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Goal is to be strong



QUEENSLAND health professionals will receive training on how to provide culturally appropriate healthy lifestyle advice to Indigenous people under

the B.strong training program.

The Aboriginal and Torres Strait Islander Brief Intervention Training Program (B.strong) will be delivered by Menzies School of Health Research over 2017-2019 at a cost of \$2.24 million.

Health Minister Cameron Dick said the program will build the capacity, skills and confidence of Queensland's Aboriginal and Torres Strait Islander health workers and other health and community professionals.

Member for Inala, Premier Anastacia Palaszczuk, said the program will enable health professionals to deliver appropriate

nutrition and physical activity interventions to Aboriginal and Torres Strait Islander clients and to help them stop smoking.

"The Townsville Aboriginal and Islander Health Service and Inala Indigenous Health Service worked with Menzies School of Health Research to test and pilot the face-to-face and online training program," she said.

Inala Indigenous Health Service clinical director Professor Noel Hayman said the shared goal was to produce a best-practice training program in smoking cessation, nutrition and physical activity for health professionals to work more effectively with Aboriginal and Torres Strait Islander people.

"The face-to-face B.strong training program will be delivered flexibly to fit the operational needs of health services to ensure all staff receive training," he said.