

CHRONIC DISEASE PREVENTION PROGRAM COMPARISONS

	Do it For Life Program At risk of Preventable Chronic Disease SA Health	Reset Your Life Program At risk of Type 2 Diabetes Baker IDI Heart and Diabetes Institute
Eligibility Criteria	<ul style="list-style-type: none"> 18+ years AUSDRISK score 12 <p>Chronic disease excluded</p>	<ul style="list-style-type: none"> 40 – 49 years 15-54 years Aboriginal or Torres Strait Islander AUSDRISK score 12 <p>Diabetes Excluded</p>
Referral Pathway	<p>GP Referral Medicare Items not required but Health Assessments (as over) may be used if appropriate</p>	<p>GP referral through Health Assessments Aboriginal Adult Health Check (15-54 years) Type 2 Diabetes Risk Evaluation (40-49 years) 45-49 years Health Check</p>
	Fax referral to gpnhs for triage to appropriate program	
Cost to Patient	Free	\$20 copayment Concession card holders free
Program Delivery and Focus	<ul style="list-style-type: none"> 1:1 sessions Approx. 10 sessions over 3-12 month time frame Delivered by Lifestyle Advisors/Lifestyle Support Officers using the Flinders Preventative Care cognitive behavioural model of support Goal setting to develop an action plan Motivational interviewing to support lifestyle behavioural change 	<ul style="list-style-type: none"> Group sessions (no larger than 15 participants) 7 Sessions over 6-8 month time frame. Individual sessions delivered by a Diabetes Nurse Educator, Dietician, Exercise Physiologist, Mental Health clinician and Registered Nurse in accordance with National Standards for lifestyle modification programs Targeted goals for weight loss, nutrition and physical activity Explicit written resources that reflect program standards and set out goals and content of each session
Program Content	<ul style="list-style-type: none"> Risks of diabetes or preventable chronic disease and their relationship to lifestyle risk factors Importance of regular diabetes screening Nutrition and physical activity advice and education Behavioural strategies to support the adoption and maintenance of lifestyle change Smoking cessation and alcohol reduction advice Strategies to manage stress Information about community resources relevant to sustaining lifestyle change Referral to additional Allied Health services/programs as appropriate 	