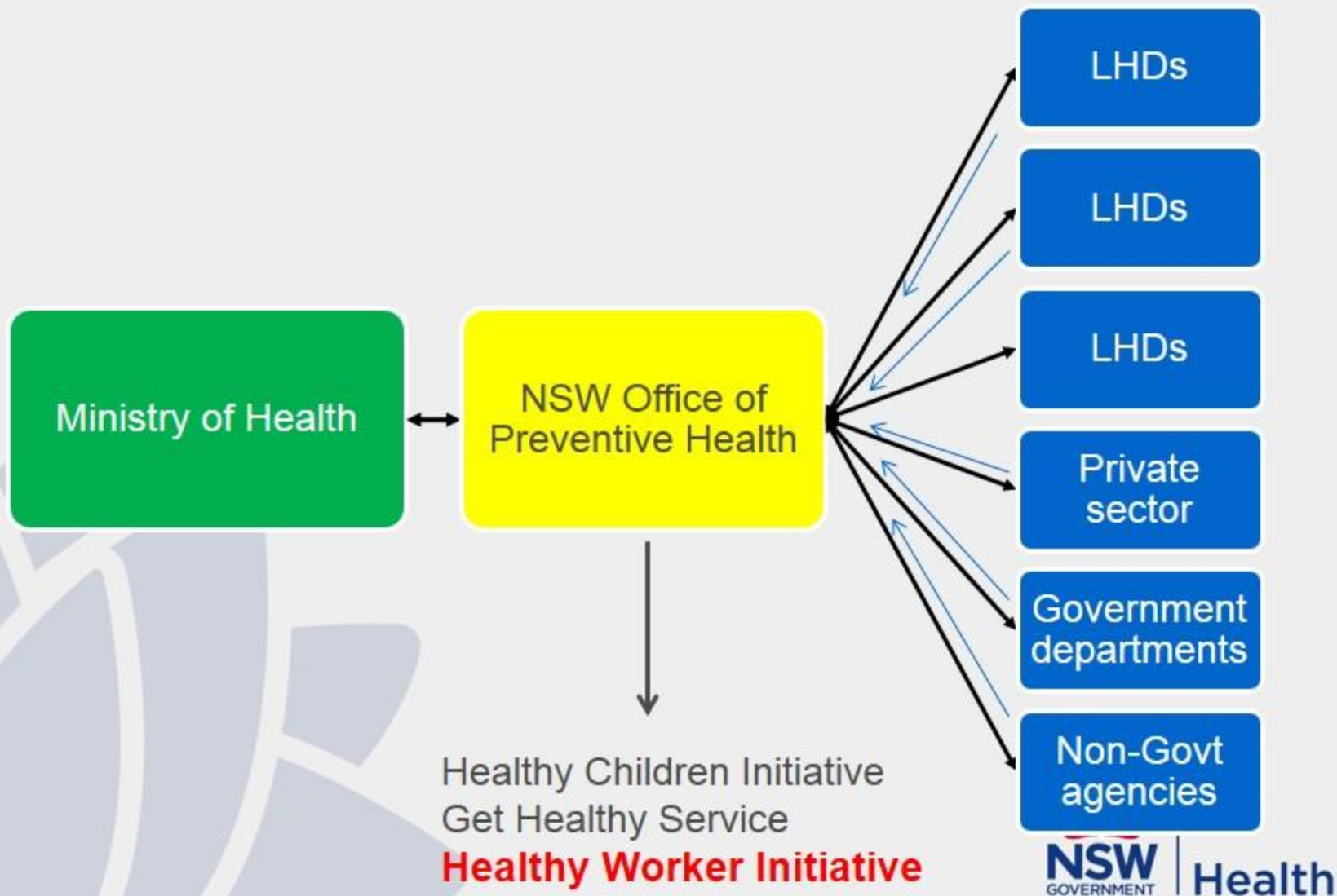


# NSW Office of Preventive Health

Professor Chris Rissel  
Director

8 May 2014

# Relationships



<b>Program</b>	<b>Setting</b>
Healthy Playgroups	Early childhood
Munch and Move®	Early childhood
Live Life Well @ School	Schools
Go4Fun®	Children/parents
Crunch&Sip®	Schools
High school canteens	Schools
Social marketing	Youth/parents
Sporting Club Canteens	Sport and Recreation



