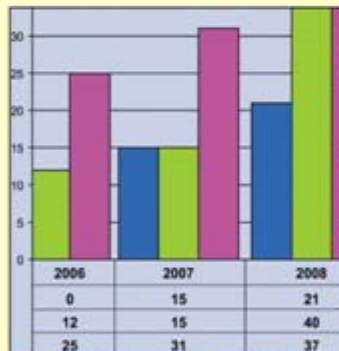


# FROM LITTLE THINGS BIG THINGS GROW

Promoting a Healthy Lifestyle in a Small Country Community

Building Regional and Other Partnerships for Health




# 2008 NSW Health EXPO



Prepared by Margaret Zannes

Hunter New England Area Health Service

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# Aim

To Plan Healthy Lifestyle Programs by forming partnerships with Government and Non Government Organisations, to meet the identified needs of the community. By developing the necessary resources and education programs to assist community members to make healthy lifestyle choices.

# Nature and Extent of the Problem

- At a Community Consultation Meeting Participants identified there was no sustainable cost effective weight loss programs or suitable safe areas to walk/exercise.
- The problem could not be resolved by Health alone but partnerships needed to be formed.
- Funding needed to be secured.



# Extent of the Problem

- Nursing Staff in Acute Care had observed approximately 60% of patients admitted were overweight.
- Diabetic Educator noted 75%-85% of newly diagnosed Diabetics had a BMI above 30.
- National trends indicate the population is growing and people aged 65 years and over will increase to around to 20% in 2026



# Strategic Importance

- New South Wales Health Plan 2010 States:  
“Health will engage more effectively with government and non government agencies – to provide a more integrated approach to planning, funding and delivering Health Services”
- Building of partnerships will reduce the gap between health and the community; costs and resources will be shared.
  - Community has a sense of ownership and satisfaction as programs are designed to meet their needs

# Planning & Implementing Solutions

- Each program was planned at a different time, but all had a healthy lifestyle theme
- Problems were identified by community members
- Potential partners were identified and invited to meetings
- Funding was sourced
- Aims and Objectives formulated
- Programs Planned and Implemented

# Outcomes & Evaluation

- Walking track and fitness stations installed. Walking group commenced and in May 2008 celebrated their ninth birthday. Group now walks 5 days per week.
- Physical Activity Classes commenced and have increased to 4 classes per week.
- Tenterfield-Trim-Taut-Terrific Program—259 Participants collectively lost 1001kgs. 60% of participants achieved goal weight loss. 467 attendances at Education Sessions.
- 50 Participants were followed up and the results were positive.



# Sustaining change

- Programs have proven to be sustainable, due to the input and ownership by Community Members.
- Programs are provided at no cost to the participant.
- Partners have embraced the programs.
- Good communication has facilitated a unified approach.

# Lessons learned

- For a program to be sustainable it needs to respond to and have input from the community.
- We are now responding to a wider breadth of knowledge of community members.
- Take time to plan projects.
- Healthy Lifestyle Programs can be developed for little or no cost.
- Be responsive to health needs as identified by the community



# Future scope

- Tenterfield-Trim-Taut-Terrific recommenced in September 2008
- Aboriginal community are now partners in the program
- Physical activity class for Mental Health clients
- The concept behind these programs can be easily transferred to other Communities as it would seem that enthusiasm and motivation are the key factors required to begin the process

# From little things big things grow

## ...Tenterfield's community powered healthy lifestyles

**Margaret Zannes**

Community Nurse, Tenterfield Health Service

Tenterfield is a small rural community in the Northern Tablelands, with a district population of 7,000, of which a quarter are aged over 60 years and 300 identify as ATSI.

The aims of the Tenterfield Health Service healthy lifestyle programs were to reduce obesity and prevent the onset of chronic diseases, and to value wellness. Programs incorporated affordable exercise and healthy lifestyle education.



*Exercising with friends became fun*



### Start with Baby Steps - 1998

- Community consultation meeting
- Partnership with Tenterfield Shire Council

### \$\$ Funding secured \$\$

Healthy Country Communities grant  
Sport and Recreation



### Making a mark on the landscape

- Walking trail built

### Engaging the community

Walking group commenced 1998

Over the past 9 years the walks have extended from one day per week to six days

### Tenterfield Trim Taut and Terrific (TTTT)

Formalised partnerships with  
Tenterfield Rotary Club  
Tenterfield Shire Council  
Tenterfield Star newspaper  
Local radio station  
Community members  
Tenterfield businesses  
Sporting clubs



**Being responsive to community needs**  
Physical activity class starts in 2005 after staff member became qualified fitness instructor -2xdays per week  
Circuit exercises to improve flexibility, strength, balance, mobility and cardiopulmonary effort  
Support given by  
Involving Hospital Auxiliary  
Social worker  
Dietitian  
Occupational Therapist

### 2005-2006

### Tenterfield Trim Taut and Terrific

Goal for community to lose a combined 1,000kg

### Support and Education

Ongoing education of the health benefits of exercise for

- heart health
- chronic diseases
- diabetes
- mental health



*Channel 9 helped with the celebration of the town losing 1,000kg - equivalent to a small car or palette of beer*

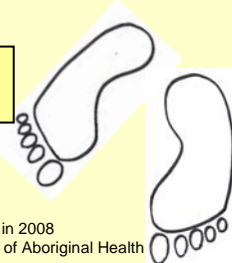
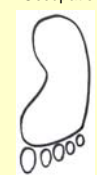
**1,000kg lost**

### Follow-up 2007

- Clients followed up

### Sustainability

TTTT to recommence in 2008  
Additional partnership of Aboriginal Health



*Supermarket tours were very popular*

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