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

Pre-program assessment conducted by RN

| Weight, BMI, blood pressure | Physical activity (min/wk), serves of fruit & vegetables | 6 minute walk, 30 sec chair rise |

HEAL Plus sessions - 12 weeks

| Education session 1 hour | Physical activity 1 hour |

Post program assessment and follow up

| HEAL completion | 5 month follow up | 12 month follow up |
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
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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