Heart Foundation and University of Auckland to demonstrate a person's risk of heart attack, stroke and other major artery diseases.

It works by putting in various risk factors like age, blood pressure and smoking status and then gives a prediction of your current health age and predictions of when you will be at greater risk of heart attack or stroke.

It also shows what a difference a few small lifestyle changes can make in lowering your risk.

Apunipima's Dr Mel Scrace said, "I use this tool a lot at the clinic in Hopevale as people can really engage and see what their risk is now, what it will be like in five years' time if things don't change and what difference a few small changes can make."

"As a doctor the hard part is explaining to patients what the concept of risk means and using this information to support patients to change lifestyle and behaviour. Your Heart Forecast bridges this gap and helps me overcome the challenge of communicating cardiovascular risk

"It is a great tool that really gets people interested in their own health as they can see the impact of what they are doing immediately and it is often they who will tell me what changes they can make to reduce their risk."



# KOWANYAMA



## HEALTH SNAPSHOT

Population: 1125

44% of people have accessed Apunipima services this year.

328 of people have a chronic disease

11% of people have had a health check this year.

## KOWANYAMA WOMEN KNOW HOW TO MAKE IT HAPPEN!

Kowanyama women are Pakcharluw therrngamelm (women in arms) when it comes to making it happen in their community. To celebrate this year's international women's day, Kowanyama women used the theme "making it happen" to relaunch their very own women's group.

As part of the celebration, all the women participated in an art hand painting canvas activity which symbolises women supporting each other "healing hands, hand in hand and making it happen."

Attended by about 40 women and girls, the focus of the event was to celebrate local indigenous women and their achievements in addition to empowering them to continue to participate and support women's groups and activities in their community.

Priscilla Major a local Kokobera elder said, "Pakcharluw therrngamelm means women in arms, or in other words walking arm in arm. It's really important that as elders we pass on the old ways of indigenous women's healing business, that we

all support each other and make a safer place for our children".

"Already we have made things happen by working with our local health services to make them sensitive to the needs of women's health and wellbeing issues, making sure we have a choice of female doctors, nurses, counsellors and indigenous health workers in our community."

"This is an important step not only in empowering us to look after our own health but also addressing social issues around family violence, grief and loss and parenting support. Our women's group will help strengthen the bond through reconnecting with our culture, language and traditions." Ms Major explained.

"This is a new beginning for our women's group which will focus on creating a safe space for local indigenous women to share well-being stories of their growing up, issues important to them, other women's health issues and reviving culture, land and language for our younger generations".



## SWAP A TINNIE FOR A TINNIE

A pilot fishing program aimed at men in Kowanyama was launched this year in a bid to ditch alcohol for a day of fishing.

The alcohol diversionary program, Swap a Tinnie (alcohol) for a Tinnie (boat) is the brainchild of Apunipima's Social and Emotional Wellbeing men's health worker Michael Drahm and offers participants a unique path to a healthier lifestyle.

The program involves an alcohol-free fishing day and informal education at the Kowanyama men's group over a series of weeks focussing on Alcohol, Tobacco and Other Drugs, nutrition, family and mental health.

"Everyone in community loves fishing so what better way to get fathers and sons, brothers, uncles and grandads to yarn about issues in a tinnie without the need for alcohol," Mr Drahm said.

"It's not a quick fix but every step is a step forward. If they want to talk about issues we'll talk about issues. If they want to sit in the tinnie and talk about football we'll talk about football."

"They are learning to not only be good leaders but good fathers, brothers, cousins, friends and each and every one of them is a role model for their kids in community."

"We, as a health service, can support that by delivering healthy education programs while supporting the cultural aspect of traditional hunting and gathering," he said.

"These types of programs greatly benefit men as they are learning from something they enjoy."

Leroy Horton from Shimano Fishing Australia kindly donated more than 30 lures and caps for the program.





## LAURA



### HEALTH SNAPSHOT

Population: 80

115% of people have accessed Apunipima services this year.

