



Healthy Eating and Active Lifestyles at Karralika Therapeutic Community

Our focus

- ▶ Holistic approach to supporting the recovery goals of residents
- ▶ Supporting residents to identify and address the underlying reasons for their dependence in a safe environment
- ▶ Knowledge and life skills, and transition support for residents to continue their recovery after leaving the TC
- ▶ Place importance on individual physical health and wellbeing

Background

- ▶ Volleyball, Tai Chi, Boot Camp, walks
- ▶ But looking for something more



- ▶ Healthy Eating Activity and Lifestyle

About HEAL™

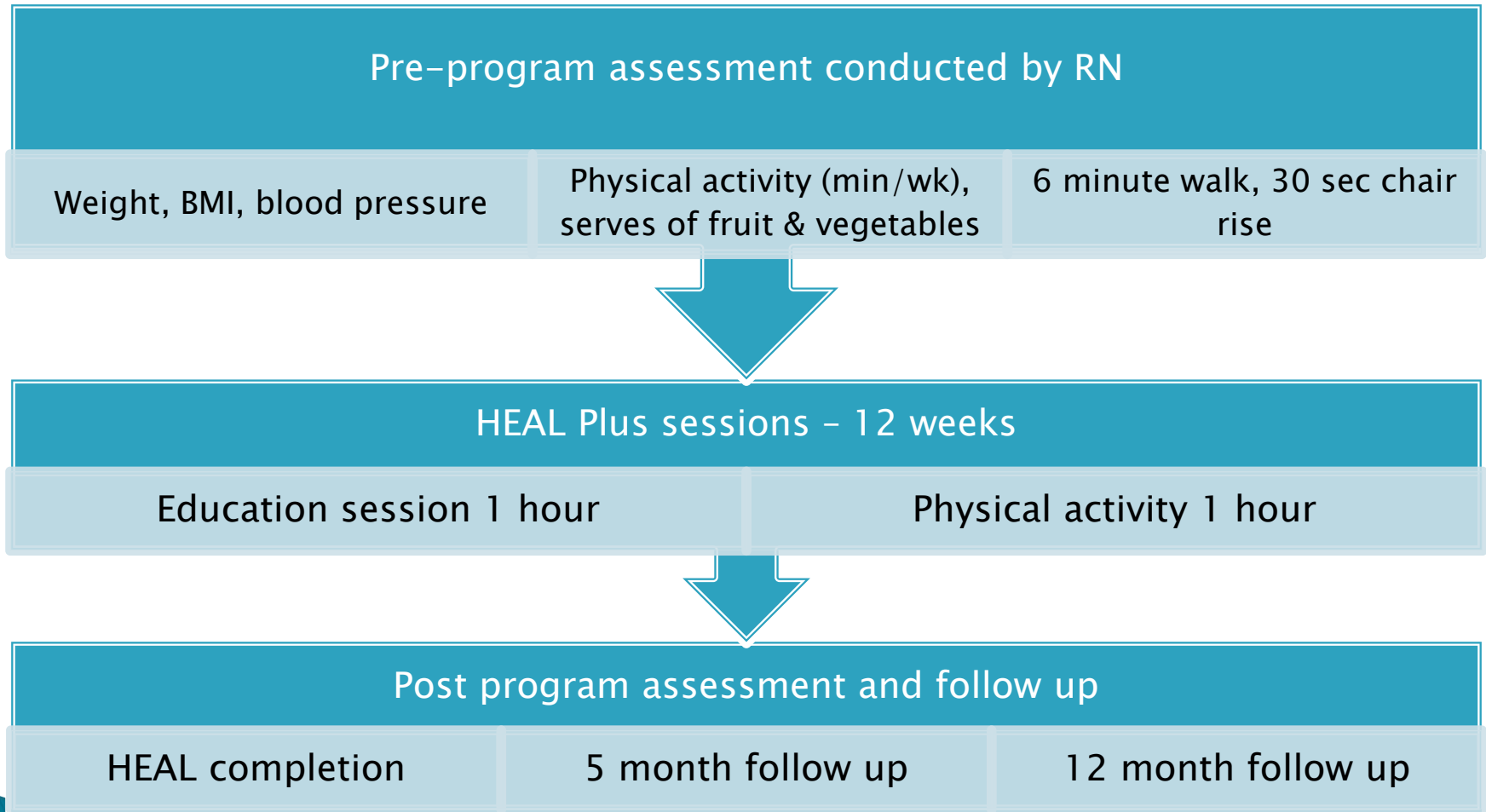


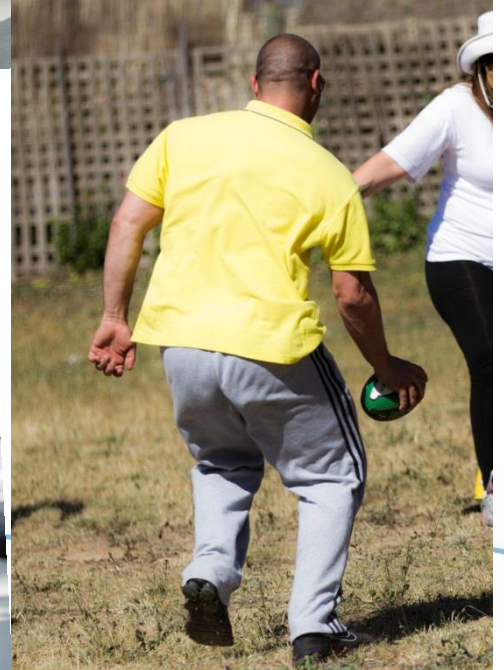
- ▶ 8 week program combining nutrition, physical activity and psychology.
- ▶ It addresses:
 - Behaviour modification and goal setting
 - Benefits of being physically active
 - Nutrition education
 - Label reading, recipe modification and low fat cooking techniques
 - Eating in a social environment
 - Skills for maintaining a healthy lifestyle
 - Psychosocial issues of eating

Why HEAL?

