

# The Healthy Recovery Study

Addressing smoking, diet and physical inactivity  
within The Salvation Army TC's

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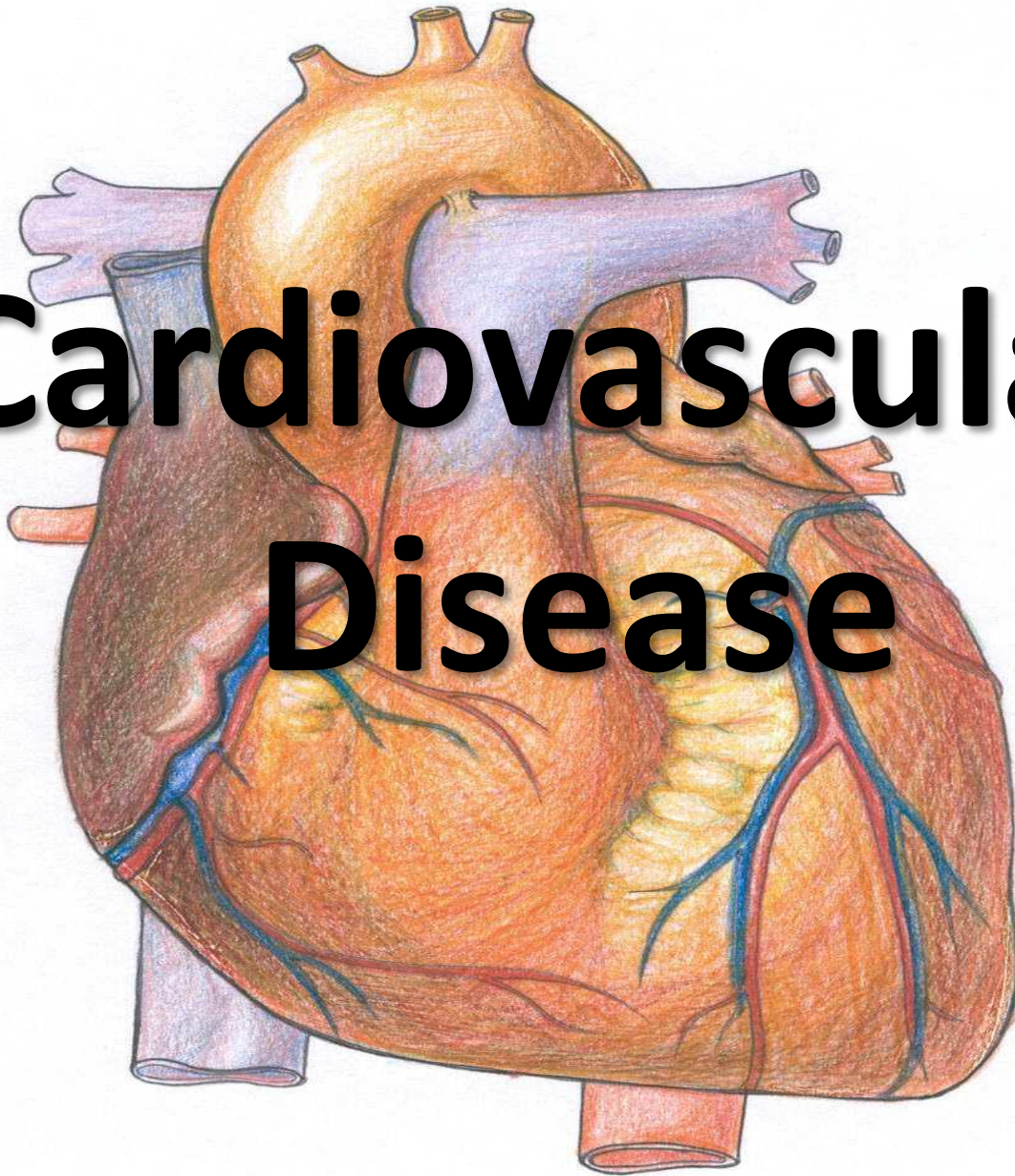
# Funding

