

COAG Healthy Communities Initiative: The Journey so far

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Lift for Life is supported by funding from the Australian Government.



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Fitness Australia

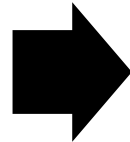
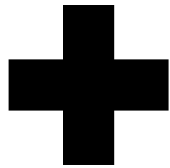
Partnership

- **National fitness industry association working for a fitter, healthier Australia.**
- **Mission - raise standards, support, promote and represent the fitness industry.**
- **From January 2009 Fitness Australia has been in partnership with Baker IDI to enhance the profile, distribution and promotion of the Lift for Life program throughout Australia.**



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Baker IDI





Content

- **What is healthy communities**
- **Lift for Life and the NPGS**
- **Setting the scene (population and individual health)**
- **Systems Change**
- **Short Video**
- **Activities and learning's/ Alice Springs Case Study**
- **Next steps integration and collaboration in delivery of CDM and prevention programs**
- **Summary and reflections**

COAG Healthy Communities Initiative

- **Part of the COAG National Partnership on Preventative Health**
- **Interventions in preschools, schools, workplaces and communities**
- **Lifestyle modification to reduce the risk of chronic disease**
- **Target :disadvantaged adults not predominately in the paid workforce**



HCI National Program Grants

Grants awarded to not for profits

- **To ensure proven and sustainable programs designed to improve physical activity levels and healthy eating behaviours are available to be implemented in the LGAs receiving grants**
- **Work with LGAs and providers to assist with delivery of long term low cost programs to disadvantaged community groups**

NPGs

- **Heart Foundation Walking**
- **Heart Moves**
- **Beat It**
- **HEAL**
- **Aus Cycle**

Quality Assurance Framework

[Skip to area navigation](#) | [Skip to content](#) | [Log On](#) | [Register](#)

Healthy
living *Network*



Quality pathways to healthier communities

Home

The Network

Providers

LGAs

General Public

Directory

Resources

FAQs

Contact Us



About the network

The Healthy Living Network is an Information Portal that has been developed as a one stop website of information on the Healthy Communities Initiative and lists quality registered activities, providers and programs. [Read more](#)

Program and Service Providers

Programs and service providers - you can apply for registration against the Quality Framework standards and criteria. Applicants meeting the criteria will be listed and searchable on the Healthy Living Network.



Local Government Areas

LGAs that are implementing and overseeing the initiative in their communities - you can view information about capacity building.



General Public

Community members and health professionals - you can search for healthy living activities and programs in your local area. You can find activities, such as walking groups, community gardens, cycling skills and specific programs



directory

I am a

Looking for

in postcode

By map By directory listing

Table 3. Influences on Physical Activity and Eating Behavior in Sectors and Settings: Ecological Layers From Macrosocietal to Individual Level

Focal Points and Settings for Interventions			Social, and Personal Influences on Intervention Effectiveness			
Distal Leverage Points	Proximal Leverage Points	Behavioral Settings	Enablers of Choice	Social	Ethnic/ Cultural	Individual
Architecture and building codes	Community	Community activity providers	Accessibility	Educational attainment	Beliefs	Genetics
Education system	Developers	Day care	Convenience	Interpersonal relationships	Ethnic Identities	Hierarchy of needs
Entertainment Industry	Employer	Food stores	Cost	Life stage	Habits	Physiology
Exercise, physical activity, and sports Industry	Family	Health club	Knowledge	Social roles	Life experience	Pleasure
Food Industry	Food stores	Home	Safety	Socioeconomic status	Values	Self Identities
Government	Healthcare providers	Local school	Seasonality			
Healthcare Industry	Local government	Neighborhood	Situation or context physical and social			
Information Industry	Nongovernmental organizations	Parks, recreation centers, senior centers	Social trends			
Labor-saving device Industry	Nonprofit providers	Religious, community, and nongovernmental	Source of information			
Political advocacy/lobbying	Property owners	Restaurants	Time			
Recreation Industry	Recreation facilities	Shopping malls				
Transportation system	Restaurants and food outlets	Vehicle of transport				