40 people have a chronic disease

15% of people have had a health check this year.



### APUNIPIMA IS PROUD SUPPORTER OF LAURA ABORIGINAL DANCE FESTIVAL

This year marks Apunipima Cape York Health Council's 21st year and as we are coming of age, we were happy to participate in, and support this iconic festival at Laura.

At the festival Apunipima promoted important messages on Smoking, Nutrition, Alcohol and Physical Activity (SNAP) encouraging people, after a weekend of immersing themselves in culture, kinship and competition to continue to make healthy choices around their smoking habits, healthy eating, alcohol and physical activity.

Apunipima, Health Promotion Officer Jenny Sewter said, "We see Laura as a celebration of all things culture, kinship, language and storytelling through dance, and want to support that celebration by enabling people to celebrate good health and wellness."





# MAPOON



## HEALTH SNAPSHOT

Population: 293

102% of people have accessed Apunipima services this year.

82 people have a chronic disease

51% of people have had a health check this year.



## AIMING FOR A SLAM DUNK ON CHRONIC DISEASE

The Far North's front-running CQUniversity Cairns Taipans are lending their support to Apunipima's drive to combat chronic disease in Cape York communities.

Apunipima have joined with the Taipans to target healthy eating and exercise to encourage people make their health a priority. Participants took to the basketball courts for some fun and games incorporating healthy lifestyle messages.

Former NBL player Kerry Williams, who now heads the Taipans' indigenous engagement program is helping spread the healthy lifestyle messages. Kerry said increasing participation levels in sport throughout Cairns and Cape York

was essential for optimal wellbeing.

"While they're on the court, they are actively participating in better health. I am proud to be associated with Apunipima in delivering these health messages to our kids."

Health Promotion Program Team Leader Jenny Sewter said maintaining an active lifestyle is a key component of good health.

"We aim to increase awareness about chronic disease and prevent illness before it's too late. We hope to teach children and young adults about management of chronic disease and enable them to increase control over and improve their health."



## WHAT ARE YOU COOKING FOR DINNER TONIGHT?

That will be the last question on anyone's mind in Mapoon now Apunipima and the Mapoon Rugapayn Store have got together to offer monthly recipe promotions.

Each month Apunipima's Nutrition team work with Mapoon Rugapayn store and Mapoon Aboriginal Shire Council to deliver a monthly recipe promotion. The first month saw the team cook up a storm with their Chilli Con Carne showcasing tinned kidney beans as a cheap and healthy way to bulk up meals for the family.

Serving a taste test to 25 people the feedback was that food was tasty – even without any added salt! Each month Rugapayn store offers customers a discount for purchasing the promoted healthy recipe ingredients at the store.



# LOCKHART RIVER



### HEALTH SNAPSHOT

Population: 540

53% of people have accessed Apunipima services this year.

114 people have a chronic disease

15% of people have had a health check this year.

### LOCKHART WELCOMES NEW MEDICAL OFFICER

For the first time, Apunipima has begun providing medical services to Lockhart River. Based out of the Torres and Cape Health and Hospital Service facility, Dr Manickum Muthu attends Lockhart River once a fortnight to see patients with a chronic disease.



### CHEEKY CHARACTERS AT LOCKHART HEALTH EXPO

Special guest appearances by CondoMan, VegieMan and Lubilicious had hearts racing and stomachs growling at Lockhart River's Health Check Expo. About 160 people attended the two-day expo and about 60 health checks were recorded for men and women at the community hall. The team worked in a collaborative partnership with Queensland Health, Royal Flying Doctor Service, Council, HAT, Lockhart State School, Mookai Rosie and other visiting services.



# WUJAL WUJAL



## HEALTH SNAPSHOT

Population: 291

98% of people have accessed Apunipima services this year.

143 people have a chronic disease

15% of people have had a health check this year.