- ▶ Nationally recognised evidence-based lifestyle education and physical activity program operating in a group format – perfect for a TC
- ▶ Accredited program
- ▶ Combines nutrition and physical activity
- ▶ Measured progress
- ▶ Karralika HEAL Plus created

HEAL Plus snapshot





What's included

- ▶ Licensed to deliver HEAL
- ▶ Program includes:
 - Session plans
 - Resident work books
 - Exercise cards and pictures
 - Images for food serving sizes
 - Resources for special groups
 - Research papers
 - Evaluation tool
- ▶ Embedded in timetable

Helpful resources



HEAL™ Fast Find Shopping Guide

PER 100g or 100ml LOOK FOR:

TOTAL FAT

Milk, yoghurt, custard, ice-cream	Less than 3g
Other foods	Less than 10g

SATURATED FAT

Milk, yoghurt, custard, ice-cream	Less than 1g
Other foods	Less than 3g

FIBRE

All fruit and vegetables (except juices) are good sources of fibre. Other foods More than 7.5g

SUGAR

All foods (exceptions will apply to foods that contain fruit) Less than 15g

SODIUM (SALT)

Look for "no added salt" and "salt reduced" products. All foods Less than 400mg



This brochure sets out four steps to better health for Australian adults.

Together, guidelines 1-3 recommend the minimum amount of physical activity you need to do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve the best results, try to carry out all these guidelines and combine an active lifestyle with healthy eating.

Guideline 4 is for those who are able, and wish, to achieve greater health and fitness benefits.

- 1 Think of movement as an opportunity, not an inconvenience.
- 2 Be active every day in as many ways as you can.
- 3 Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days.
- 4 If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Regular physical activity can:

- help prevent heart disease, stroke and high blood pressure;
- reduce the risk of developing type 2 diabetes and some cancers;
- help build and maintain healthy bones, muscles and joints;
- reduce the risk of injury; and
- promote psychological well-being.

Guideline 1

THINK OF MOVEMENT AS AN OPPORTUNITY, NOT AN INCONVENIENCE.

Where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.

The need for movement

The human body was designed to move. Over hundreds of thousands of years of evolution, humans have been active in the process of survival: hunting, gathering, farming food, collecting fuel and building shelter.

But the technology of today has reduced much of the opportunity for human movement. Cars now reduce how much we walk. Machines and labour-saving devices carry out work as TVs, videos, DVDs and computers, can keep us inactive for long periods.

The result is that human movement has been decreasing, but at the same time levels of obesity and other health problems have been increasing.

Changing the way we think about movement

We need to change our attitude toward physical activity if we are serious about our long-term health. If we view all movement as an opportunity, rather than an inconvenience, we will be taking a positive step towards better health and preventing illness. We can enjoy the benefits of modern technology without the negative health consequences.

Guideline 2

BE ACTIVE EVERY DAY IN AS MANY WAYS AS YOU CAN.

Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.

The increase in effort-saving technology in modern societies has coincided with increasingly busy lifestyles. So, we not only have less opportunity to be active, but seem to have less time. However, it is possible to regain some of the health benefits of regular movement by being more active in everyday life.

Being active in small ways throughout the day is likely to provide health benefits to almost everyone, no matter what your age, body weight, health condition or disability.

Ways to increase activity

Increases in daily activity can come from small changes made throughout your day - they all add up. It is important to remember that some activity is better than none, and more is better than a little.

- To make a habit out of increasing activity in your day, you can:
- Walk or cycle instead of using the car.
- Park further away from your destination and walk the rest of the way.
- Walk or cycle to and from your tram/train station or bus stop, and get on and off at a stop that is further away.

programs to help y

Evaluation of Pilot phase

- ▶ Pilot October to December 2013
- ▶ N = 43 with age range of 22–59 years
- ▶ 56% male, 44% female
- ▶ Methodology:
 - Pre and post assessments
 - Participant Satisfaction survey
 - Facilitator feedback
- ▶ Pre-program assessment
 - Participants met the average fruit intake but had inadequate vegetable intake
 - 25% were considered hypertensive and in the obese weight range
 - 66% were getting adequate level of physical activity per week
 - 92% of participants were smokers

Evaluation of pilot phase

▶ Results:

- Weight, systolic and diastolic blood pressure ↓
- BMI and waist circumference ↑
- Fruit and vegetable serves 🍌
- 6 minute walk and 30 sec chair rise ↓
- 15% indicated they would pursue NRT to reduce smoking
- 74% confident/very confident in making changes to their lifestyle after completing HEAL Plus

▶ Most helpful sessions:

- quit smoking
- food myths and non-hungry eating
- physical activity

Resident Feedback

“I’d like longer sessions with maybe more pamphlets, reminder stickers for books etc”

“I’ll exercise more and eat better foods”

“I’ll be aware of what I’ve learned in HEAL Program”

“I’ll plan to use this in a positive way to better my lifestyle”

“Have more of it!”

“More time for groups.”
“More variety in exercise”

Final comments

- ▶ Positive impact
- ▶ Training and resources from HEAL
- ▶ HEAL Plus expanded and extended to Solaris Therapeutic Community
- ▶ Resident participation, engagement and feedback is essential
- ▶ Partnership with Medicare Local and ESSA

Appreciation

- ▶ South Western Sydney Medicare Local
- ▶ ACT Health Community Care Program
Nutrition Service: Kate O'Brien, Maree Sullivan, Michael Salmon
- ▶ Emily McGuinness
- ▶ Karralika Therapeutic Community residents and staff

For more information



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