

## Kate Warren

Kate Warren is a descendant of the Wiradjuri people of NSW, and is employed as Research Associate at the Department of Rural Health, University of South Australia. Kate has a nursing background and been involved in several population health and chronic disease prevention studies in rural SA. Kate is a certified trainer of Flinders Chronic Condition Management programs including Close the Gap and Tobacco Cessation; and a T-Trainer in several Stanford Chronic Disease Self-Management Programs including Diabetes and Chronic Pain. Kate co-led the cultural adaptation of the generic Stanford program for Indigenous Australians and also co-developed a lifestyle modification program based on self-management principles named Shape Up For Life. Kate has modified Shape Up For Life to be peer education based and has been piloting the peer led model in a small research project for the past two years for the Indigenous and non-Indigenous local community. Kate is also involved in interprofessional practice learning in rural centres as well as activities that encourage Aboriginal and/or Torres Strait Islander youth to enter the tertiary education sector in pursuit of a health career.