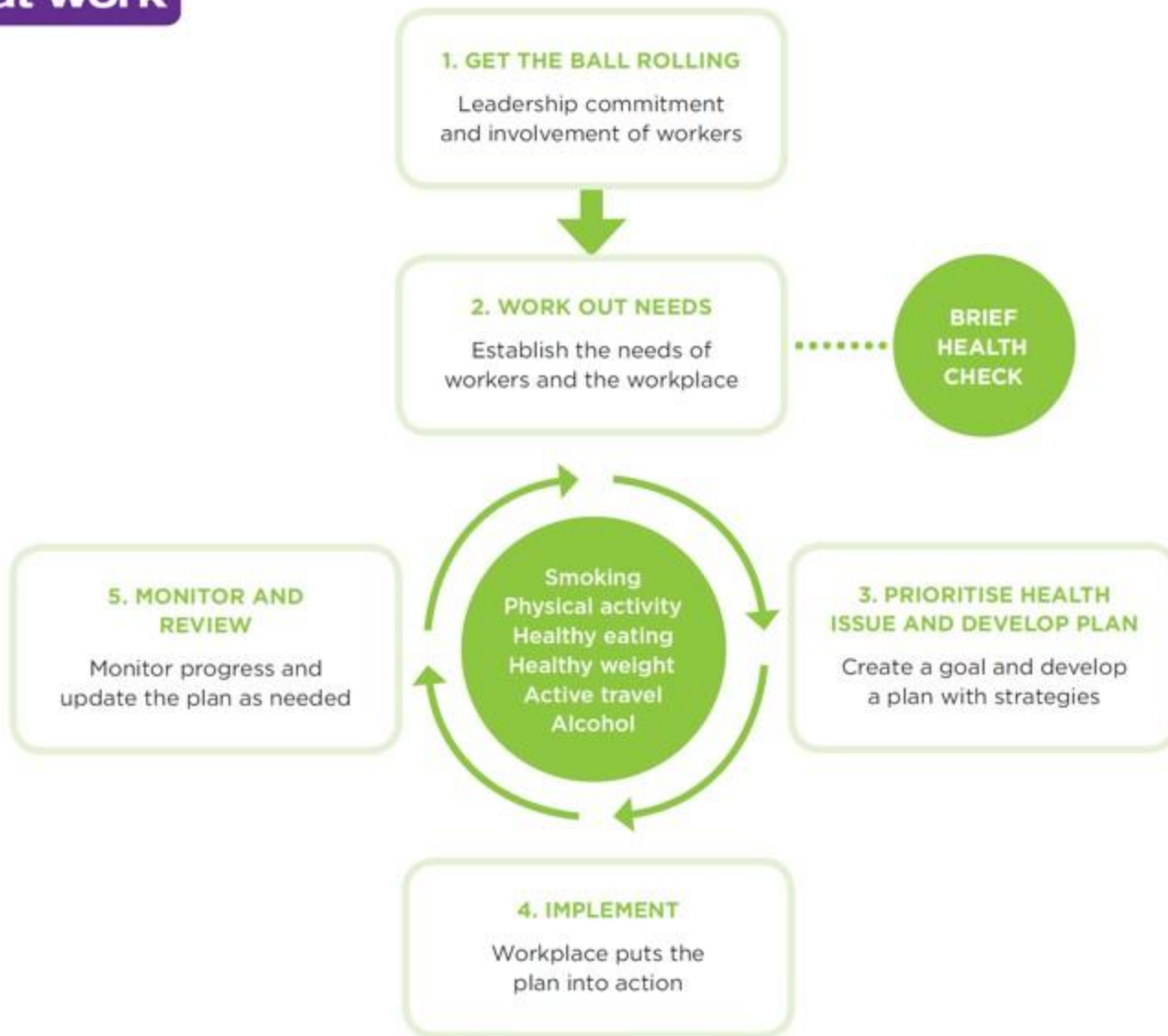
*get healthy*<sup>®</sup>

**at work**



Health

# Program Cycle





# Goals and Objectives of Get Healthy at Work

Goal: To contribute to the reduction of lifestyle-related chronic disease risk among adults in the paid workforce, with a particular focus on those aged 35 – 55

