Kate Warren

Kate Warren is a Wiradjuri woman and registered nurse currently working as a research associate at the University of South Australia, Whyalla Campus UDRH.

Kate is a certified trainer of the Flinders Chronic Condition Management Program, both the generic and Close the Gap version. She is also a T-Trainer in the Stanford Chronic Disease Self-Management, Chronic Pain Management and Diabetes Management Programs which means she can train trainers in all of these programs.

Kate conducts training for health professionals and consumers in Stanford and Flinders chronic disease self-management programs, and is involved in health research projects based on the management and prevention of chronic disease and population health. Kate co-facilitated the adaptation of the Stanford program for Indigenous Australians (the Living Improvements for Everyone or LIFE program) and has since developed the first train-the-trainer model of the adapted version.

Kate has also co-developed the lifestyle self-management program Shape Up For Life and has recently adapted it to be a peer education-based program. She is currently running a pilot of this program in Whyalla with a small Federal Healthy Communities Initiative grant.