









Programs	Offerings	Eligibility	Referral Process	Remarks
<p>10,000 Steps</p> <p><i>Funded by Queensland Government and run by CQ University, 10,000 Steps program encourages individuals, groups or community to increase their physical activity</i></p> 	<ul style="list-style-type: none"> <li>❖ Free interactive <a href="#">website</a></li> <li>❖ Low cost pedometers and merchandise available for purchase</li> <li>❖ Tracking of steps (via pedometer, wrist-worn device, or smart phone) and minutes of physical activity online</li> <li>❖ Self-monitoring tools – goal setting, tracking activity, graphs, and statistics</li> <li>❖ Physical activity resources</li> </ul>	<p><input type="checkbox"/> Anyone who is interested or need to increase their physical activity level by challenging their self</p>	<p>No formal referrals required though health professionals can play an important role of motivating their patients to join 10,000 steps program to improve health outcomes</p> <p>Health Professionals can print and send home with their patient <a href="#">A one-pager FLYER</a> as a reminder.</p>	
<p>The COACH Program</p> <p><i>Free structured telephone delivered program for people diagnosed with chronic disease, designed to improve quality of life and reduce avoidable hospital admissions.</i></p> 	<p>Delivered by a trained registered nurse over 6 months, with a call every 4-6 weeks</p> <ul style="list-style-type: none"> <li>❖ Sets biomedical targets with clients (cholesterol levels, blood pressure, blood glucose and spirometry results)</li> <li>❖ Lifestyle targets may include diet, activity levels, smoking and alcohol consumption</li> </ul>	<p>All QLD residents of 18+ years age who are self-caring and diagnosed with one or more of the following conditions:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coronary artery disease (CAD), (such as myocardial infarction, angina pectoris, cardiac stenting or heart bypass surgery)</li> <li><input type="checkbox"/> Type 2 diabetes</li> <li><input type="checkbox"/> Pre-diabetes</li> <li><input type="checkbox"/> Chronic obstructive pulmonary disease (COPD)</li> </ul>	<p>Referral from a health professional:</p> <ul style="list-style-type: none"> <li>❖ <a href="#">Online Referrals</a> or</li> <li>❖ Complete the electronic <a href="#">referral form</a> and either Fax to 07 3259 8534 or email: <a href="mailto:coach@health.qld.gov.au">coach@health.qld.gov.au</a></li> </ul>	

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<p><b>Deadly Choices</b></p> <p><i>A social marketing campaign that aims to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families</i></p> 	<p>Deadly Choices offers Aboriginal and Torres Strait Islander people:</p> <ul style="list-style-type: none"> <li>❖ Tobacco cessation programs</li> <li>❖ Community events</li> <li>❖ Sport and recreation</li> <li>❖ Education programs</li> <li>❖ Cooking programs</li> <li>❖ Leadership camps</li> <li>❖ Social media promotion</li> <li>❖ Annual Health Checks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aboriginal and Torres Strait Islander people of any age</li> </ul>	<p>No formal referrals required</p> <p>Please visit <a href="#">Deadly Choices website</a> for more information.</p>	
<p><b>Get Healthy Information and Coaching Services</b></p> <p><i>Telephone-based program helping people over 16 years make changes regarding healthy eating, being physically active and achieving and maintaining a healthy weight</i></p> 	<p>10 coaching calls over 6 months by trained health professionals. Program offers five programs:</p> <ul style="list-style-type: none"> <li>➤ <a href="#">Standard Program</a></li> <li>➤ <a href="#">Aboriginal and Torres Strait Islander Program</a></li> <li>➤ <a href="#">Get Healthy in Pregnancy Program</a></li> <li>➤ <a href="#">Type 2 Diabetes Prevention Program</a></li> <li>➤ <a href="#">Information Only Program</a></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aged ≥ 16 years</li> <li><input type="checkbox"/> Resident of Queensland</li> </ul> <p>Priority groups for the Service are those who are at greater risk of developing chronic disease including;</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Not meeting healthy eating guidelines</li> <li><input type="checkbox"/> Inadequate physical activity</li> <li><input type="checkbox"/> Being overweight</li> </ul> <p>General practitioner clearance may be requested after initial screening and risk assessment regarding:</p> <ul style="list-style-type: none"> <li>➤ recent hospitalisations</li> <li>➤ chronic conditions</li> <li>➤ illnesses relating to the heart, lungs, or brain</li> <li>➤ physical conditions, including pregnancy</li> <li>➤ mental health considerations</li> <li>➤ special dietary considerations</li> </ul>	<p>Referral by either a health professional or a patient (self-referral):</p> <ul style="list-style-type: none"> <li>❖ Health professionals can refer their patient by completing a Get Healthy <a href="#">referral form</a> and faxing to 1300 013 242 or emailing <a href="mailto:refergethealthy@health.qld.gov.au">refergethealthy@health.qld.gov.au</a></li> <li>❖ Alternatively, the patient can self-refer by phoning 13 432 584 (13 HEALTH) or completing an <a href="#">online form</a> to receive a call</li> </ul>	