Determinants of Health

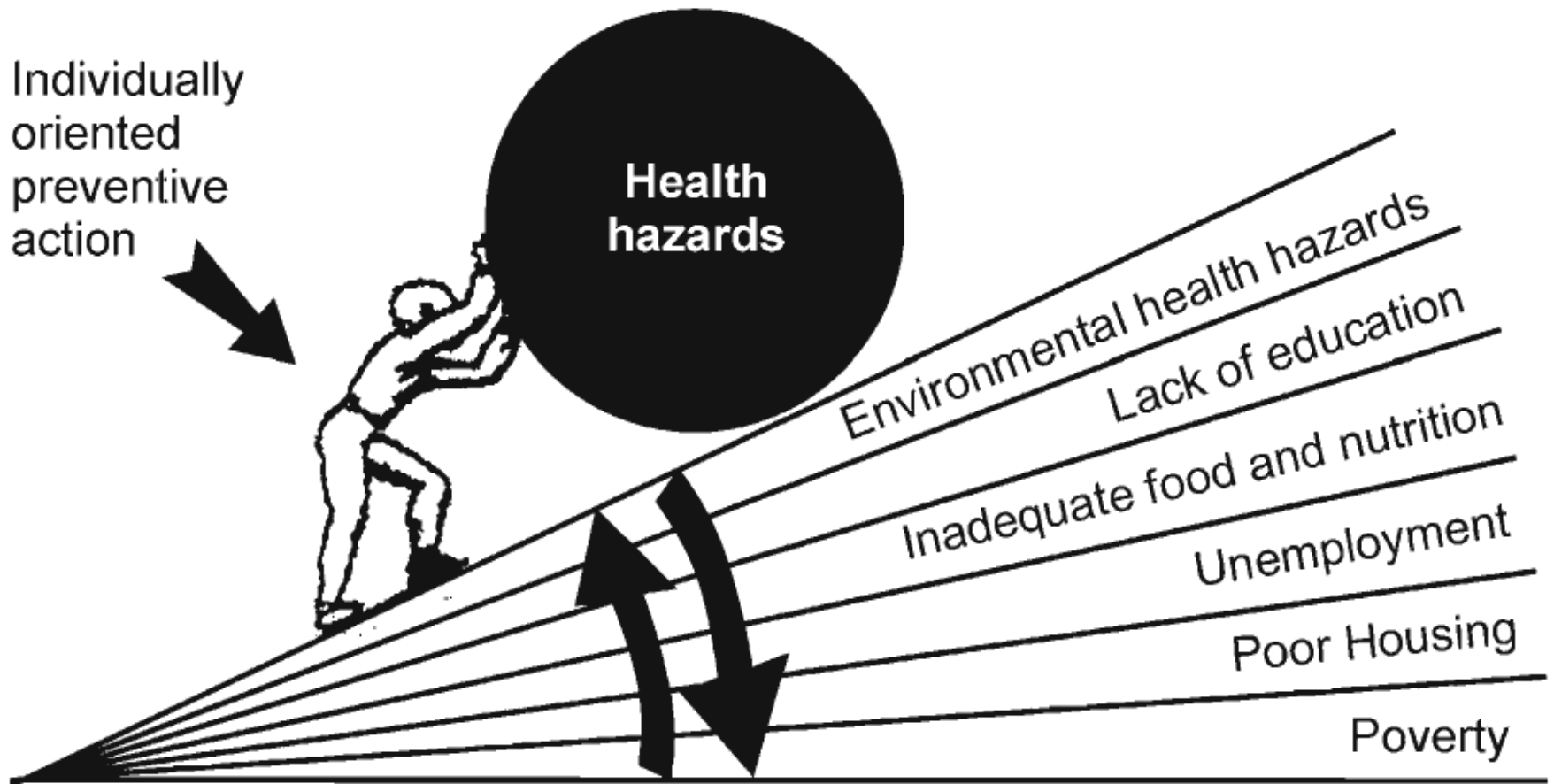
Determinants of health include the following:

- income and social status
- social support networks
- education and literacy
- employment/working conditions
- social and physical environments
- personal health practices and coping skills
- healthy child development
- biology and genetic endowment
- health services
- gender
- culture
- language