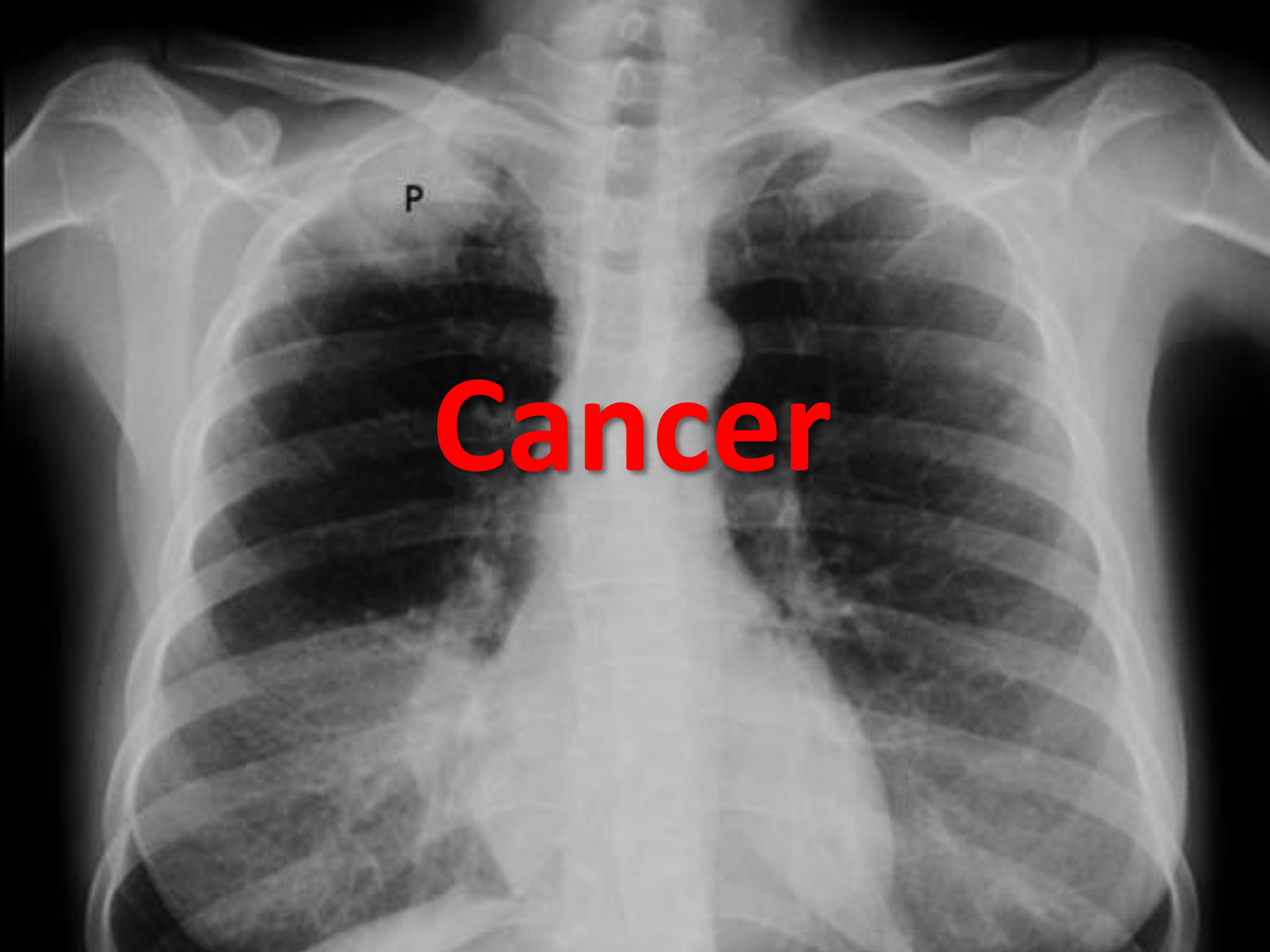
This research was supported by The Salvation Army and the Cancer Council, NSW