## A HEALTHY LUNCH IS AS EASY AS 1,2,3!

Getting healthy eating messages across at an early age is key to supporting the prevention of chronic disease in later life so the Apunipima team took over the Bloomfield River State School prep to grade 2 classes to teach the abc's of good nutrition. Getting the kids involved in making healthy snacks like fruit and yoghurt muesli cups and banana smoothies led to discussions about why good food helps us Go, Glow and Grow, helping us learn and play and why to stay clear of junk food and sugary drinks that can lead to obesity and chronic disease.



## MOSSMAN GORGE



### HEALTH SNAPSHOT

Population: 100

445% of people have accessed Apunipima services this year.

63 people have a chronic disease

55% of people have had a health check this year.

### APUNIPIMA'S BABY ONE PROGRAM™ DELIVERED

At a national conference, Apunipima's Nie Sheehan and Carina Denham detailed how Baby One is improving infant health and pregnancy outcomes across 11 remote Cape York communities.

Nie, a midwife and child health nurse, and Carina, a maternal and child health worker at Mossman Gorge, delivered a presentation at the 16th annual Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) conference in Perth.

From July, Apunipima's Maternal Child Health workers attended an intensive and specialised training program and started delivering the newly developed home visiting program.

"It's all about empowering women," Nie said. "There is a demand for health workers and Baby One supports a holistic, family-centred model of care led by health workers to support mothers and infants from pre-pregnancy to the first 1000 days of a child's life.

"We know that the first few years of a child's life are when lifestyle patterns and behaviours become entrenched and we want to make generational change."

Baby One has been built upon Apunipima's

previous model, the Baby Basket program that provides Cape families with educational tools and resources for pregnancy, birth and infancy. Baby Basket still continues and involves giving mothers, and mothers-to-be, three baskets delivered at three intervals: first presentation, in Cairns prior to baby's birth and when the baby is six months old.

Last year 160 babies were born in the 11 communities that Apunipima services. The Baby One program includes a visiting schedule and contents of the Baby Baskets and delivers about 28 visits per family over 2 years and 10 months.

Carina said Baby One is an integral part of education for mothers, especially for first time mothers. "Child and maternal services are crucial as there are no birthing services in Cape York. Expectant mums have to travel to Cairns at 36 weeks and await child birth.

"It's important we give them as much education as they need as first-time mums usually rely on the experience of their friends or family."

The key difference between the Baby One Program and other home visiting programs is that Baby One is a health-worker led, empowerment initiative and potentially sustainable through



### TAKE A MOMENT TO TALK ABOUT MEN'S HEALTH

The theme of this year's men's health week MoMENTS in Time, was about families and communities reflecting on the state of male health and wellbeing.

Apunipima Men's Health/Chronic Disease worker Dan Fischer, who is based at Mossman Gorge, said chatting to men and young boys about their health was satisfying.

"Men generally don't talk about their health or visit a doctor and they often leave it to the last minute when they're sick," Mr Fischer said. "There's no shame in seeing your doctor. Part of my job is to have a yarn with patients and help my mob feel comfortable about going to see a doctor or health worker.

"There doesn't have to be something wrong with you to want to see your doctor. Sometimes it's good just to touch base and have a health check."

MoMENTS in Time recognise that every individual, family and community can find health-giving opportunities despite the many varied challenges, barriers and obstacles to better health that life puts in the way.

Mr Fischer said he knows how difficult it can be to find time to make an appointment to see a doctor but he stressed, finding a moment to pick up the phone was important for men and for many to make the first step.

"We all lead busy lives but making small adjustments to your routine or to adopt a healthier approach or change your lifestyle to include more exercise is a big step. These all add up to healthy moments for long-term positive health outcomes."





# NAPRANUM



## HEALTH SNAPSHOT

Population: 943

115% of people have accessed Apunipima services this year.

454 people have a chronic disease

18% of people have had a health check this year.