*Source: OHPS 2008



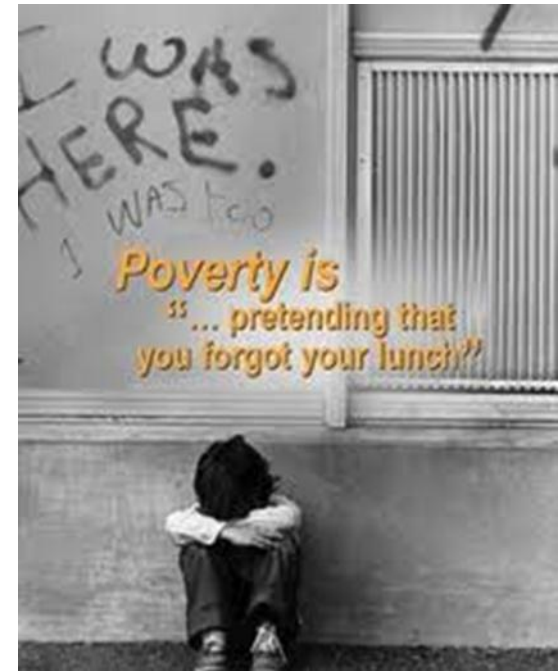
The Health Gradient



Source: adapted from Making Partners: intersectoral action for health.

Premature Mortality from Chronic Disease

- In 2007 83% of all premature deaths were from Chronic disease
- Premature mortality nearly twice as likely in disadvantaged males
- Premature mortality 60% higher among the most disadvantaged females
- Of all premature chronic disease deaths in 2007 3 in 5 were potentially avoidable



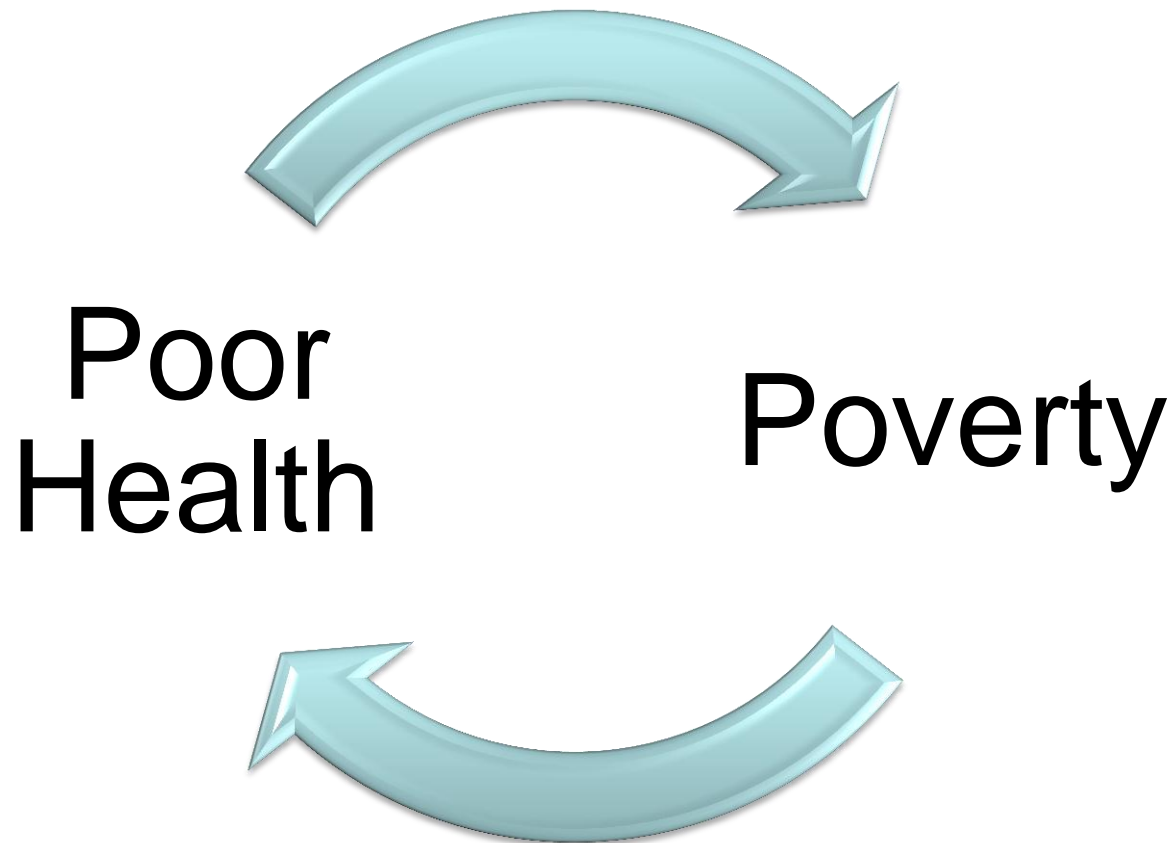
Comorbidity of mental disorders and physical conditions 2007