**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!)**

# Cardiovascular Disease





P

**Cancer**

# Risk Behaviours



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

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# Healthy Recovery

8 session group based program

Designed for substance abuse populations

## Program Goals

Reduce smoking

Increase physical activity

Improve diet



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# Video Examples





# Healthy Recovery

## Components of the intervention

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

# Pilot Study

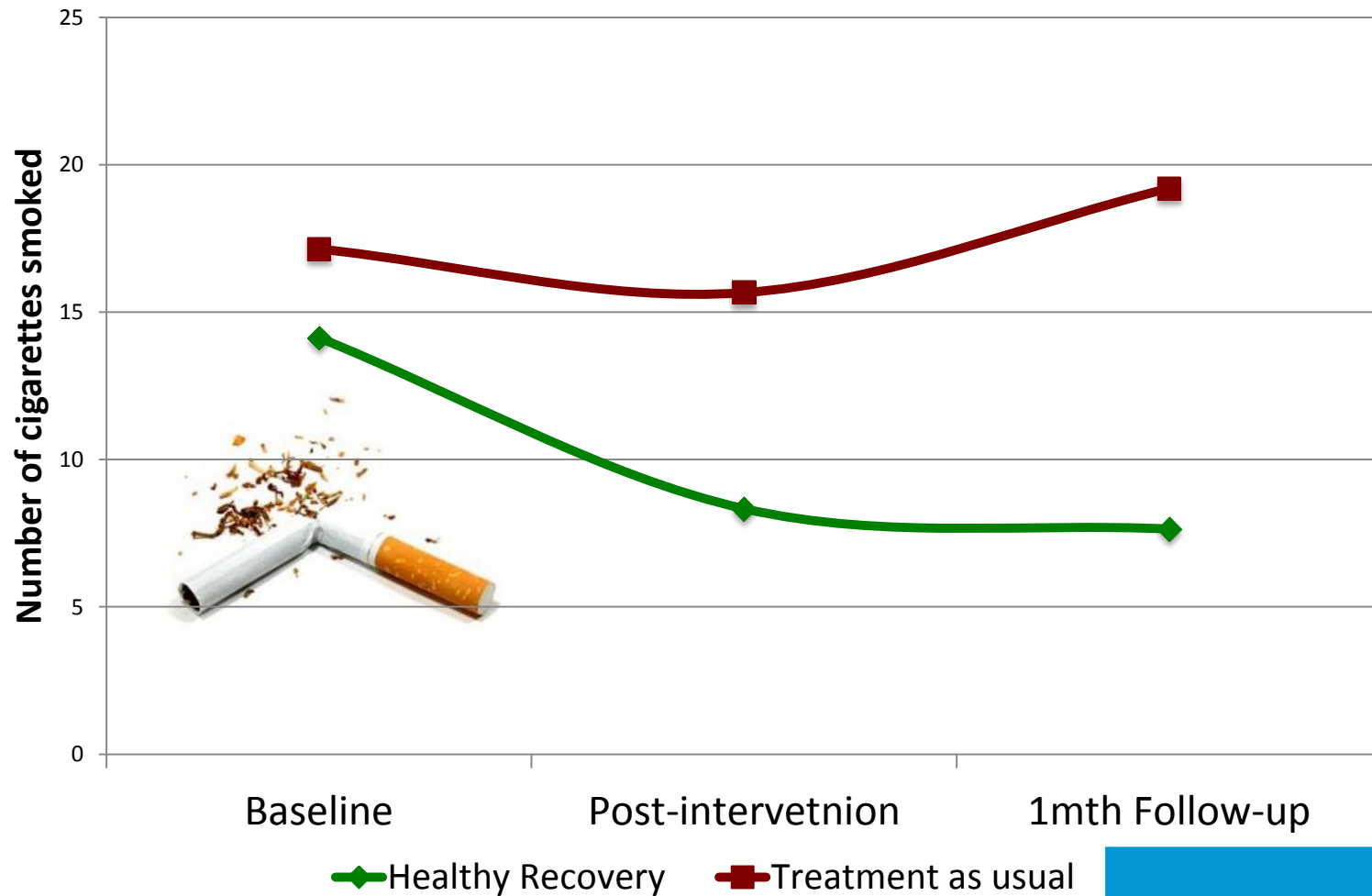
## Participants (N = 111)

