

Life!

Taking Action on Diabetes

LIFE! – Taking Action on Diabetes

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- The National Reform Agenda (NRA), agreed by the Council of Australian Government in February 2006, emphasises the need to focus health policy on addressing the shifting burden of disease with an increased emphasis on chronic disease prevention.

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Diabetes prevention

- Federal government committed over \$103.4 million for diabetes prevention
- 40-49 yo include a new Medicare item for a Diabetes Risk Plan
- Referral of individuals at high risk to an accredited lifestyle program
- Includes engagement of Divisions of General Practice to help purchase or in certain circumstances, provide the program



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Diabetes

- Victoria committed over \$20 million to diabetes prevention
- Life! is one of the programs being rolled out



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Diabetes prevention

- Population based approach to raise awareness and improve overall health
- Specific programs to target those at high risk
- The Life! program is dealing with those at high risk



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Diabetes prevention

- Translation of research into real life (FinDPS - >GOAL->GGT DPP)
- GGT DPP
 - Group based intervention
 - Behaviour change approach
 - Integrated approach to other services
 - Persistence of change with no further intervention!

Diabetes prevention

- Life! has two goals:
 - To arrest the growth in type 2 diabetes
 - To contribute to earlier diagnosis of type 2 diabetes in those who have undiagnosed type 2 diabetes.

Diabetes prevention

- Is an integrated type 2 diabetes prevention initiative
- LIFE! includes
 - Systematic risk assessment
 - Delivery of accredited evidenced based programs
 - Social Marketing
 - Health professional engagement

Diabetes prevention

- Life! will focus on:
 - Victorians aged 50 years and over
 - All adult Aboriginal Victorians
 - At high risk of type 2 diabetes
 - ATSI and CALD strategy late 2008

Actions

- Identify Victorians at high risk of developing type 2 diabetes and those who already have type 2 diabetes through systematic risk assessment
- Provide community-based lifestyle behaviour change programs for the 25,000 eligible Victorians enrolled in Life! to reduce their risk of developing type 2 diabetes

- Increase community awareness of the risk factors, seriousness and consequences of type 2 diabetes, and the resources available to support healthy and active lifestyles.

State-wide roll out

Year 1 Sept 2007 – 30 Jun 2008	Year 2 1 Jul 2008 – 30 Jun 2009	Year 3 1 Jul 2009 – 30 Jun 2010	Year 4 1 Jul 2010 – 30 Jun 2011
<ul style="list-style-type: none">•North & West Metropolitan•Barwon South Western•Gippsland	<ul style="list-style-type: none">•North & West Metropolitan•Barwon South Western•Gippsland	<ul style="list-style-type: none">•North & West Metropolitan•Barwon South Western•Gippsland	<ul style="list-style-type: none">•North & West Metropolitan•Barwon South Western•Gippsland
	<p>PLUS DPP PCPs locations:</p> <ul style="list-style-type: none">•Inner East PCP•Goulburn Valley PCP•South East PCP	<p>PLUS DPP Regions</p> <ul style="list-style-type: none">•Hume•Southern Metropolitan•Eastern Metropolitan	<p>PLUS</p> <ul style="list-style-type: none">•Loddon Mallee•Grampians
At risk population 50+ in these regions = 135,300		At risk population 50+ in new regions = 173,885	At risk population 50+ in new regions = 39,566

Risk assessment

Circle one answer for each question and add up your points:

- 1 Your age**

Under 45 years	0 points
45-54 years	2 points
55-64 years	3 points
Over 64 years	4 points
- 2 Your body mass index (See reverse of form)**

Lower than 25 kg/m ²	0 points
25-30 kg/m ²	1 point
Higher than 30 kg/m ²	3 points
- 3 Your waist measurement taken below the ribs (usually at the level of the navel)**

Men	Women	
Less than 94cm	Less than 80cm	0 points
94cm - 102cm	80cm - 88cm	3 points
More than 102cm	More than 88cm	4 points
- 4 On average, would you say you did at least 30 minutes of physical activity per day, either at work, at home, or during leisure time?**

Yes	0 points
No	2 points
- 5 How often do you eat vegetables or fruit?**

Every day	0 points
Not every day	1 point



The test has not been validated in Aboriginal and Torres Strait Islander people and culturally and linguistically diverse groups.