- **12% of Australians aged 16-85 had a mental disorder and a physical condition at the same time;**
- **the most common comorbidity was anxiety disorder combined with a physical condition, affecting around 1.4 million (9%)**
- **people living in the most disadvantaged areas of Australia were 65% more likely to have comorbidity than those living in the least disadvantaged areas.**



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Burden of Chronic Illness





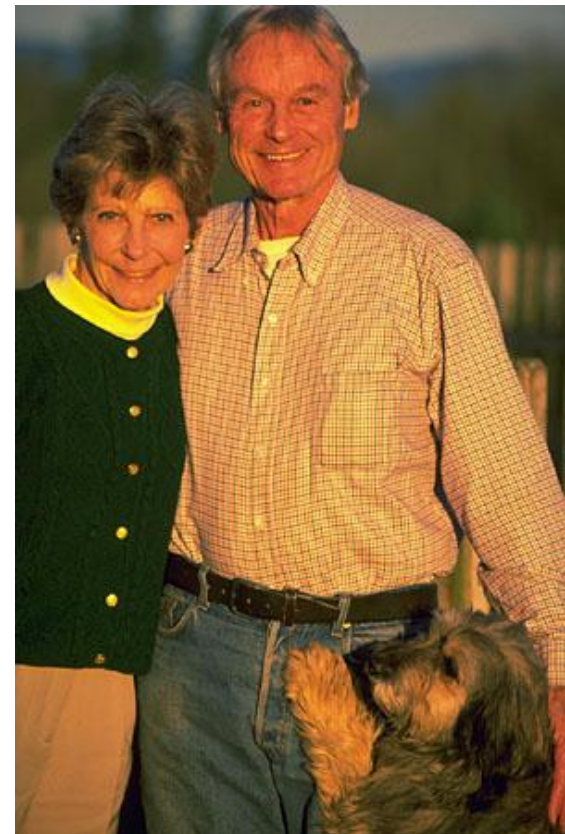
Systems Change

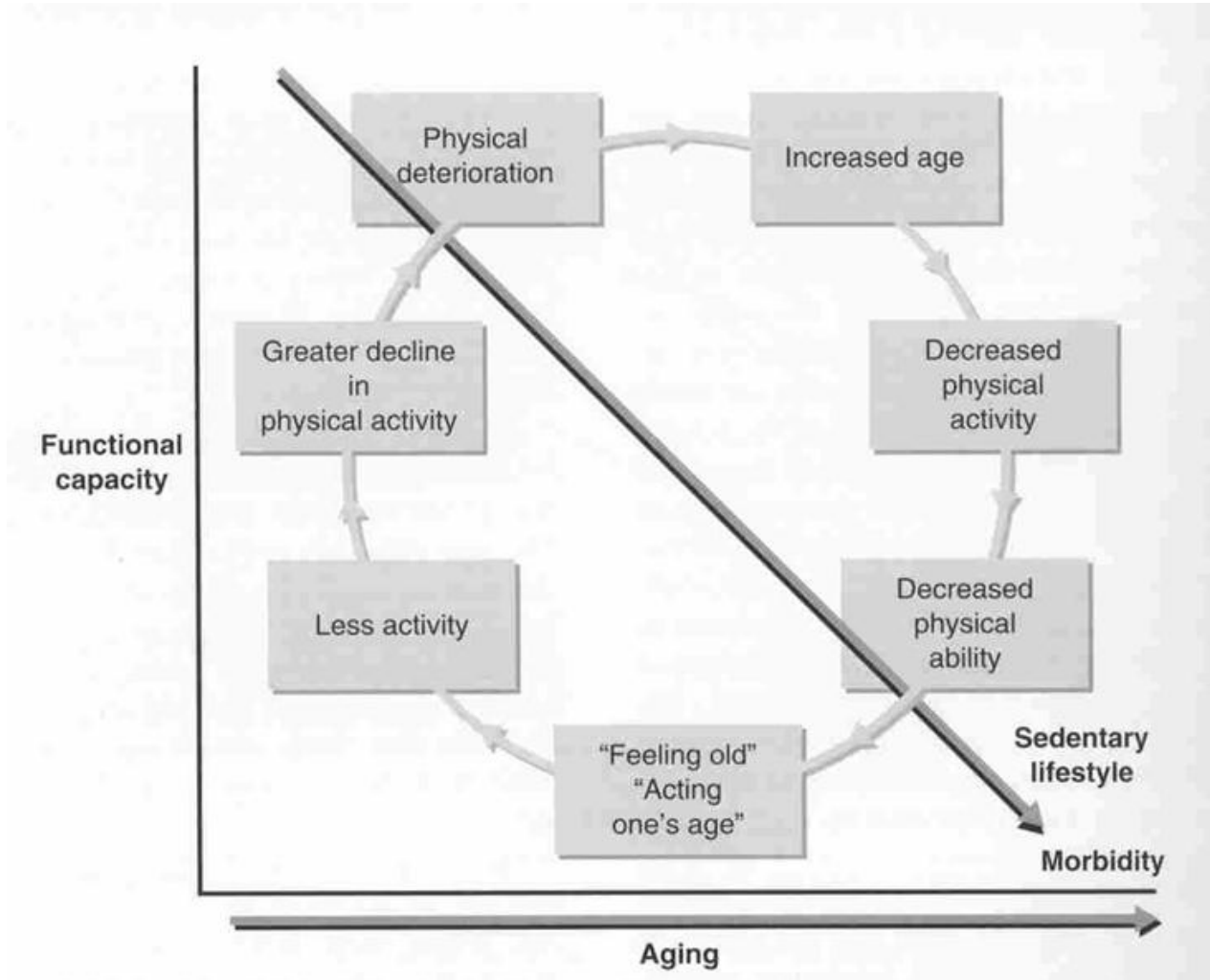


Barr V et al. The Expanded Chronic Care Model: An Integration of Concepts and Strategies from Population Health Promotion and the Chronic Care Model. *Hospital Quarterly* 2003; 7(1):73-82

PHYSIOLOGICAL CHANGES ASSOCIATED WITH AGEING

Muscle mass	Decreases
Muscle strength	Decreases
Muscle endurance	Decreases
Resting metabolic rate	Decreases
Body fat	Increases
Bone mineral density	Decreases
Physical function	Decreases





Berger & Hecht (1989) pp 117-157

“Lift for Life is an evidence-based, structured, progressive strength training program for people with, or those at risk of developing type 2 diabetes” It is also beneficial for other chronic conditions”



The program structure

Stage	Session	Week	Focus	Max. No.
Initial Assessment		--		1:1
Intro	1-2	1	Education	12
Bronze	3-6	2-3	Instructed Sessions	12
Bronze	7-18	4-9	Supervised Sessions	12
Bronze Assessment		--		1:1
Silver	19-34	10-17	Supervised Sessions	12
Silver Assessment		--		1:1
Gold	35-50	18-25	Supervised Sessions	12
Gold Assessment		--		1:1

Assessment

Height

Weight

BMI

Waist hip/ratio

Chair stand

Arm curl

Six min walk test

8 foot up and go test

Balance





RESISTANCE TRAINING (RT & WL)

- Frequency: **3 times per week**
- Exercises: **8-10 exercises (free weights, machine)**
3 sets, 8 reps @ 75-85% 1 RM

