

Opportunity for general practices working with CALD communities

My health for life 

My health for life (MH4L) is an integrated risk assessment and health behaviour change program that aims to identify people at high-risk of developing a chronic disease. The program encourages and supports participants through group based sessions over 6 months to achieve and maintain personalised healthy lifestyle goals.

ECCQ is responsible for delivering the program to the following CALD communities:

- Vietnamese
- Arabic
- Chinese speaking
- Pacific Islanders (simplified English version)

ECCQ delivers the program to these CALD communities by using culturally tailored resources, bilingual health workers, peer support, targeting of community leaders, and promotion through local events and general practices.

In-practice support available

ECCQ would like to partner with general practices within the Brisbane South PHN region who have an interest in multicultural health and have a high number of CALD patients.

Multicultural health workers at ECCQ can provide practices with:

- Translated resources such as patient brochures and posters for waiting rooms
- Assistance to identify and recall patients, who according to your health records, potentially meet eligibility criteria
- On-site MH4L eligibility risk assessments for patients who have been recalled, to assist practice nurse and GP workload
- Locally delivered free group-based MH4L program for your patients.

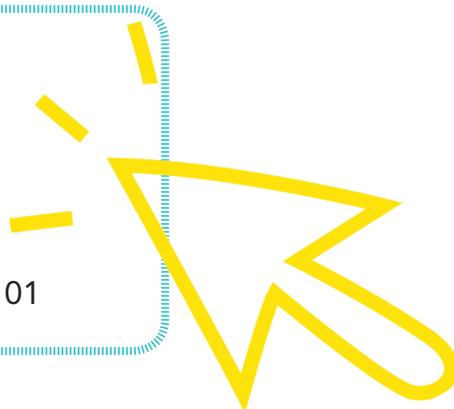
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Another initiative of



OUR HEALTH ALLIANCE

About My health for life

The *My health for life* (MH4L) program is a four year program funded by the Queensland Government delivered by The Healthier Queensland Alliance. The Alliance, led by Diabetes Queensland includes the Stroke Foundation, Heart Foundation, Queensland Aboriginal and Islander Health Council (QAIHC), Ethnic Communities Council of Queensland (ECCQ) and all Queensland Primary Health Networks (PHN).

My health for life aims to reduce the number of Queenslanders that develop chronic conditions, such as type 2 diabetes, heart disease and stroke. At least 10,000 Queenslanders will be supported through this program over four years.

For more information visit the website myhealthforlife.com.au.

Patient Eligibility

ECCQ MH4L focuses on Queensland adults from CALD communities including Vietnamese, Chinese, Arabic speaking and Pacific Islanders, specifically those assessed as being at high risk of developing type 2 diabetes or cardiovascular disease (heart disease and stroke); using the following criteria:

Adults 45 years and over:

- With an AUSDRISK score ≥ 12
- Absolute Cardiovascular Risk score $\geq 15\%$.
- Blood pressure reading either ≥ 160 systolic or 100 diastolic.

Or any of the following:

Adults 18 years and over with pre-existing condition present:

- Previous history of gestational diabetes mellitus
- Pre-diabetes (diagnosed impaired fasting glucose or impaired glucose tolerance)
- Familial hypercholesterolaemia
- Diagnosed high blood pressure (e.g. on blood pressure lowering medication)
- Diagnosed high cholesterol (e.g. on cholesterol lowering medication)

If an individual meets one of the above eligibility criteria and has one of the following, they require medical practitioner consent to participate:

- Pregnant
- Mental health condition
- Acute illness
- Surgery in previous 12 months

Patients that don't meet eligibility criteria

People with any of the following conditions are not eligible to enrol in the MH4L program:

- Type 1 and type 2 diabetes,
- Heart disease
- Stroke or
- Chronic kidney disease

Those who are not eligible for the program may be advised to seek the support of their health practitioner where appropriate and/or will be referred to existing lifestyle modification programs at ECCQ such as the Living Well Program, Health Navigation or other suitable services such as the Get Healthy Service, Qutline, Heart Foundation Walking and 10,000 Steps programs.