Brief Health Check : To increase the number of workers that take action to reduce lifestyle-related risk factors for chronic disease, either through the workplace or by referral

Workplace Health Program : To increase the number of workplaces that support workers to reduce their risk of lifestyle-related chronic disease

# NSW Get Healthy At Work Program Overview

## Workplace Recruitment

### Sources of Recruitment

Work Cover  
Peak Bodies  
HWI Website  
Others

LHD / Individual  
Worker Self  
Referral

# NSW Get Healthy At Work Program Overview

## Workplace Recruitment



++ HWI may become available later in their industry or LHD



# Priority industries

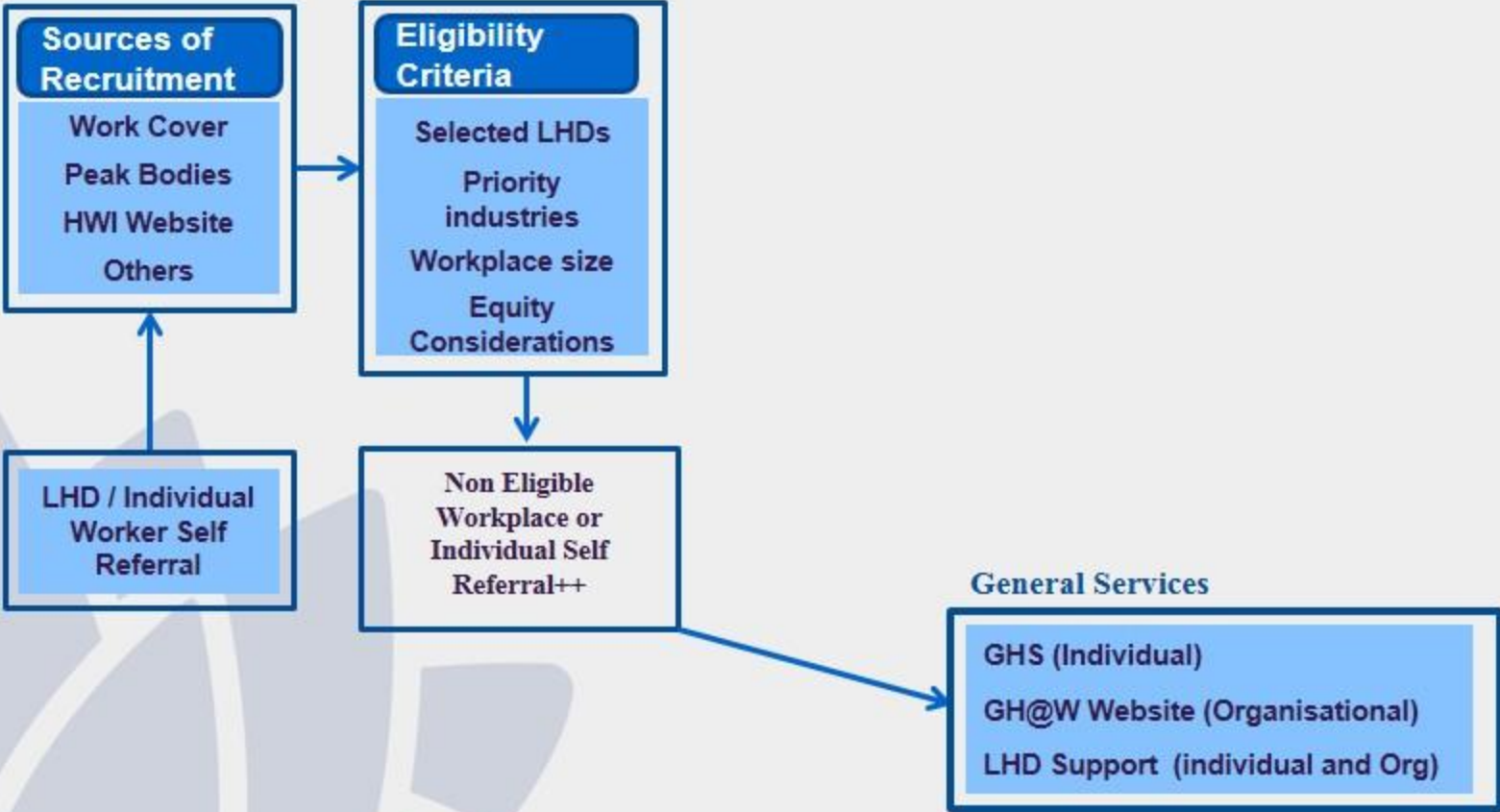
- Manufacturing
- Construction
- Transport and storage
- Agriculture, Forestry and Fishing
- Accommodation & Restaurants
- Communication services
- Retail
- Health and community