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<p><b>Healthier. Happier</b></p> <p><i>A Queensland Government website that provides important tips to help people make small changes to be healthier</i></p> 	<ul style="list-style-type: none"> <li>❖ Free interactive website with various small tips and tools for people to stop and think about how small changes can help them be little bit healthier</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Anyone who is interested to maintain healthy lifestyle or need to lose weight by making small changes in their everyday life.</li> </ul>	<p>No formal referrals required though health professionals can play an important role of motivating their patients to visit <a href="#">Healthier. Happier website</a> and get registered to get individualised web-based advices.</p>	
<p><b>Heart Foundation Walking</b></p> <p><i>Australia's largest free walking network getting everyone moving, no matter where you live or what your fitness level is. Call 13 11 12 for more information</i></p> 	<p>Free walking group program for all ages and abilities</p> <ul style="list-style-type: none"> <li>❖ Group sizes vary from 2 walkers to over 300 walkers</li> <li>❖ Suitable for all ages and abilities</li> <li>❖ Shopping Centre and all-weather conditions on an even surface</li> <li>❖ Outdoor walking groups</li> <li>❖ Parents with prams and school parents' groups</li> <li>❖ Aboriginal and Torres Strait Islander, and other cultural walking groups</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> All ages and ability</li> </ul>	<p>No formal referral required. To join</p> <ul style="list-style-type: none"> <li>❖ Visit <a href="#">Heart Foundation Walking website</a></li> <li>❖ Search a walking group around you by Post Code or Suburbs</li> <li>❖ Locate a group convenient for you and <a href="#">Register</a></li> <li>❖ Once registered then progress can be tracked online</li> </ul>	

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<p><i>My health for life</i> A free telephone and group-based health coaching program helping Queenslanders to live well and reduce their risk of chronic disease. Program delivered by health professionals.</p> 	<p>Structured behaviour change group or individual sessions delivered (6 sessions over 6 months)</p> <ul style="list-style-type: none"> <li>❖ First 45 to 60-minute session is a one-to-one appointment</li> <li>❖ Next 5 sessions are provided as face to face group sessions or by phone</li> <li>❖ Content, tailored to the individual, includes:                             <ul style="list-style-type: none"> <li>➢ understanding personal risk of chronic disease</li> <li>➢ identifying intrinsic motivation</li> <li>➢ planning for change, and identifying support</li> <li>➢ developing self-monitoring behaviours</li> <li>➢ managing healthy eating, physical activity, alcohol, and smoking</li> <li>➢ maintaining healthy habits, and the impact of sleep and stress</li> </ul> </li> </ul>	<p>Aged <math>\geq 45</math> years, or of Aboriginal or Torres Strait Islander descent aged <math>\geq 18</math> years, with any of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> AUSDRISK score <math>\geq 12</math></li> <li><input type="checkbox"/> Blood pressure <math>\geq</math> either 160 systolic or 100 diastolic</li> <li><input type="checkbox"/> Absolute cardiovascular risk score <math>\geq 15\%</math></li> </ul> <p>Or Aged <math>\geq 18</math> years with any pre-existing condition present:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Previously diagnosed gestational diabetes</li> <li><input type="checkbox"/> Pre-diabetes (diagnosed impaired fasting glucose, or impaired glucose tolerance)</li> <li><input type="checkbox"/> Familial hypercholesterolemia</li> <li><input type="checkbox"/> High cholesterol (e.g., on cholesterol-lowering medication)</li> <li><input type="checkbox"/> High blood pressure (e.g., on blood-pressure lowering medication)</li> </ul> <p><i>Ineligible Conditions:</i></p> <p>Patients diagnosed with:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Type 1 or Type 2 Diabetes</li> <li><input type="checkbox"/> Heart Disease</li> <li><input type="checkbox"/> Stroke</li> <li><input type="checkbox"/> Chronic Kidney Disease</li> </ul>	<p>Referral by either a health professional or a patient (self-referral):</p> <ul style="list-style-type: none"> <li>❖ <a href="#">eReferral</a></li> <li>❖ <a href="#">Referral form</a>- fax (07) 3506 0909 or</li> <li>❖ <a href="#">Download a clinical software referral template</a></li> <li>❖ <a href="#">FAQ</a> for more information</li> <li>❖ A patient can self-refer by completing the <a href="#">online risk assessment</a> or phoning 13-74-75 (13 RISK)</li> </ul> <p>Note: A GP referral is required if the patient has any of these conditions:</p> <ul style="list-style-type: none"> <li>➢ Pregnant</li> <li>➢ Mental health condition</li> <li>➢ Acute illness</li> <li>➢ Surgery in previous 12 months</li> </ul> <p>To view current session dates in your area visit <a href="#">Darling Downs and West Moreton PHN website</a>.</p>	