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

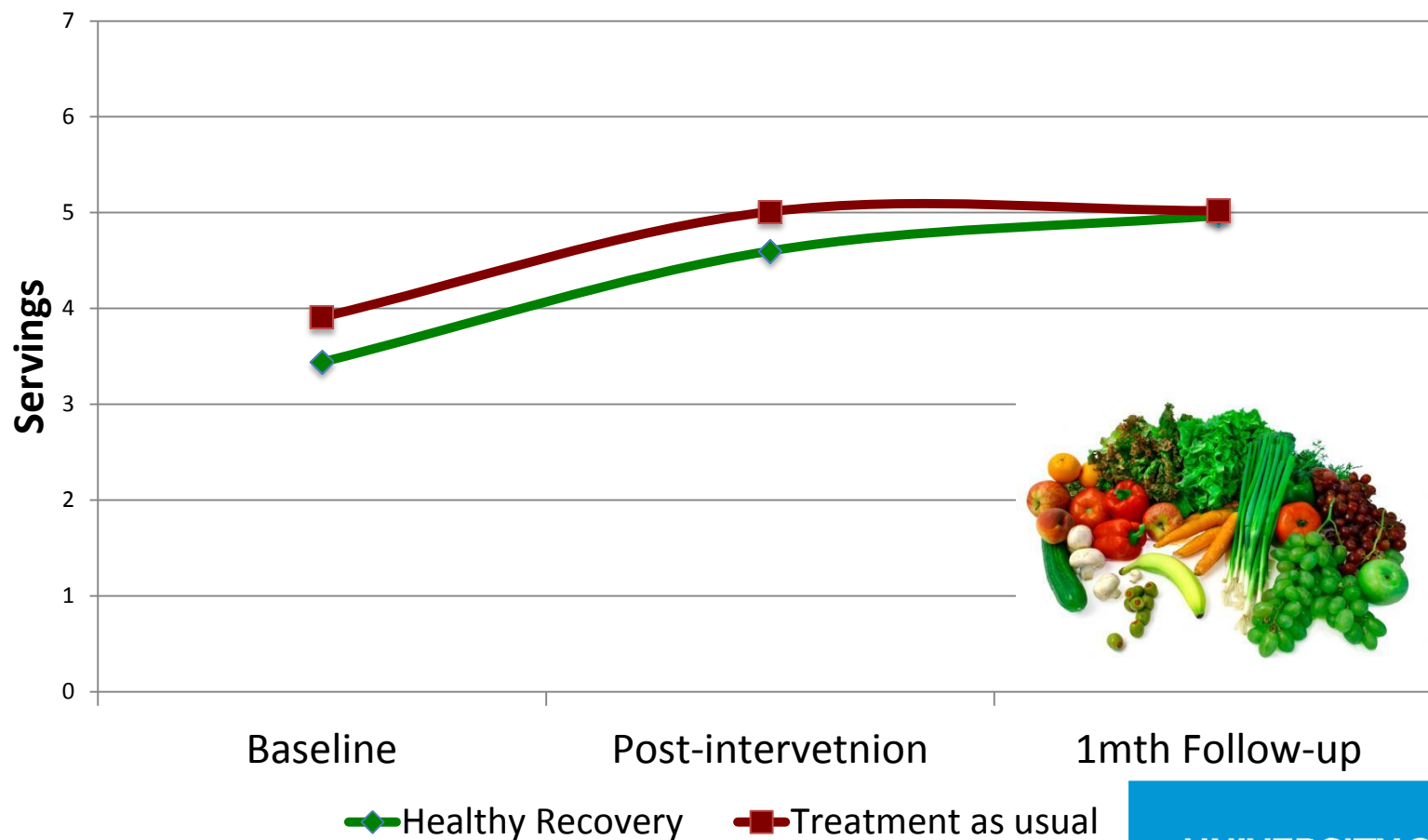
## Design

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

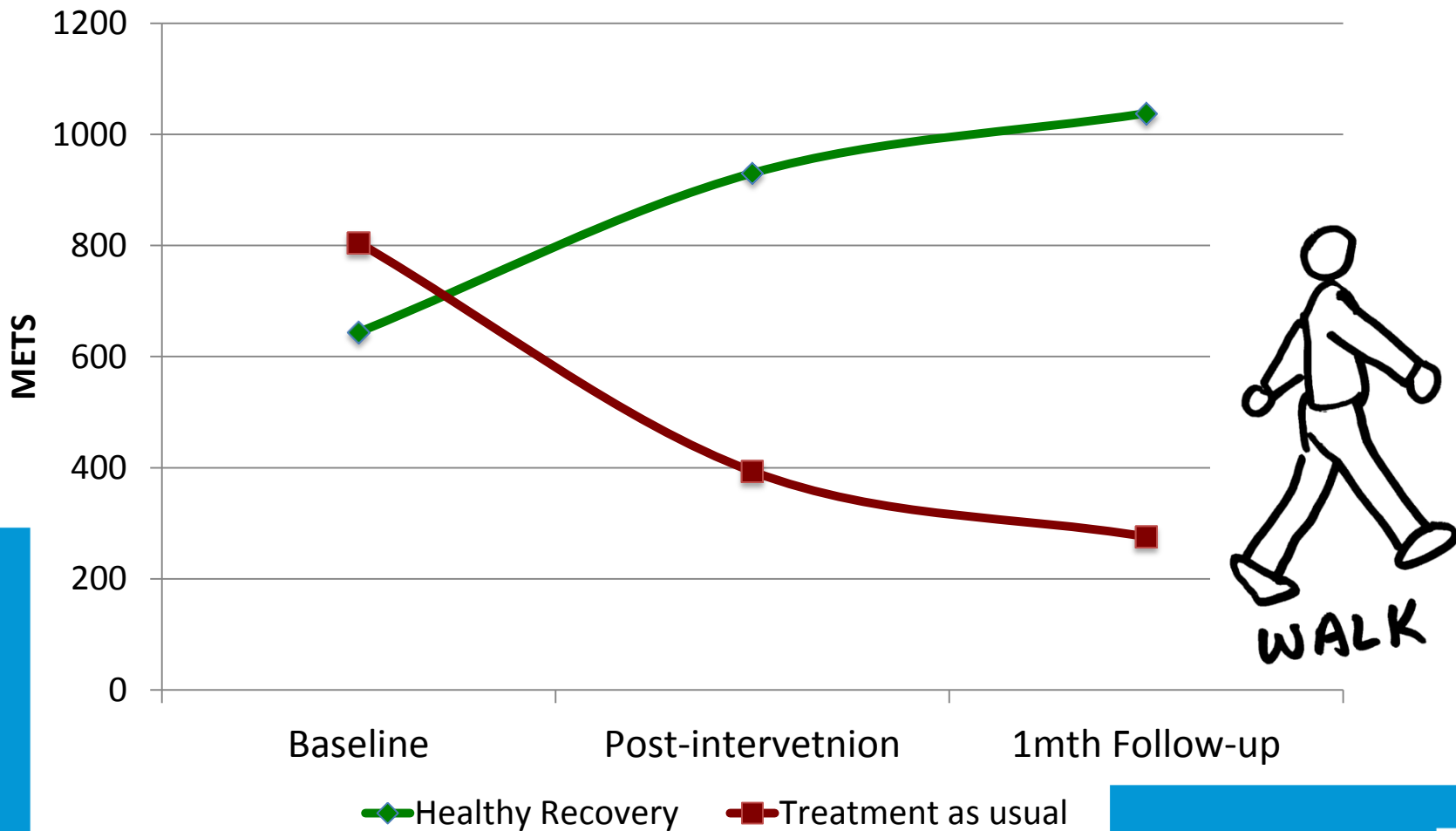
# Average daily smoking



# Average daily Fruit & Veg



# Average daily walking



# 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



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# Stepped Wedge RCT

	Step 1 Sept 2013	Step 2 April 2014	Step 3 Sept 2014	Step 4 Jan 2015
Site 1	Control	Control	Control	Healthy Recovery
Site 2	Control	Control	Healthy Recovery	Healthy Recovery
Site 3	Control	Healthy Recovery	Healthy Recovery	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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