- 6 Have you ever taken medication for high blood pressure on a regular basis?**

No	0 points
Yes	2 points
- 7 Have you ever been found to have high blood glucose (eg in a health examination, during an illness, during pregnancy)?**

No	0 points
Yes	5 points
- 8 Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)? (maximum of 5 points)**

No	0 points
Yes: Grandparent, aunt, uncle, or first cousin (but not own parent, brother, sister or child)	3 points
Yes: Parent, brother, sister or own child	5 points

Total Risk Score:

Your risk of developing type 2 diabetes within ten years is:

Less than 7: Low risk - continue to maintain your healthy lifestyle. Approximately one in every 100 will develop diabetes.

7-14: Intermediate risk - talk to your doctor about preventing diabetes.

For scores of 7-11 approximately one person in every 25 develops diabetes and for scores of 12-14 approximately one person in every six develops diabetes.

15 or more: High risk - make an appointment today to see your doctor.

For scores of 15-20 approximately one person in every three develops diabetes and for scores of more than 20 approximately one person in every two develops diabetes.

PLEASE TURN OVER

Test based on design by Professor Jaakko Tuomi, Department of Public Health, University of Helsinki, and Jesse Lindstrom, MFS, National Public Health Institute, Finland, 2007.

Risk assessment

- The Risk Assessment Tool will be freely available
- Will be supported by a social marketing campaign
- Can be self assessed
- Must be confirmed by a General Practitioner
- Scores => 15 are eligible for the LIFE! Program
- Not validated in CALD/ATSI

Life! program

- 6 session behaviour change program
- Facilitated by certified facilitators
- Each session 90 minutes
- Integrated into local programs (such as?)
- Net payment of \$350 per completed participant
- Variety of providers
- Co-payment of \$50 for non HACC eligible

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Life! Team Layout here

- Life! Program Director Ralph Audehm
- Director of E & D *Prof James Dunbar
- Director training *Prof. Prasuna Reddy
- Program & Accreditation Coordinator Rebecca
- Cheers
- GP & Health Professional Coordinator Angie Deegan
- Social Marketing Coordinator Emily D'Amico
- E & D Coordinator Lisa Embling
- Training co-ordinator Abi Jayawardena
- *Clare Vaughan

* Greater Green Triangle UDRH

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Achievements to date

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Programs and Accreditation

- Provider and facilitator standards have been developed with a supporting training manual and program
- A cycle of Ongoing review and quality assurance
- Program and Accreditation policies developed
- Service Level Agreement developed with providers

Systems development

- Recruitment strategy and referral process developed
- GP engagement strategy
- Social Marketing and Communication strategy

Training

- Training program and resources have been developed based on extensive exchange of research and experience between Australia and Finland.
- Three day training program
- Ongoing support, feedback and professional development for facilitators (annual meetings)

Workforce Development

- 73 Facilitators trained
 - Nurse Div 1 18
 - Dietitian 13
 - DNE 12; ex phys 8

Facilitators

- North & West Metro 42
- Barwon South-Western 18
- Gippsland 13
- Proportions reflect rural factors including higher rural prevalence and geographic dispersal of staff and participants

Provider organisations

- 40 organisations have expressed an interest in providing Life!
 - 24 contracts currently signed
 - Community health 17
 - Medical centre 11
- Role in recruitment

GP & Health Professionals Engagement

- Raise awareness of Life! program in all health professionals
- Engage with DGP and GPs to ensure referral pathways are clearly understood and to develop a referral base
- GP co-ordinator located at GPV

GP Divisions / Networks

- Relationships with all Divisions of General Practice
- 2000 GPs have received information
- News articles and faxes
- Diabetes Alliance Group will promote diabetes prevention as their them for 2008 (5 Divisions of General Practice)
- All pharmacies will receive information next week

Social Marketing

- To create a demand for the Life! program
- State-wide and local components
- Raise awareness and seriousness of diabetes
- Raise awareness of diabetes prevention
- Evaluate approaches used

Social Marketing

- To create a demand for the Life! Program
 - 3 week local radio, print, convenience and insert advertising
w/c 18th February
- State-wide and local components to raise awareness
 - 6 week TV, radio, print advertising w/c 12th March
- Life! Website www.goforyourlife.vic.gov.au
- Interactive Web Based Risk Assessment Tool

Program Evaluation and Development

- Hard outcomes are being measured to evaluate the program (BMI, waist circumference, physical activity, dietary changes, glucose, lipid profile and blood pressure)
- Develop the program according to results and feedback
- Feedback of outcomes to facilitators and organisations (NPCC style)

Summary

- Victoria is in an excellent position to take advantage of the current initiatives for diabetes prevention
- A workforce, referral pathways, accreditation and certification processes have been developed
- The challenge is to ensure state, federal and workplace initiatives are complimentary