## EXCITING RESEARCH UNDERWAY IN NAPRANUM GETTING BETTER AT CHRONIC CARE IN NORTH QUEENSLAND

The University of South Australia, in partnership with the Queensland Department of Health and Apunipima Cape York Health Council, was awarded a National Health and Medical Research Council (NHMRC) grant to trial an intervention of intensive chronic care management delivered by Indigenous Health Workers to Indigenous adults with diabetes in 12 communities in north Queensland. The 12 communities are Napranum, Yarrabah Mossman Gorge, Mareeba, Kowanyama, Mapoon, Napranum, Bamaga, Injinoo, Umagico, New Mapoon, Seisia and Badu Island.

Work on this project started in 2010, when people who had diabetes and other chronic conditions were asked to join the study. The primary aim of the project is to improve blood sugar control in adults with diabetes. We also expect that, by providing family centred care,

participants will improve other things about their health like blood pressure control and weight to stay well and avoid hospital. We will also be interested in learning from participants if this approach to care suits clients better and they feel healthier.

People from Napranum were invited to be part of the study. People recruited in Napranum were allocated to the wait list site which meant they received their usual care from the health team at Napranum Primary Health Care Centre while the project implemented the new model of care in the 6 communities that were randomized to trial the model of care in phase 1. Results from phase 1 showed the model was successful in helping participants reduce their blood sugar level which helps improve health and prevent long term complications. The project is now being implemented into Napranum.



## NAPRANUM'S MIDWIFE ELIGIBILITY IMPROVES EFFICIENCY

Napranum's midwife Yvonne Barnes can now sign off on medicines and scans for midwifery practice that would usually require a doctor's authority. Yvonne has received her notation as an Eligible Midwife which means she can now sign off on medicines required for midwifery practice across pregnancy, labour, birth and post-natal care. Sporting her very own Pharmaceutical Benefits Scheme prescription pad, Yvonne is delighted about her achievement. Yvonne works in the Cape York communities of Aurukun and Napranum weekly and works under the State and Federal guidelines for midwifery practice.

"Being an Eligible Midwife gives me the opportunity to explore the full scope of doing my job," Yvonne said. "It means that we can now order blood tests for clients without having to wait for a doctor to sign off."

"It makes the process much easier and improves efficiency." Having the notation of Eligible Midwife allows Yvonne to order ultrasound scans and some pathology tests that may be required during pregnancy and early parenting. She can also refer women and babies directly to medical practitioners.

Public Health Registrar Dr Alister Keyser said an Eligible Midwife was of great value to the organisation.

"Working in a collaborative team environment is very important and helps improve positive outcomes for everyone involved," Dr Keyser said.

"A midwife is an integral part of a woman's pregnancy care. An Eligible Midwife means great continuity of care for the client which is so important during pregnancy. It also means that the client is being seen by the right person at the right time and there are no unnecessary visits to the doctor."

"This also helps alleviate the pressures from a doctor's busy schedule by being able to sign off on certain medications."

## PORMPURA AW



### HEALTH SNAPSHOT

Population: 731

48% of people have accessed Apunipima services this year.

184 people have a chronic disease

12% of people have had a health check this year

### PREVENTING CHRONIC COMPLICATIONS AT PORMPURA AW

Pormpuraaw's Home and Community Care staff played host to Apunipima's health promotion officer Fiona Millard and Diabetes Educator Cathryn Dowey this week as they conducted a workshop on preventing complications for chronic disease.

The workshop, attended by staff and residents of the facility highlighted the importance of good nutrition and gentle exercise in tackling complications from chronic conditions.

Pormpuraaw Mayor Richard Tarpencha said "We welcome workshops of this kind. Many of our elders suffer from chronic disease and is good to know that there are ways to avoid further complications due to their chronic conditions.

We are grateful to Apunipima for working with

our elders and staff at the Home and Community Care Facility to make sure that our elders can live out their twilight years as comfortable as possible."

At the workshop, Cathryn Dowey, Diabetes educator explored the benefits of being active, even if only for 5 minutes at a time, she said, "building strength, balance and aiding circulation while sitting in a chair for elderly residents is better than no movement at all.