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<p>parkrun</p> <p><i>An organised free, weekly, 5km timed physical activity run/walk/volunteer) event for all ages and abilities around the world.</i></p> 	<p>Opportunity to walk, run, volunteer or spectate in a socially-focussed and supportive environment.</p> <ul style="list-style-type: none"> <li>➤ Free</li> <li>➤ Open to all ages, abilities and backgrounds</li> <li>➤ Every Saturday morning at 7am across Queensland</li> <li>➤ Held in areas of open space</li> <li>➤ Milestone shirts encourage regular participation</li> <li>➤ Participants encouraged to gather in local cafe after each event</li> </ul>	<p><input type="checkbox"/> All ages and ability</p>	<p>No formal referral required. Social prescription. To join anyone can:</p> <ul style="list-style-type: none"> <li>❖ Visit parkrun <a href="#">website and register</a></li> </ul>	

To develop motivational interviewing skills and identify a patient’s readiness to change behaviour, health professionals can access the e-Learning module on “Brief Interventions for a Healthy Lifestyle: General Population (BI-G)” <https://central.csd.s.qld.edu.au/central/courses/227> developed by the Clinical Skills Development Services

Note: Health professionals can visit [Darling Downs Health Pathways website](#) to access detail information about the various lifestyle modification programs including eligibility criteria and referral pathways.



Darling Downs Health Pathways

Website: <https://darlingdowns.healthpathwayscommunity.org>

>> Lifestyle and Preventive Care  
>> Lifestyle Modification Programs

## Other Health and Wellbeing activities across Darling Downs Region (may not be available in all communities):

Programs/Activities	Offerings	Remarks
The CHANGE Project	<p>Provides residents of Toowoomba region with a wide range of low-cost activities to encourage a healthy and active lifestyle. The activities suit a wide variety of fitness levels.</p> <p>For more information visit <a href="#">The CHANGE Project website</a></p>	For more information, see <a href="#">The CHANGE Project Activities</a> :
PHN Commissioned Population Health Services	<p>Health professionals can refer their eligible patients to various chronic conditions programs commissioned by PHN across the Darling Downs region. For program eligibility and referral process please visit the <a href="#">Darling Downs and West Moreton PHN</a> website.</p>	
LifeShape Clinic	<p>Supports patients with the tools to achieve and maintain a healthy weight and lifestyle for the long term.</p> <ul style="list-style-type: none"> <li>➤ Includes medical advice to help the patient to achieve the goals set out at the start of their program.</li> <li>➤ Losing weight is not just about numbers – patients can achieve significant changes across a wide range of lifestyle and quality of life areas.</li> </ul> <p>For enquiry: Phone 1800-810-450 or Visit <a href="#">LifeShape Clinic Toowoomba website</a>.</p>	
Diabetes Support Groups	<p>Diabetes support group provides an opportunity to meet others with the same diagnosis, to gain more information about their condition, to learn coping and management skills and to build friendships with likeminded people.</p> <p>To find a support group near you visit <a href="#">Diabetes Queensland website</a> and search if there is any group near you.</p>	

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Better Movement Clinic	Better Movement Clinic offers individualized exercise programs to each client. The programs involve an initial interview and specialised assessments to prescribe the exercise. For more information contact 07 4662 2855 or visit <a href="#">website</a> .	
Health Partners: Health Management and Support Programs	Provides weight management programs via registered providers. Check criteria – available to members with Extras cover that includes health management. For enquiries: phone 1300-133-133 or Visit website: Health Partners – <a href="#">Health Management and Support Programs</a>	
Medibank Live Better	Provides health advice and support for members via: <ul style="list-style-type: none"> <li>➤ Medibank nurse 24-hour advice line</li> <li>➤ online health hub</li> <li>➤ mobile health apps</li> </ul> For enquiries: phone 1800-644-325 or visit <a href="#">website</a>	
BUPA Health Management	Provides weight management programs via registered providers. Check criteria – available to members with Extras cover that includes health management. For enquiries phone 134-135 or visit <a href="#">website</a>	
Good Sports Program	<a href="#">Website</a>	
Words for Wellness Collection at local libraries	Some Council libraries across Darling Downs region provides Words for Wellbeing collection for the library service user. Please contact local council for more information.	