# Pilot in 3 Local Health Districts

- Western Sydney
- Central Coast
- Murrumbidgee

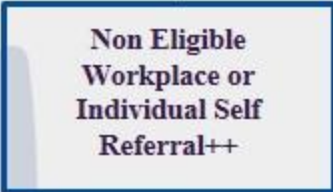
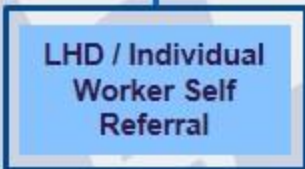


## Workplace Recruitment



++ HWI may become available later in their industry or LHD

## Workplace Recruitment



Eligible

## Health Check Service



# Implementation Plan

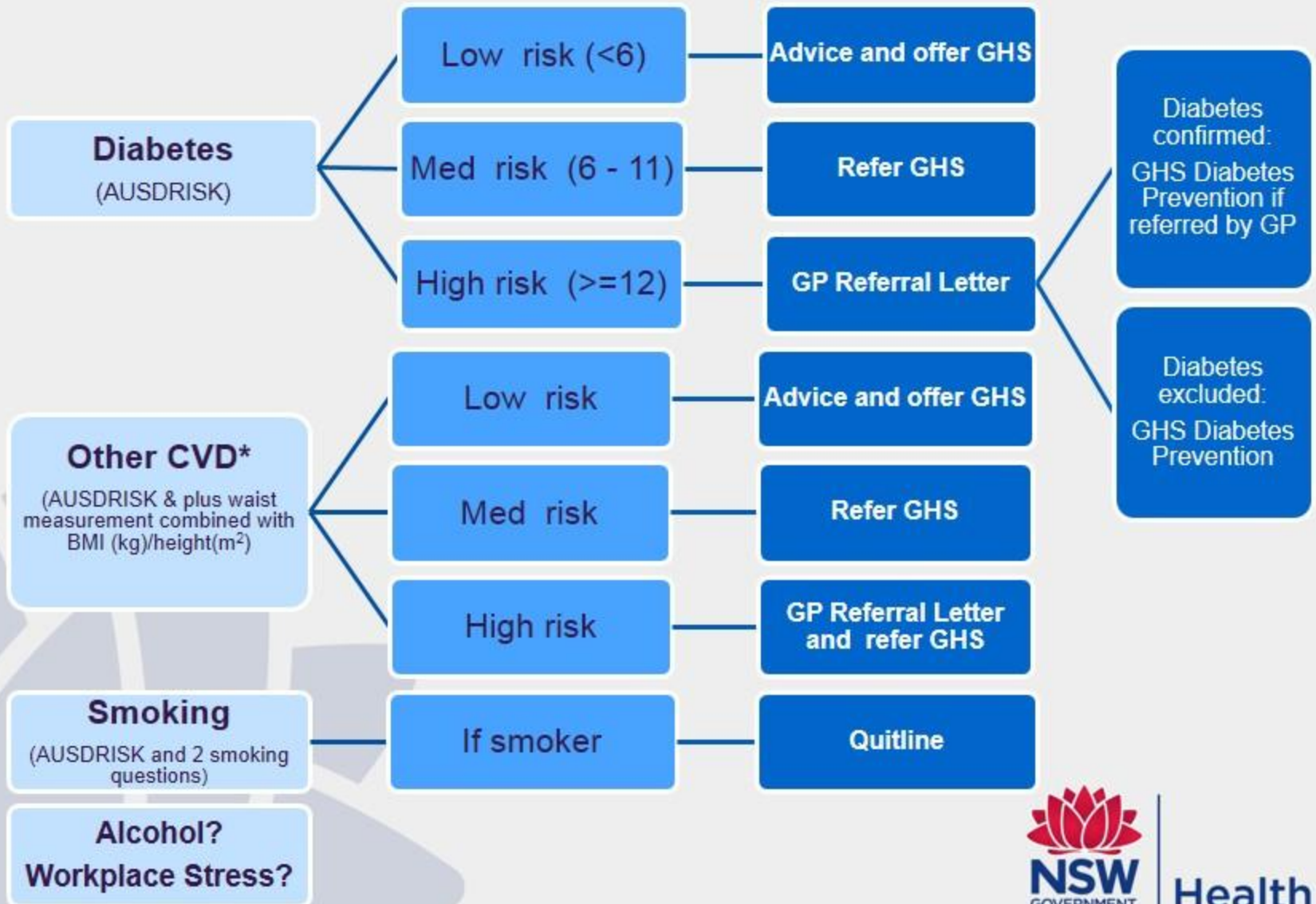




# Brief Health Check

- The Service will provide best practice:
  - Assessments for the risks of Type 2 Diabetes, Smoking and Cardiovascular Disease
  - Brief advice on healthy eating, physical activity and quitting smoking
  - Referral to appropriate services based on the level of risk identified
- Assessments will be based on the: AUSDRISK tool, NSW Health Let's Take a Moment screening tool, and waist circumference.

# Brief Health Check





## NSW Quitline

- The Quitline provides free, evidence-based smoking cessation telephone advice and support to smokers and recent quitters.
- Individually tailored advice.
- Quitline advisors provide advice on quitting smoking, strategies on preparing to quit, avoiding slip ups and staying smoke-free.
- Funded by the NSW Health, via The Cancer Institute.
- Approximately 25,000 inbound calls every year.



Health





*get healthy*<sup>®</sup>

Information & Coaching Service

**1 300 806 258**

Monday - Friday 8am - 8pm



Health

# What does the Get Healthy Service offer?

By visiting [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au) or by calling 1300 806 258 (Monday – Friday 8-8pm), participants can join a free six months health coaching program

Information includes:	Health Coaching Program includes:
Telephone advice and support	10 free individually tailored , evidence based health coaching calls for a six month period, supported with a comprehensive coaching journal
Comprehensive information kit	Your own university qualified health coach (such as Dietitians, Exercise Physiologists, Nurses and Psychologists) for the length of the program
Opportunity to join the coaching program at any time	Telephone calls (around 10 minutes) from a coach at a time suitable for the caller
Referral to other services if required	Free translator services
	A cook book on graduation
	A quality service - relevant health assessments and clearances, training, monitoring and evaluation



