My health for life
Impact of growing chronic disease
Why is prevention important?

A fundamental aim of any health system is to prevent disease and reduce ill health so that people remain as healthy as possible for as long as possible.

Key risk factors associated with chronic disease include poor diet, physical inactivity, tobacco smoking, excessive alcohol consumption, high body mass and high blood pressure. These risk factors are largely preventable and can be reduced or eliminated through behavioural changes or managed with medical treatments (for example, medication for high blood pressure).

Australia’s Health 2016
How can MH4L help?

Qld Health have invested $27 million over four years for the My Health for Life! Program

The goals of the program are:

- to improve community awareness, knowledge and attitudes about chronic disease risk factors and how to make positive lifestyle choices.
- to effectively identify people at high risk of developing chronic disease, and provide them with appropriate lifestyle modification interventions
- to increase health literacy levels and the capacity of program participants to adopt and maintain positive lifestyle changes to manage their risk factors
Lit review findings

Intervention effectiveness improved by adherence to two primary prevention guidelines from Europe; (1) the NICE guidelines for type 2 diabetes prevention in people at high risk; and (2) the IMAGE guidelines for the prevention of type 2 diabetes

- Use practitioners with relevant knowledge & training
- Provide participants with at least 16 hours of contact time (individual, group or mixture of both methods of contact)
- Maximise the frequency or number of contacts
- Offer more intensive support at the start of the program and reduce frequency over time to encourage independent lifestyle management

- Allow time between sessions for participants to make gradual lifestyle changes, and allow time during sessions to share learnings with the group
- Involve the planned use of established behaviour change techniques (e.g. MI, goal setting, relapse prevention)
- Target both physical activity and diet
- Mobilise social support
- Include a strong focus on maintenance
Market research findings - +ve about prevention

**Duration**
- Focus groups: Six months is an adequate length of time for most.
- Target regions: 71% feel that a fixed period of 6 months is beneficial.
- 43% were inclined to commit 1-2 hrs a week to the program.

**Contact Style**
- One-on-one interaction at the beginning.
- Followed by group and online during 'maintenance'.
- 52% in the target regions prefer F2F compared to other methods.

**Contact Channel**
- Availability of varied contact channels.
- Online (i.e., forum) in conjunction with F2F contact/group.
- 60% see the benefit of having a website (accessible anytime, anywhere).
- 59% see the benefit in being part of a group for support and motivation.
- 48% see the benefit of a Smartphone app.

**Credible Specialists**
- Multidisciplinary team (psychologist, exercise physiologist, podiatrist, chef and nutritionist).
- 84% would like their program results shared with their doctor (78% see specific benefit in this).

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Caboolture concept proof

- In October 2016, the Alliance undertook a co-design process in Caboolture to inform design aspects and to ensure the program maximised every opportunity to look at design from a user’s perspective.

Lessons learnt

- Significant community interest exists
- Confirmed content to be focused on behaviour change as apposed to SNAPPO content as with traditional lifestyle programs
- Role of coaches as facilitators is key
- Definition of completers defined (4/6 sessions)
- Engagement activities to keep warm between sessions and post program in maintenance phase assists retention
- Involvement of support people is important
My health for life program -

- 6 sessions over 6 months
- Ongoing maintenance program (from 6 months)
- Supported by resources - participant manual, workbook, MH4L Portal, SMS/emails etc.
- Offer a range of modalities – both group and telephone modes will be available from March 2017
- Phased implementation – launching in March 2017, all HHS’s will be reached by December 2018
- Accessing key stakeholder to increase program reach and community engagement
- Utilises Certified Facilitators to run the program; they will remain in the local community increasing program sustainability
- Link into existing community services
- Culturally modified to target hard to reach populations
My health for life
1st phase rollout (to June 17)

Program start date

1-May
May
May
Sep
Oct
Dec
Feb
Apr
May

- Review of Life! & Literature
- Market Research
- Program Design Working Group
- Caboolutre - concept proof
- Review H4L program design
- Launch in Community 1 - Fraser Coast
- Launch in Community 2 - Cairns
- Launch in Community 3 - Moreton North

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Eligibility

Adult over 45 years (18 year+ ATSI or workplace)

• AusDRisk score ≥ 15 OR
• Blood Pressure either ≥ 160 systolic or ≥ 100 diastolic OR
• Absolute cardiovascular risk score > 15

Pre-existing conditions (18 year+)

• Previously diagnosed gestational diabetes
• Familial Hypercholesterolemia
• High cholesterol (on cholesterol lowering medication)
• High blood pressure (generally 3 separate readings ≥ 140/90 by a GP)
Eligibility – cont.

Eligible with GP consent
- Pregnant
- High blood pressure either $\geq 160$ systolic or $\geq 100$ diastolic
- Mental health issue
- Current acute illness (i.e. cancer)
- Post surgery

Ineligible
- Type 1 or Type 2 Diabetes
- Heart Disease
- Stroke
- Renal Disease
How will we recruit participants?

WHAT WILL WE TALK ABOUT TODAY?
As part of your health check, we may talk to you today about:

**Type 2 diabetes**
Type 2 diabetes is the most common form of diabetes. It occurs when the body is not able to use insulin efficiently, so it cannot control blood sugar levels within a healthy range.

**Blood pressure (BP)**
Blood pressure is an indication of how hard your heart is working. It will vary throughout the day to meet your body's needs. So it is important to have it checked regularly.

**Cardiovascular disease**
Cardiovascular disease is a term used to group a number of conditions, including stroke, heart and blood vessel disease. Type 2 diabetes and high blood pressure are two conditions that can increase your risk of developing cardiovascular disease.

ABOUT YOU
This information will help determine what health checks and programs will best suit you.

<table>
<thead>
<tr>
<th>DO YOU HAVE A MEDICAL HISTORY OF</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td><strong>Type 1 or type 2 diabetes</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Diabetes</strong></td>
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<tr>
<td><strong>Heart disease</strong></td>
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<td><strong>Chronic kidney disease</strong></td>
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<tr>
<td><strong>Gestational diabetes</strong></td>
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<tr>
<td>Have you ever been told you have high cholesterol levels (an inherited condition which leads to very high cholesterol levels)?</td>
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<table>
<thead>
<tr>
<th><strong>ARE YOU TAKING ANY MEDICATION FOR?</strong></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High blood pressure</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>High cholesterol</strong></td>
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</tbody>
</table>

If either you complete a blood pressure check:

If both no complete a blood pressure check and health check questionnaire:

If either you refer to My Health for life program:

If both no complete a blood pressure check and health check questionnaire:

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We are recruiting!

- Provider organisations / facilitators for group based program for mainstream program
- Provider organisations with interest in delivering other versions of program (delivery commencing later this year):
  - Aboriginal and Torres Strait Islander
  - Pacific Islander
  - Chinese (Mandarin and Cantonese)
  - Vietnamese
  - Arabic

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Thanks!

Any questions?