

Obesity Prevention Programs

Chief Health Officer
Prevention Division

Prevention Programs for Consumers, funded by Queensland Health: for individual and family support, enrolment, program participation, resources and activities

1. Get Healthy Coaching and Information Service

The Get Healthy Information and Coaching Service is a free, confidential telephone-based service, for all Queenslanders, which helps people make lifestyle changes regarding healthy eating, being physically active, and achieving and maintaining a healthy weight. The Get Healthy Service runs for six months and delivers the coaching support and information needed to help people reach their goals.

For more information phone 13HEALTH (13 43 25 84)

or email your contact details to contact@gethealthy.qld.gov.au (for a call back on the next business day).

2. PEACH (Parenting, Eating and Activity for Child Health)

PEACH is a free program for Queensland families with a child aged between 5-11 years whose weight is above what is recommended for their age. PEACH is a six month program which consists of 10 sessions; the first nine sessions are held weekly within a school term. Parents or carers meet in one group to learn about healthy eating options while children meet in another group for a fun physical activity program. The PEACH program is being offered in locations all across Queensland.

For more information or to register visit www.peachqld.com.au , call 1800 263 519 or ask your health professional to refer you.

3. Know Your Numbers

Know your numbers (KYN) is a risk assessment program aimed to increase consumer awareness and knowledge of the risk factors for heart disease, stroke and type 2 diabetes. Registered community pharmacies and other sites provide free opportunistic blood pressure checks, risk assessment and lifestyle modification advice.

Clients assessed as at risk are referred to their doctor to discuss their results further.

For further information or to find a health check site email knowyournumbers@strokefoundation.com.au or visit: <https://strokefoundation.com.au/what-we-do/prevention-programs/know-your-numbers>.

4. 10,000 steps

The 10,000 Steps program is a free program for individuals, workplaces and communities that encourage the use of step-counting pedometers to monitor daily physical activity levels.

Resources include an interactive Step Log for tracking progress, virtual challenges that change regularly, a library of health and physical activity information, discussion forum, and a 10,000 Steps Workplace Implementation Guide.

Want to learn more? Visit www.10000steps.org.au

5. Heart Foundation Walking

Walk yourself happy and healthy with a free Heart Foundation Walking group near you. Walking groups are led by volunteer Walk Organisers and cater to all ages and abilities. They provide a great opportunity to keep

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physically active in a safe and enjoyable way while meeting other people and getting to know your local community. Regular walkers can also receive recognition and incentives.

Find a walking group near you or sign up as a virtual walker at www.walking.heartfoundation.org.au

6. Healthier. Happier. colour wheel campaign

Healthier. Happier. is a social marketing campaign, designed to promote the benefits of leading a healthy lifestyle, rather than focussing on weight or weight gain. It is positive and inclusive and encourages everyone to take small incremental steps to improve their health, regardless of their size.

The fruit and vegetable colour wheel is Queensland Health's latest campaign under the Healthier. Happier. brand. With few Queenslanders' eating the recommended serves of fruits and vegetables, the campaign is designed to increase consumption by promoting the benefits associated with eating a wide variety of different coloured fruits and vegetables.

Further supporting the campaign is a new and improved Healthier. Happier. website. The website provides important information on nutrition and exercise in an engaging and interactive manner, and will continue to act as an important information hub for Healthier. Happier. campaigns.

To find out more, visit www.healthier.qld.gov.au

7. Need for Feed; High School Cooking Program

Need for Feed is an exciting cooking program for secondary school students in grades 7 to 10 in public and private schools across Queensland.

The program is designed to improve student's confidence and skills in preparing healthy food, and in the long term, contribute to curbing the rise of type 2 diabetes and other chronic diseases.

Students or parents who are interested can contact Diabetes Queensland: Phone (07) 3506 0948, Email needforfeed@diabetesqld.org.au, Website www.needforfeed.org.au

8. Jamie's Ministry of Food Community Cooking Classes

The Good Foundation delivers the Jamie's Ministry of Food program (JMof) in Queensland which is a community based program which teaches cooking skills, food preparation, meal planning and budgeting through both a centre at Ipswich and a mobile food truck that travels the state providing 5-week courses.

Participants attend a hands-on 90 minute class each week, led by qualified trainers, where they get to learn how to cook healthy meals using fresh ingredients. Each class costs \$20 a session, \$15 for students and \$10 for concession card holders.

To book visit www.jamiesministryoffood.com or call 07 3281 0340

9. Good Start

The 'Good Start' program, hosted by Children's Health Queensland, is a program which supports health professionals to work with Māori and Pacific Islander children, families and communities.

Culturally tailored resources for Māori and Pacific Islander children and families will be available soon on the Children's Health Queensland website.

For more information contact the program manager Sebastien Brignano on (07) 3250 8605 or email goodstart@health.qld.gov.au, website: <http://www.childrens.health.qld.gov.au/statewide/>

10. Multicultural Healthy Lifestyle Program 'Living Well Multicultural'

Ethnic Communities Council of Queensland (ECCQ) provides group-based information, advice and behaviour change programs in relation to smoking, alcohol, healthy eating, physical activity and chronic disease management for Samoans, Tongans, Fijians, Australian South Sea Islanders and people of Middle-Eastern living in Queensland. All programs are delivered by Multicultural Health Workers from these communities, who use culturally tailored resources.

Community members interested can contact: ECCQ Administration at: 07 3844 9166 or email: chronicdisease2@eccq.com.au or website: <http://www.eccq.com.au/what-we-do/health/chronic-disease/>.