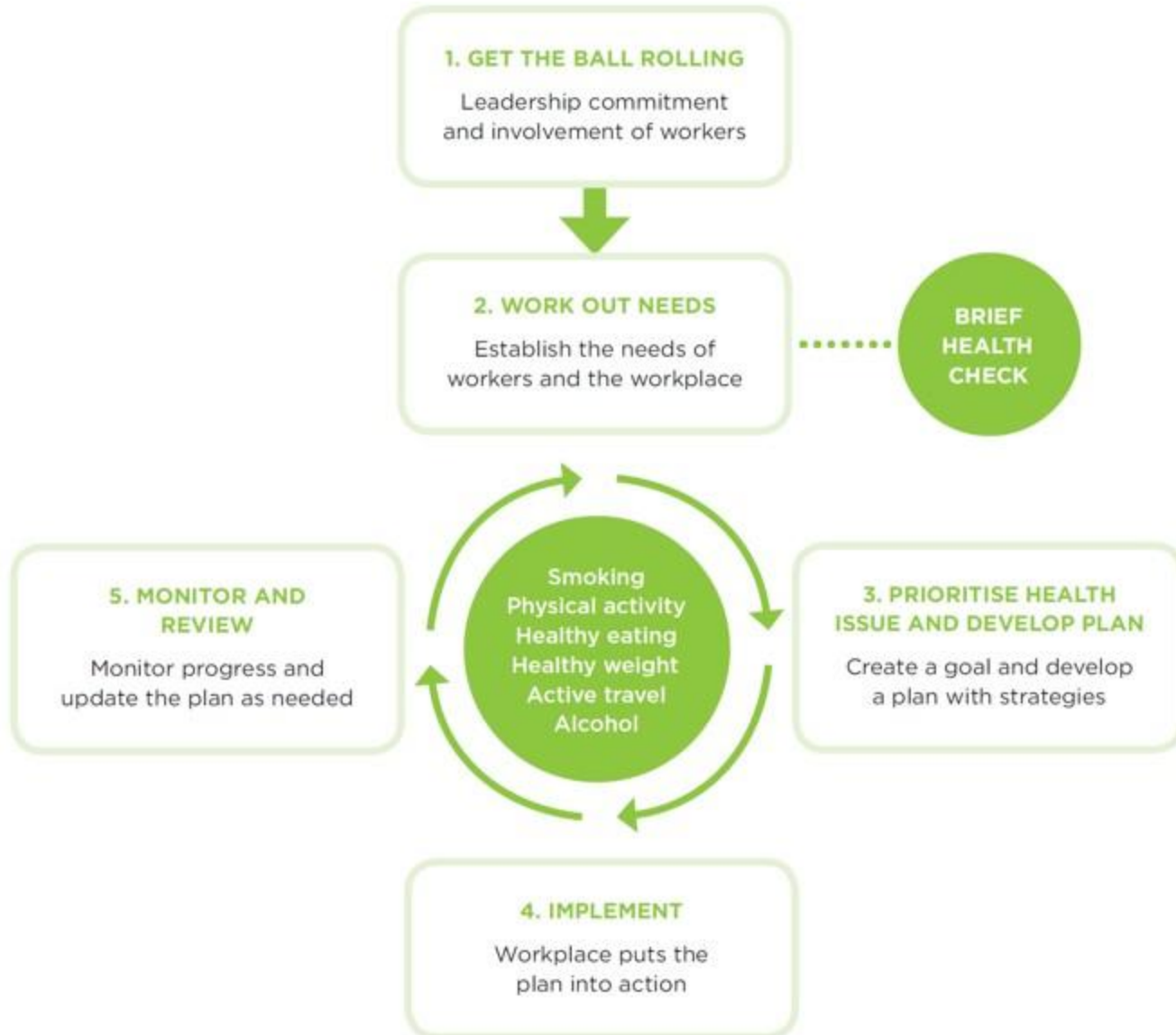


## Results – Changes in self reported risk factors

### February 2009 – June 2012

Weight (kgs)	An average of 3.8 kgs reduction in weight (i.e. 85.2kg–81.5kg)
Waist Circumference (w.c.)	An average of 4.9 cm reduction in w.c. (i.e. 100.2cm–95.8cm)
Vegetable Consumption (serves/day)	Average increase from 2.8 serves/day to 3.8 serves/day
Fruit Consumption (serves/day)	Average increase from 1.7 serves/day to 2 serves/day

# Program Cycle



# Workplace Health Program

- The Service will combine a best practice:
  - Healthy workplace review (potentially including a “Workers Needs Assessment”); and
  - Workers Health Report (if more than 50 workers)
- Development of an action plan
- Assistance of a Service Provider / Resources
- LHDs can develop an on-going relationship with the workplace and encourage long term implementation

# Engagement and Communication Overview

## Stakeholder Engagement

- Stakeholder Forums, communiques, web-site
- Further stakeholder analysis
- WorkCover engagement
- Flexible and responsive approach

## Marketing and Communication

- Marketing and Communication Strategy
- Branding / messaging / website
- Resource development
- Opportunities to market the Initiative

[Show video](#)





# Evaluation framework

- **PROCESS:** extensive pilot testing
- **IMPACT:** academic cohort study, system monitoring, pre and post assessment, case studies
- **COSTING** cost-effectiveness study (2016)





# Thank you

Professor Chris Rissel

Director, NSW Office of  
Preventive Health



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