

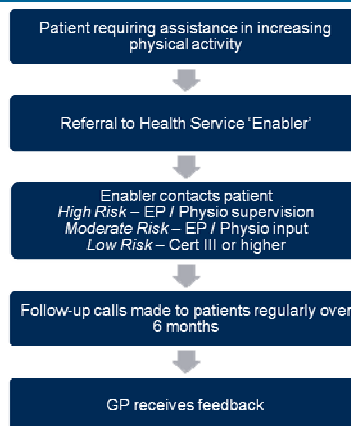
Active Script

Aim - Systematically link inactive people into appropriate physical activity options through general practice

- Since 2002
- ≈ 1000 referrals
- 84 GPs
- 10 Health Services – 7 currently active
- Achieved through:
 - Strategic partnerships
 - Common goals
 - Clear, evidence-based system

April 2008

The Active Script Process



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Active Script at Beaufort & Skipton Health Service

- Commenced in March 2006
- Div. 2 Nurse with Certificate III in Fitness & Health Coaching
- Part-time: Providing Active Script & delivering exercise programs
- Considered Health Promotion
- PN & GP referral. Hospital Discharge to commence

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Successes & Challenges

- 62% referrals are for weight issues
- Positive Patient outcomes:
 - 32% improved BP
 - 55% improved Diet
 - 48% improved Weight
- Compliments busier lifestyles & ↑ fuel costs
- Reminding GPs
- Protected time for Enablers

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Further Information

Joanne Martin
Health Promotion Manager
West Vic Division of General Practice
HORSHAM VIC 3402
p: (03) 5381 1756
e: j.martin@westvicdiv.asn.au

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