

## Lessons learnt from capacity building community projects in remote Central Australia

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This abstract highlights the outcomes of a completed evaluation of two remote preventative health initiatives in Aboriginal communities in the NT.

The aim of the preventative health initiatives has been to build community capacity in preventative and health promotion activities. The initiatives have increased the knowledge of community members on improved health and wellbeing. This has progressed through a collaborative and coordinated approach to health promotion and prevention, informed by community health needs, focusing particularly on physical activity and healthy eating. Project activities within the communities have included supporting the building of a community laundry, classroom nutrition education, implementation of a healthy snacking fridge at the store and community gardens to enable increased access to affordable fresh fruit and vegetables.

Both projects have been implemented over four years and, as part of the funded organisations commitment to evidence based practice, a comprehensive evaluation was completed in 2014.

Preventive health projects and the intended health outcomes take time. In a remote context these projects are at the liberty of limited funding timeframes, workforce shortages, organisational change and complex health conditions. This evaluation has provided information to further shape these projects into a sustainable model through community capacity building to improve health.

It is hoped that two local Aboriginal women will co-present with the project officer on the impact and lessons learnt on the project delivered in their community.