The Jimmy Little Foundation

“I have seen too much fear & sadness caused by the early death & suffering from potentially preventable chronic illnesses by my Indigenous brothers & sisters.

So I started The Jimmy Little Foundation to do something positive to curb the rate of chronic disease.

Our goal is to promote a healthier future for Indigenous Australians and I hope you will join us to help realise our dream”.

Dr Jimmy Little, AO
1.3.1937 – 2.4.2012

www.jlf.org.au

Health Issues

- **57%** of Indigenous people aged 15 yrs + were **overweight/obese**

- death rate for **chronic kidney disease** for 45-54 year olds
  Indigenous compared to non-indigenous:

  Female: **51 times higher**
  Male: **21 times higher**

- prevalence of **diabetes** for 35-44 year olds
  Indigenous compared to non-indigenous:
  5 times higher

- death rate from **cardiovascular disease** for 35-54 year olds
  Indigenous compared to non-indigenous:

  7 to12 times higher

Source: Health Infonet

The Jimmy Little Foundation

VISION

To improve the quality of life for Indigenous Australians.

MISSION

To provide health and nutrition education and to strive for excellence in health care for Indigenous Australians.

APPROACH

Partner with Federal, State, Territory and Local Governments, statutory and peak health bodies, store groups and corporate, NGOs and non-profit organisations.

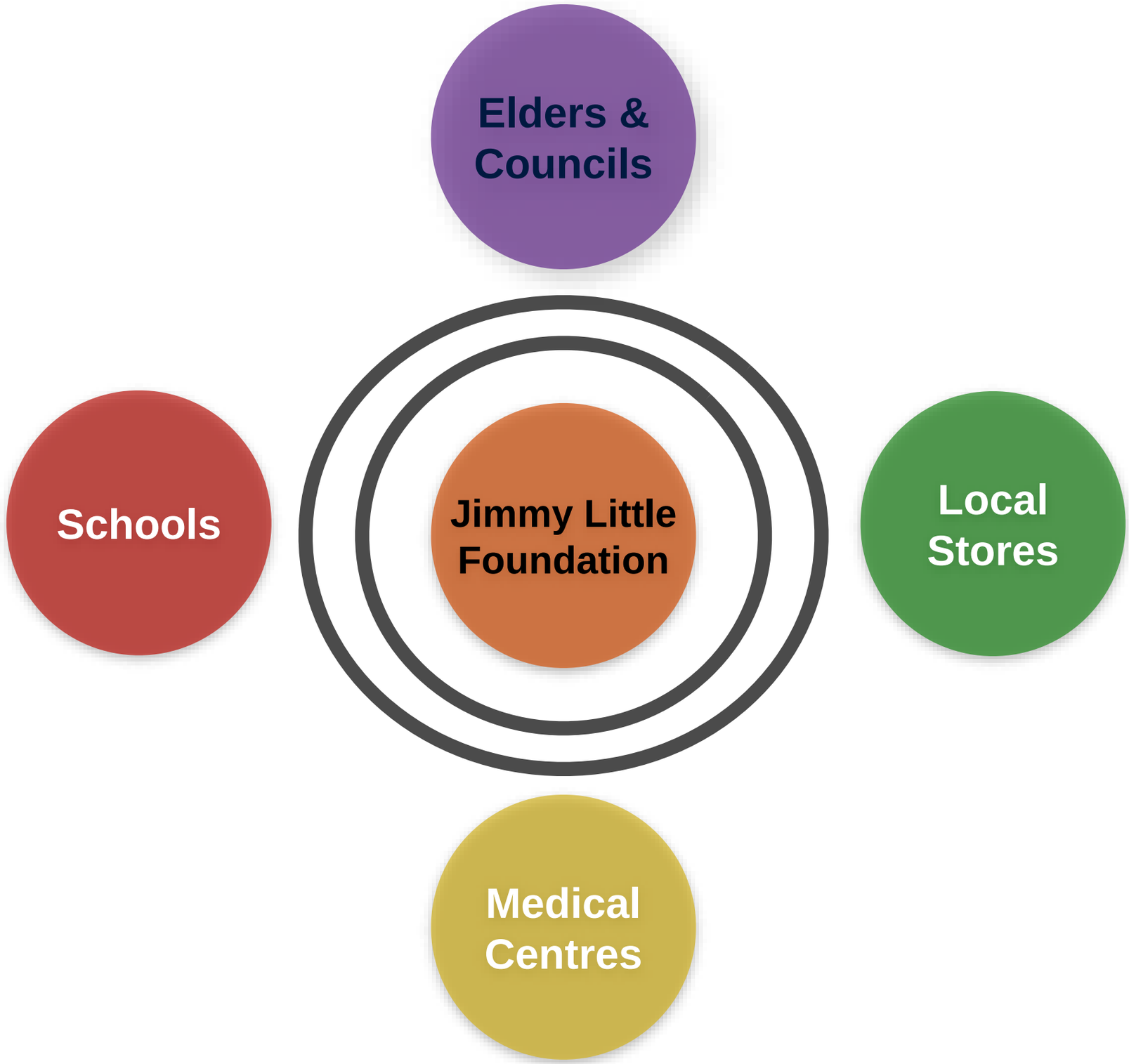
Closing the Gap

JLF's programs fits within the specifications of the Government's 'Closing the Gap' initiative which proposes:

- the establishment of a **comprehensive framework** for implementing a long term **generational approach** to collaboration and **interagency initiatives.**

- and **consulting and negotiating with Aboriginal people** regarding their responsibilities and obligations to build a **better future for their children**.

Whole of Community Approach



Growth of Thumbs up! Program

- The Thumbs up! program began in 2009 with $10,000 seed funding from Fred Hollows Foundation and a trial was undertaken in five NT communities.

- In 2010 the JLF received funding of $1.2m from Medicines Australia to roll-out the Thumbs up! program nationally into 29 RSD communities with $500,000 used to build a mobile renal truck now operating from Alice Springs.

- From 2012 - 2014 Thumbs up! has been funded with $1m from the Federal Government Department of Health Chronic disease prevention fund and we now have a presence in over 50 regional and remote communities.

- We continue to partner with like minded associations to enhance the programs reach and build on its successes.

Schools Program

Food choices & recipe preparation

Multimedia and Music Workshop

Community Gardening

Exercise Challenge

Good Hygiene Practices

Nutrition Education

Cultural Activity

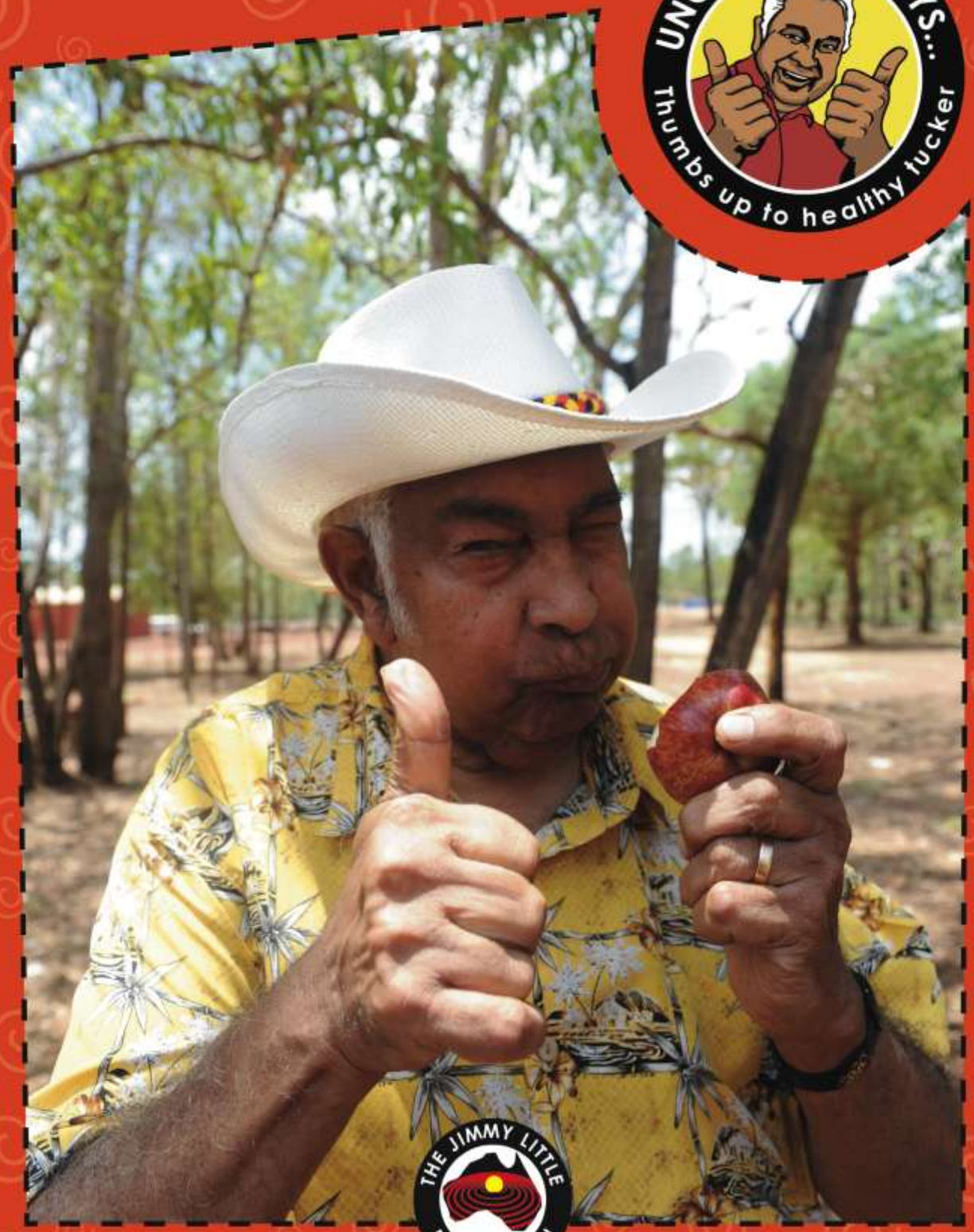
- Web based education program and teachers resource for years KG to 6. Developed in partnership with NT Government Departments of Health & Education. www.thumbsup.org.au

