

Get Healthy Coaching Service



FREE
NSW Health Service

Get support to get healthy

- Get your own expert health coach
- Achieve and maintain a healthy weight
- Make healthier eating choices
- Be more physically active

NSW Health | **get healthy**
Information & Coaching Service

Call **Get Healthy!** Mon-Fri 8am-8pm
1300 806 258
www.gethealthynsw.com.au

Description

The Get Healthy Information and Coaching Service® (Get Healthy Service) is a free telephone service to support adults (16 years and older) to make lifestyle changes regarding healthy eating; physical activity and/or how to reach and maintain a healthy weight. It is staffed by university qualified health coaches who provide regular contact, advice and support, so participants can achieve a healthier, more physically active lifestyle.

The Service offers participants:

- Their own personal health coach.
- 10 free coaching calls (additional calls for Aboriginal participants and for people at risk of Type 2 Diabetes).
- Support to make changes over 6 months.
- An information booklet that provides additional information to support participants to achieve their goals.
- A coaching journal to record goals and actions.

The Service includes free interpreters for people who do not speak fluent English and services for people who are deaf, hearing impaired or speech impaired.

Launched in February 2009 as part of New South Wales' response to the Australian Better Health Initiative, the Get Healthy Service now runs under the National Partnership Agreement on Preventive Health. Advice is consistent with the National Physical Activity Guidelines and the Australian Guide to Healthy Eating.

Aims

The Get Healthy Service is targeting individuals at risk of developing chronic disease due to having one or more of the following risk factors: not meeting healthy eating guidelines; inadequate physical activity; and being overweight.

The Service provides an easy access and referral system as well as being an effective evidence-based, high quality primary prevention program.

Achievements

- Between February 2009 and March 2016, 2,469 residents from NBMLHD have engaged in the service. Systematic reviews have confirmed that telephone-based interventions are effective in increasing physical activity, improving nutrition and reducing weight
- Independent evaluation of the Service shows that NBMLHD participants who complete the 6 month coaching program on average lose 3.0kg in weight and 3.5cm off their waist circumference.
- Generally findings show 56% of participants who complete the 6 month coaching program lose between 2.5-10% of their original body weight.

Future Directions

NBMLHD is aiming to incorporate a method for systematic referral of all eligible patients to the Get Healthy Service from Community Health and other Health Professionals.

Program Outcomes

The aims of the program are to:

- reduce the health care burden resulting from overweight and obesity assist in gaining a healthier community with better chronic disease management
- focus on prevention and early intervention
- improve outcomes that complement General Practice patient care

Fast Facts – Get Healthy Coaching

- For each kilogram of excess weight lost, the risk of Type 2 Diabetes is reduced by 16%
- 40% of Get Healthy participants are aged over 60
- Participants referred by health professionals are more likely to complete the 6 month coaching program than those who are self-referred