The Healthy Recovery Study
Addressing smoking, diet and physical inactivity within The Salvation Army TC’s

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The Life Expectancy for people with a history of substance abuse problems is 20 to 27 years less than the general population (that is 2 to 3 decades!)
Why?

Cancer (3rd killer of people who have had alcohol or problems)

Cardiovascular Disease
Why? Cancer
Risk Behaviours

Kelly, Baker, Kay-Lambkin, Deane & Bonevski, 2012
Healthy Recovery

8 session group based program

Designed for substance abuse populations

**Program Goals**
- Reduce smoking
- Increase physical activity
- Improve diet
Video Examples
Healthy Recovery

Components of the intervention

- Education and rationale
- Motivational interviewing
- Goal setting
- Monitoring
- Contingency management
- Nicotine replacement therapy
Pilot Study

Participants (N = 111)
- Attending The Salvation Army Recovery Service Centres
- 74% males, average age = 38 years, 72% alcohol dependence
- All participants were smokers

Design
- Non-randomised controlled pilot study
  - The Healthy Recovery Program (Treatment, NSW)
  - Treatment as usual (Control, QLD)
Average daily smoking

Number of cigarettes smoked

Baseline | Post-intervention | 1mth Follow-up

Healthy Recovery | Treatment as usual

0 | 5 | 10 | 15 | 20 | 25
Average daily Fruit & Veg

Baseline  Post-intervention  1mth Follow-up

- Healthy Recovery
- Treatment as usual
Average daily walking

Baseline | Post-intervention | 1mth Follow-up
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Healthy Recovery | Treatment as usual

METS

0 | 200 | 400 | 600 | 800 | 1000 | 1200
---|---|---|---|---|---|---
Baseline | Post-intervention | 1mth Follow-up
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Healthy Recovery | Treatment as usual
Healthy Recovery RCT

Stepped wedge RCT of the The Healthy Recovery Program within The Salvation Army (4-sites)

Funded by the Cancer Institute NSW

Successfully completed three step of recruitment
Stepped Wedge RCT

**Step 1**
- Sept 2013
- Site 1: Control
- Site 2: Control
- Site 3: Control

**Step 2**
- April 2014
- Site 1: Control
- Site 2: Control
- Site 3: Healthy Recovery

**Step 3**
- Sept 2014
- Site 1: Control
- Site 2: Healthy Recovery
- Site 3: Healthy Recovery

**Step 4**
- Jan 2015
- Site 1: Healthy Recovery
- Site 2: Healthy Recovery
- Site 3: Healthy Recovery
Indigenous Focused Trial

Pilot study within Aboriginal focused residential substance abuse services

Funded by the Heart Foundation

Pilots at Mt Isa (Salvo’s) and Alice Springs (DASA)
Reflections

Participants are willing to engage in a Healthy Lifestyles intervention

Low NRT usage

Staff have the skills to deliver these types of interventions

(but maybe not confidence)
Questions?

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