



How can I find out more?

For more information, please e-mail us at gudaga@unsw.edu.au or phone our staff:

- Project officer, Jane Anderson on **02 4634 4070**
- Project manager, Jenny Knight on **02 9612 0779**

What services are involved?

- Centre for Health Equity Training Research and Evaluation (CHETRE), part of the UNSW Research Centre for Primary Health Care and Equity;
- University of NSW Faculty of Medicine including the Muru Marri Indigenous Health Unit;
- Sydney South West Area Health Service; and
- Tharawal Aboriginal Corporation.

The Gudaga project is funded by the National Health and Medical Research Council.



Logo Artist

The Gudaga logo was designed by Tracey Skinnner who is a Gumbaiyngar Yaegal woman from the far north coast of NSW.

Logo Key

The design on the front cover represents:

- the four coloured squares are the four services connected to the project;
- the pathways are leading the women into the project;
- the purple centre circle represents the hospital (outside circle), women (purple colour and centre circle), the wavy line is the emotional journey of having a baby, the 12 dots are the months of the year (ongoing process); and
- the kidney shape represents the baby.



Gudaga



Project



Understanding the health & development of Campbelltown's Aboriginal children



What is the Gudaga project?

The word “gudaga” means “healthy baby” and that is what this project is all about.

The Gudaga project is doing a number of things including:

- describing the health and development of Aboriginal babies and children (0 to 5 years) living in the Campbelltown area;
- noting when and how mothers of Aboriginal children make use of health and other services and what they think of these services; and
- asking the mothers about the hopes and dreams they have for their children.

The Gudaga project commenced in October 2005 and will continue until 2012.



Who is part of the project?

There are over 150 Aboriginal babies and children participating in the project. Some of the mothers of these babies are Aboriginal, while others are non-Aboriginal but have Aboriginal partners.

What happens during the project?

Every six months the project officer visits each mother and child in their home. At those visits, she asks the mum some questions about her and her child’s health as well as use of health and other services. She also weighs and measures the child and leaves a small “thank you” health pack.

Each child receives a full health assessment by a paediatrician at Campbelltown hospital at 1, 3 and 5 years of age.

All information gathered is treated with the strictest confidence. Names and photographs are only used with the permission of the mother.



Why is this project important?

Very little is known about what keeps Aboriginal babies and children in cities and towns strong and healthy. This is the first time anyone on the east coast of Australia has followed babies and children over time. We are very excited that so many mothers have agreed to be involved in the study.

What will happen with the results?

The results will tell a lot about the health needs of Aboriginal children and their families. What we find out can help health services in the Campbelltown area develop better ways of keeping Aboriginal babies and children well and strong. The results could also help children in other areas of NSW, or even interstate.

Can I see the results?

Yes, of course. If you would like to receive the results as they are released, please phone or e-mail our staff (details over page).