- Music workshops held in schools – students help to write a healthy food song and we make a video with the class.

- Student engagement with local store and clinic to explain why the Thumbs up! signage is being displayed in community.

Thumbs up to Healthy Tucker

Learning Activity Book



THE JIMMY LITTLE FOUNDATION

UNCLE JIMMY SAYS...
Thumbs up to healthy tucker
www.jlf.org.au
FOUNDATION
jlf.org.au

Thumbs up! Stores Program

- Thumbs up! “healthy food seal” signage pointing to fruit, vegetables and water with more products to be added once nutrition criteria is agreed.

- Current partner agreements in place with store chain retailers in NT, WA, QLD and SA to support Thumbs up!

- 'Recipe of the Month’ initiative has been very successful. A new book featuring 15 recipes is now available.

- Developing healthy food packs and partnering with local organisations to conduct in-store cooking demonstrations.

- Showing DVD’s of good food songs on in-store plasma TV screens where available.

- In partnership with Menzies Health researching new mobile /smart phone APPS to help customers find healthy options.

Uncle Jimmy's
UNCLE JIMMY SAYS...
Thumbs up to healthy tucker
Recipe of the month
Good Tucker... Long Life!
www.jlf.org.au

Uncle Jimmy's Recipe of the Month

Thai Chicken Curry

1
Chop vegetables, dice chicken and gather all ingredients.

2
Heat the oil in a pot and fry the chicken until brown.

3
Add onions, potatoes, carrots, capsicum, peas and corn and stir.

4
Add garlic, ginger, coriander, cumin and stir.

5
Add light coconut milk and stir.

6
Bring to the boil. Turn down to low heat. Simmer for 1 hour or until thickened. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.

	Chicken (kg)	Onion	Potato	Capsicum	Frozen Vegetables (500g)	Garlic (Tablespoon)	Ginger (Tablespoon)	Ground Coriander (Tablespoon)	Ground Cumin (Tablespoon)	Light Coconut Milk (400ml)	Vegetable Oil (Tablespoon)
10 people	1	2	3	2	1	1	1	1	1	2	2
30 people	3	5 (1kg)	9 (2kg)	6 (1kg)	3	3	3	3	3	6	4
50 people	5	10 (2kg)	15 (3kg)	10 (2kg)	5	4	4	4	4	10	4
100 people	10	15 (3kg)	30 (6kg)	20 (4kg)	10	6	6	6	6	20	4

TIP
Use any combination of fresh, tinned or frozen vegetables available.

The **Fred Hollows** Foundation

Recipe from "Kukumbat gudwan daga"
Available from www.hollows.org.au

Brought to you by
www.jlf.org.au

Good Tucker Long Life!

UNCLE JIMMY SAYS... Thumbs up to healthy tucker

GOOD TUCKER FOR FAMILY
Thumbs Up!
Good Tucker - Long Life!
www.jlf.org.au
Fruit
Milk, yoghurt, cheese
Lean meat, fish, poultry, eggs, nuts, legumes
Drink plenty of water
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Thumbs Up To Healthy Tucker
Recipe of the month
Thumbs Up!
Good Tucker - Long Life!
Thumbs Up!
Thumbs Up To Healthy Tucker
Thumbs Up
Farex
Salada
ALL-BRAN

Good Tucker Long Life! Good Tucker Long Life! Good Tucker Long Life! Good Tucker Lo

UNCLE JIMMY SAYS...
Thumbs up to healthy tucker

Good Tucker Long Life! Good Tucker Long Life! Good Tucker Long Life! Good Tucker Lo

Summary of Thumbs up!

Program elements.

- Whole of Community Approach.
- School Music Workshops.
- Stores Program and Healthy Food Seal.
- Cooking Demonstrations.
- Healthy Lifestyle Website.
- Community Events.

Thank you

www.jlf.org.au