



WORKFORCE DEVELOPMENT NEWS

Diabetes Prevention and Management Initiative – Workforce Development – Issue 2 Vol 2 June 2003

Workforce Development Bimonthly Newsletter

This newsletter aims to facilitate communication between the Local Diabetes Service Development projects, the workforce development team and DHS about workforce development (WD) issues such as:

- Training progress across the sites and learnings
- Workforce Development team's progress
- Diabetes and program planning information
- Profiles of other relevant projects and learnings

Please forward this newsletter on to relevant people in your project.

Workforce Skills Analysis Tool

Hume Moreland has paved the way with a workshop on June 11 to implement the tool. This will provide us with the opportunity to share learnings from the workshop with other projects. Thanks also to Marnie Graco who, at the last DPMI project meeting, was able to share her experiences and strategies for engaging agencies in the process.

DPMI Projects Showcase Achievements

Rima Tuchanas (Central Vic) and Marnie Graco (Hume Moreland) presented excellent presentations at the recent GPDV workshop. The presentations focused on the outcomes of the year one work of the projects and highlighted what can be achieved through cooperation, collaboration and systematic planning of programs supported by evidence for best practice.

Physical Activity Interesting findings.....

The role of physical activity in the management and prevention of diabetes and heart disease is well accepted. The following three articles provide some interesting food for thought in planning interventions that will promote uptake of physical activity and provide evidence for broadening our range of strategies.

Leisure activity better than work related activity

Taking two hours of leisure time per week to exercise can cut the risk of heart disease by more than half compared to a sedentary lifestyle. But work-related physical activity may lead to a less-healthy cardiovascular system, According to a study by Dr. Wolfgang Koenig of the University of Ulm Medical Center in Ulm, Germany, Published in Archives of Internal Medicine, a journal published by the American Medical Association.

Daughters and mothers exercising together.....

A pilot study at the University of Utah compared the effectiveness of a 12 week home and community-based physical activity program with interventions that targeted mothers and daughters to increase physical activity and improve health-related fitness. Included in the positive findings was that mothers and daughters in both groups significantly increased their participation in aerobic, muscular strength, and flexibility activities. Daughters in both groups significantly improved their muscular endurance, mothers in both groups improved their muscular strength muscular endurance, flexibility and aerobic capacity. The study concluded, mothers and daughters responded positively to community and home based physical activity programs.

Home-based physical activity programming is a cost-effective means to increase physical activity and improve health-related fitness in these groups.

Reference: LB, Taylor A, Oakland D, Schmidt J, Moyer-Mileur L, Shultz B. Med Sci Sports Exerc 2003 Feb;35(2):286-96

Heart Foundation confirms link between social isolation and heart disease.....

..adding more weight to interventions targeting physical activity which can often be an effective way of reducing social isolation.

There has always been a great deal of public interest in possible links between "stress" and coronary heart disease. A National Heart Foundation of Australia expert group recently reviewed and assessed the scientific evidence on this topic and found:

There is strong and consistent evidence that people who experience depression or are socially isolated or do not have quality social support are at greater risk of developing coronary heart disease.

These factors can have as great an effect on a person's risk of coronary heart disease as other, better-known risk factors such as smoking, high cholesterol levels or high blood pressure.

For people who already have coronary heart disease, depression or social isolation or lack of quality social support, can affect their recovery and future health.

There is evidence of an association between acute or catastrophic life events and the onset of coronary heart disease.

At this time there is unclear evidence that work-related "stressors", anger, hostility, anxiety disorders or panic disorders are linked to the development of coronary heart disease.

Find out more on the Heart Foundation website:

http://www.heartfoundation.com.au/new/index_fr.html

Dates for the diary.....

Australian Diabetes Educators Association National Conference.

Melbourne Convention Centre, Victoria, 17-19 September 2003

A great opportunity to meet and learn from others involved in diabetes projects. To find out more go to:

<http://www.ads-adea.org.au/>

The National Chronic Disease Self-Management Workshop.

Melbourne on 12th, 13th and 14th November 2003

<http://www.chronicdisease.health.gov.au/sharing.htm>

The Chronic Disease Self Management Special Interest Group Meeting.

Thursday July 3rd 10am-12md. Level 11 555 Collins St.

This special interest group includes health professionals from across Victoria who have an interest in Self Management for Chronic Diseases. They come together bi-monthly to share information and resources. If you would like to know more about this group call Marie Gill on 98481616.

Did you receive this newsletter from someone else?

If you would like to receive a copy of "Workforce Development News" but were not on our mailing list please email jwillcox@optusnet.com.au with "Subscription WDN" in the subject heading.

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Wonderful Websites

Local Initiatives

Walking Wimmera

A program to encourage physical activity in Wimmera towns, by providing:

- Walking groups in each participating town.
- A shop window display, to provide statistics, information and other material to motivate people to begin or continue walking.
- Healthy competition between towns, as a motivating factor for participation.
- An annual awards ceremony, to find the Wimmera's fittest town. To find out more: <http://www.wimmerapcp.org.au/>

Great Site

The 10,000 Steps Rockhampton

The 10,000 Steps Rockhampton project, funded by Queensland Health is an innovative community-based and multi-strategy health promotion program focusing on physical activity (PA) and the social determinants of health. Check out their site to find out more: <http://www.10000steps.cqu.edu.au/index.php>

Diabetes & Evidence Based Guidelines

<http://www.diabetesaustralia.com.au/type2-documents.htm>

Australian National Evidence Based Guidelines for the Management of Type 2 Diabetes

<http://care.diabetesjournals.org/content/vol25/suppl>

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American Diabetes Association Clinical Practice Recommendations 2002

http://www.diabetes.ca/Section_Professionals/cpg_98.asp

Canadian Diabetes Association Clinical Practice Guidelines

http://www.heartfoundation.com.au/prof/index_fr.html

National Heart Foundation Physical Activity Policy.