

# Health Rotorua PHO Healthy Lifestyle Programme Lessons from our Journey



# Journeys beginning ...

- ... part of the “ what now?” – CVD intervention
- Modify the lifestyle risk factors
- Remove barriers and find an effective way of helping - especially those identified as priority groups.
- What the person needs

# As we got under way ...

- Resourcing – removing barriers
- Communication – clients, referrers, safety
- Training
- Walking the talk
- Consistent messages
- Whare tapu wha – measures, evaluation



He Tangata, He Tangata, He Tangata

# Evaluation

- Independent review
- referrals accepted between 1 Jan 08 - 30 May 09 (n=232)
- documentation, interviews with coaches, clients & other stakeholders.

## FINDINGS

- many with a multitude of health problems.
- 87% either identify as Māori, Pacific peoples, or live in deprivation quintile 4 or 5.
- 87% BMI 30 or greater.
  
- Of the 79 clients who have completed the programme and have at least 2 weights.
  
- **27% weight loss of > 5%**
- Further **35 % lost between 1.1 & 5%**

**“...the programme is helping clients and their families to improve nutrition and increase physical activity.”**

## KEY FACTORS

- Rapport or relationship developed between the client & coach
- Motivational skill & personal qualities of the coach
- Knowledge provided e.g. label reading, with practical support.
- New forms of exercise introduced
- Practical support of someone to exercise with
- Effective use of the food & exercise diary



# Along the way ...

- **RELATIONSHIPS**
- ... what has to happen first, before lifestyle changes can happen
- Removing barriers - putea
- Flexibility for whanau ora

# Journeys end ???

- 370 people
- Sustainability

**Its all about  
starfish!**

**Small  
changes**

**Great Gains**

