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Life! in Australia: translating prevention research into a large scale intervention

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Diabetes is serious

- Diabetes is Australia’s fastest growing chronic disease. Currently, almost one in four Australian adults have diabetes or are at risk of developing diabetes.
- In Victoria, an average of 408 people develop diabetes every week and it is estimated that over 1.2 million Victorians are at high risk of developing diabetes in the coming years.

The challenge?

- Clinical trials consistently demonstrate lifestyle changes are effective at reducing the risk of diabetes in people at high risk.

The challenge....

How to implement diabetes prevention research into ‘real world’ health service practice?

RCT to Group Implementation

FInland
- DPS
- GOAL

Australia
- GGT DPP
- Life!

Greater Green Triangle DPP

- Conducted in the Greater Green Triangle (Hamilton, Horsham & Mt Gambier)
- Structured group process
- 6 x 90 min sessions
- Information, Goal setting, Social support
Mean Weight over 12 months

![Mean Weight over 12 months](Image)

Mean Waist over 12 months

![Mean Waist over 12 months](Image)

**Life!-Taking action on diabetes**

**Eligibility**
- 50 + years
- High risk individuals
- Diabetes excluded

**Life! program**

- 6 x 1.5- 2 hour sessions

**Who joins diabetes prevention programs?**

<table>
<thead>
<tr>
<th>Baseline measures</th>
<th>Life commenced (n=2269)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age av 56.7 years</td>
<td>Age av 64.5 years</td>
</tr>
<tr>
<td>Men 27%</td>
<td>Men 17%</td>
</tr>
<tr>
<td>Women 73%</td>
<td>Women 63%</td>
</tr>
<tr>
<td>Educ University 16.0%</td>
<td>Educ University 16.0%</td>
</tr>
<tr>
<td>&lt;High School 7.0%</td>
<td>&lt;High School 5.0%</td>
</tr>
<tr>
<td>Employed 55.0%</td>
<td>Employed 32.0%</td>
</tr>
<tr>
<td>Retired 46.0%</td>
<td>Retired 52.0%</td>
</tr>
<tr>
<td>BMI 33.5 (3.3)</td>
<td>BMI 32.5 (5.8)</td>
</tr>
<tr>
<td>Risk score 15.7 (3.0)</td>
<td>Risk score 19.7 (3.8)</td>
</tr>
<tr>
<td>Waist 104.9 cm</td>
<td>Waist 106.1 cm</td>
</tr>
<tr>
<td>Currently smokes 4.0%</td>
<td>Currently smokes 6.0%</td>
</tr>
<tr>
<td>&gt; mod depression 5.1%</td>
<td>&gt; mod depression 19.2%</td>
</tr>
<tr>
<td>&gt; mod anxiety 12.0%</td>
<td>&gt; mod anxiety 37.2%</td>
</tr>
</tbody>
</table>

**Facilitator training**
Conclusions

• Life! is unique in the world
• Direct progression from RCT to implementation trial to State-wide roll out
• Based on health psychology theories & underpinned by adult learning principles
• Lessons learned in Life! large scale implementation
  • Training program and recruitment should proceed in step
  • Link quality assurance process to training

Future steps

• Program delivery: "The greatest good for greatest number"
  • Facilitators?
  • No. of sessions?
• Program adaptations
  • Gestational diabetes
  • CALD
• Statewide roll out of Aboriginal program "Road to Good Health"

Contact

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Systematic risk assessment and promotion of diabetes prevention are primary aims of the Life! program.
To date, over 230,000 risk assessment tools have been distributed by the Life! team.