Prevention Programs of interest to Clinicians, funded by Queensland Health: for professional support, client referral, promotion to clients/patients/community members

1. Get Healthy Coaching and Information Service

This service provides individualised information, advice and behaviour change coaching in relation to physical activity, healthy eating and weight management for Queensland adults 18+ years.

General Practitioners and Health Professionals are encouraged to refer patients that would benefit from the service.

Referral forms are available from the health professional section of the website [www.gethealthy.qld.gov.au](http://www.gethealthy.qld.gov.au)

Email: contact@gethealthy.qld.gov.au Phone: 13Health (13 43 25 84)

2. PEACH

The PEACH program provides an evidence-based approach to the management of overweight and obesity in pre-adolescent children (12 years and under). It is a six month group-based program which consists of 10 sessions; the first 9 sessions are held weekly within a school term. The sessions are run by trained facilitators and the program is free to attend.

Referral forms are available from the website [www.peachqld.com.au](http://www.peachqld.com.au) or phone 1800 263 519

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. Pharmacies and other health sites can register to provide free blood pressure checks, risk assessment and lifestyle modification advice. Once a site is registered health check providers can access an online training program. Clients assessed as at risk are referred to their doctor to discuss their results further.

To register to be a Know Your Numbers provider, and for information on training email: knowyournumbers@strokefoundation.com.au or visit: [https://strokefoundation.com.au/what-we-do/prevention-programs/](https://strokefoundation.com.au/what-we-do/prevention-programs/)

4. Brief Intervention for a Healthy Lifestyle

The Brief interventions for a healthy lifestyle: General population course introduces the concepts of brief intervention and healthy lifestyles. It also provides guidance on how you can conduct brief interventions with your patients about making healthy lifestyle choices that limit substance use, encourage healthy eating and incorporate physical activity into daily life.

There is also a Brief intervention for a healthy lifestyle: maternal and child health specifically for maternal and child health workers.

These free online courses are available on the Clinical Skill Development website: [https://www.sdc.qld.edu.au/](https://www.sdc.qld.edu.au/)

5. Promoting Optimal Maternal and Infant Nutrition (POMIN)

Children’s Health Queensland HHS leads the POMIN project which aims to reduce the prevalence of childhood overweight and obesity by increasing parents’ knowledge and building the capacity of the health

Programs funded by Queensland Health
professionals in Queensland public and private maternity and child health services to deliver consistent early life nutrition messages.

For further information on the Promoting Optimal Maternal and Infant Nutrition Project, please contact the Centre for Children's Health and Wellbeing on 3412 3100 or email cchw@health.qld.gov.au

6. **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.

Clients can be encouraged to visit [www.10000steps.org.au](http://www.10000steps.org.au) and register for the program as an individual or workplace.

7. **Heart Foundation Walking**

Heart Foundation Walking (HFW) is Australia's largest free walking network consisting of walking groups led by volunteer Walk Organisers, as well as a virtual community of walkers who track their activity online.

Walking groups vary in size, distance, level of difficulty and walk times to cater for all ages and abilities, and provide walker recognition and incentives, as well as the health benefits gained from regular physical activity and social interaction.

Clients can be encouraged to find a walking group near them or sign up as a virtual walker at [www.walking.heartfoundation.org.au](http://www.walking.heartfoundation.org.au)

8. **Healthier. Happier. colour wheel**

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 increased consumption by promoting the benefits associated with eating a wide variety of different coloured fruits and vegetables. The campaign encourages Queenslanders to give colour a spin and is supported by a multi – channel advertising campaign.

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](http://www.healthier.qld.gov.au)

9. **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. The program is conducted outside of school hours (after school, in school holidays or on Saturdays) and is run by a qualified teacher, school nurse or health professional with the support of Diabetes Queensland.

General Practitioners, Health Professionals and teachers are encouraged to refer families and students to this program. Contact Diabetes Queensland:

Phone (07) 3506 0948,

Email needforfeed@diabetesqld.org.au, Website [www.needforfeed.org.au](http://www.needforfeed.org.au)
10. Jamie’s Ministry of Food Community Cooking Classes

The Jamie’s Ministry of Food program (JMOF) in Queensland 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.

General Practitioners and Health professionals can refer clients/patients to the www.jamiesministryoffood.com to book a place on a course or call 07 3281 0340 for further information.

11. Good Start

To address and prevent chronic disease in Māori and Pacific Islander communities, the ‘Good Start’ program, hosted by Children’s Health Queensland, provides a culturally tailored initiative for Māori and Pacific Islander children and their families.

Multicultural Health Workers with knowledge and strong links with their local communities provide cross cultural training to health professionals on how to work effectively with children and families of the target communities and reduce barriers to accessing health care.

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

Contact the program manager Sebastien Brignano on (07) 3250 8605

12. Multicultural Healthy Lifestyle Program

To address and prevent chronic disease in selected CALD communities, Ethnic Communities Council of Queensland (ECCQ) provides culturally tailored group-based healthy lifestyle and health education 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 with knowledge and strong links with the target community.

General Practitioners and Health Professionals are encouraged to refer CALD clients/patients that would benefit from this program.