"Stretching and aerobic techniques can be used from a seated position and gentle exercises could be done in several short bursts including walking five minutes at a time." session."



### PLAYGROUP KIDS SAY MOVE OVER WIGGLES

Proving that they are the stars when it comes to singing and performing songs about hygiene, Pormpuraaw Playgroup kids have developed a song book called 'Breathing, Blowing, Coughing Song and Washing Hands Songbook.

Launched at the Pormpuraaw Primary Health Care Centre, the book was developed as part of Apunipima's Photovoice/Healthy Kids program in partnership with Pormpur Paanthu Playgroup.

Good hand hygiene is important to maintain good health generally and to prevent the spread of colds, flu and other diseases. Children and parents at the playgroup were involved in putting together the lyrics for the songs and taking the pictures to go with them.

Health Promotion Officer, Fiona Millard said, "The children and parents were delighted to see the results of their input developed into a book. This was a great opportunity to develop a community resource that will be shared with the playgroup, school, library and safehouse to promote healthy hygiene practices."





# APUNIPIMA PEOPLE

Over the past year our workforce has increased by a further 10.5% from 146 to 163 headcount reflecting the confidence of our funders in our ability to deliver primary health care services in Cape York. We have a turnover rate of 15.14% which is well below health industry benchmarks which trend significantly higher than this in rural and remote settings.

Our Workforce profile continues to exceed key Australian benchmarks. With 53.6% of our workforce identifying as Aboriginal and/or Torres Strait Islander compared with 1.6% of the national health workforce, it reflects Apunipima's reputation amongst other community controlled health organisations, as employed of choice for Aboriginal and/or Torres Strait Islanders.

We are proud to boast Aboriginal and/or Torres Strait Islander representation across all occupational groups, organisational functions and at all levels within the organisation. The age distribution of our workforce sees 70% of our staff aged 49 or younger which strongly supports our ability to achieve a sustainable and stable workforce and a return on training investments.

Apunipima has continued to strengthen relationships and our reputation with clinical bodies and vocational training sector. Over the last year we have maintained clinical trainee placements with approved registrar training runs and registrar placements and supported further health worker qualification and registration. Our commitment to capacity building under our strategic plan is reflected in the fact that at the end of June, 21.74% of staff were undertaking further/study qualification.

## Employee Assistance Program (EAP)

Assure Programs has been EAP provider for Apunipima since November 2013. The annualised utilisation rate is tracking at 9.2%, compared to the contract rate of 9%.

Actual access over the 12 month period is 16 clients.



## Sky's the limit for Deadly Dr Dan

**D**espite already achieving great things, Mossman Gorge, Men's health worker Dan Fischer wants to go the extra mile and achieve "a bit more" in his career.

Starting out at Apunipima as community health engagement officer, Dan wanted to expand his horizons and became a health worker. Having recently achieved a Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care, Dan now wants to take his studies further and set himself up for his next challenge becoming Deadly Dr Dan.

As a men's health/chronic disease health worker for Apunipima's Mossman Gorge Primary Health Care Centre, in addition to his own case load, Dan accompanies doctors and registered nurses from the clinic on home visits if it's a medical emergency to aid with cultural and family support.

"I get the opportunity to support the doctors on home visits if the issue is serious. The doc-

tors take their 'doctor's bags' with them and it's my job to check that it has everything in it that they might or might not need. I know those bags inside and out all I need to do now is learn how to apply it all.

"I really enjoy it. I want to do more study so I can become a doctor, understand more about medicine and use my skills to improve the health of my people."

Apunipima's Senior Medical Officer, Dr Jacki Mein, said of his aspirations "Dan has achieved his certificate through sheer hard work and dedication and we are incredibly proud.

"Apunipima is committed to developing career pathways in community for community people and Dan's achievements so far are a testament to that. It would be great for him and the people of Mossman Gorge to have a locally grown doctor."