



## Frequently asked questions

The State Government funded *My health for life* (MH4L) program is now underway across Queensland.

The program, led by Diabetes Queensland in partnership with 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), aims to reduce the number of Queenslanders developing chronic conditions, such as type 2 diabetes, heart disease or stroke. At least 10,000 Queenslanders will be supported through this program over four years.

Based in the community, this initiative will identify those at high risk of developing chronic conditions and offer a tailored, but flexible, healthy lifestyle program. Programs will be delivered over six months' in multiple ways, including face-to-face, via telephone and further supported through online tools. The program will be culturally appropriate for Aboriginal and Torres Strait Islander peoples and culturally and linguistically diverse communities. The program is currently being delivered in the Wide Bay, Cairns and the Moreton North regions and will be rolled out more extensively across the State throughout 2017.

### How will people 'join' MH4L?

Health checks will be available in a range of locations, online and over the phone. Following a health check, eligible Queenslanders may self-refer to MH4L, or be referred by a health practitioner.

### Who can join MH4L and who cannot?

MH4L will focus on Queensland adults, specifically those assessed as being at high risk of developing type 2 diabetes, cardiovascular disease (heart disease and stroke); using the following criteria:

- Adults 45 years and over and people of Aboriginal and Torres Strait Islander descent 18 years and over with:
  - a. an Australian type 2 diabetes risk assessment (AUSDRISK) score greater than or equal to 15 or
  - b. an Absolute Cardiovascular risk of greater than or equal to 15% or
  - c. a blood pressure (BP) reading of greater than or equal to 160/100.
- Adults over 18 years with pre-existing conditions including a history of gestational diabetes mellitus; familial hypercholesterolemia; high blood pressure or high blood cholesterol.
- When implemented in workplaces, MH4L will extend from 18 years, (but criteria a,b,c above also apply)

Adults who have already been diagnosed with type 1 and type 2 diabetes, cardiovascular disease or chronic kidney disease won't be eligible for MH4L.

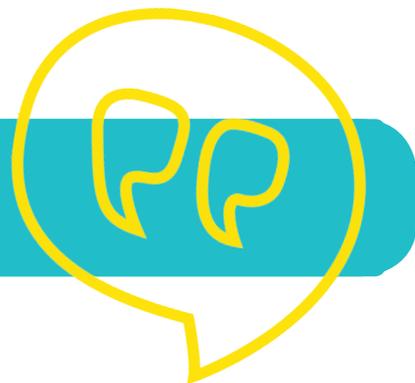
### What happens once someone is accepted into the program?

They will gain access to a structured, evidence-based lifestyle modification program based on behaviour change principles that support and motivate them to set and achieve their health goals, as well as reduce their chronic disease risk factors. They will participate via face-to-face group sessions or personalised telephone sessions with access to online activities as and when they need it.

### What is the strategy to engage culturally and linguistically diverse and Aboriginal and Torres Strait Island people and communities?

These communities are identified because of increased risk of chronic disease within their population groups. Strategies will include development of culturally appropriate program content, tailored resources, use of interpreter services, engagement of culturally appropriate service delivery staff, peer support, targeting of community leaders, and promotion through local events. ECCQ and QAIHC will play a pivotal role in the development and implementation of these strategies.

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## **If a person is not eligible for MH4L, what will happen to them?**

People can be ineligible for MH4L for a range of reasons, including being at lower risk (using one of the health check tools), have one of a number of pre-existing conditions or have another condition or issue that precludes them from participating. Depending on the reason, these people may be advised to seek the support of their health practitioner where appropriate and/or will be referred to existing lifestyle modification programs, such as the Get Healthy Service, Quitline, Heart Foundation Walking and 10,000 Steps programs

## **Can all Queenslanders access MH4L?**

All Queensland adults will be able to participate in a MH4L health check through GPs, local pharmacy, other primary health providers and through local community groups.

Alternatively, those interested in the program can also complete an online health check at [myhealthforlife.com.au](http://myhealthforlife.com.au), or complete a health check over the phone by contacting 13 RISK (13 7475).

Eligible participants will then be able to enroll in the program once it's available in their local area.

## **What will it cost to participate in MH4L?**

MH4L is fully funded by the Queensland Government. Participation for eligible individuals is free.

## **Describe how MH4L will work and how it will be rolled out throughout the state**

Participants can choose face-to-face group sessions as they commence in their local area, or can access the state-wide personalised telephone based service now. The program will be delivered in six sessions over six months, with complementary activities and support designed to tailor to individual needs.

## **Where is the program currently being run and where will it be rolled out next?**

Group-based program implementation is staged – with the initial roll out already underway in the Wide Bay, Cairns and Brisbane North regions. This will then extend to the Gold Coast, Ipswich, Brisbane South, Townsville, Rockhampton, Sunshine Coast, Toowoomba, Mackay, Western Queensland and Cape and Torres regions.

## **Who will deliver the MH4L program?**

The program will be delivered by locally trained health practitioners within each local area. The program is recruiting and contracting with local organisations to become MH4L providers. Provider organisations will nominate staff to be trained as program facilitators to deliver the program within their local community.

## **What is the benefit in becoming a MH4L provider organisation?**

A key focus of MH4L is to build capability in the local health workforce to tackle chronic disease through preventive measures and risk factor reduction. MH4L will invest in building local services through the provision of a dedicated Training Coordinator to support the delivery of the group based programs, and provide intensive training and professional development to upskill the local workforce.

MH4L provider organisations will also be contributing to the largest chronic disease prevention program in Queensland, offering direct local access to risk assessment and behaviour change support which will compliment existing services and support the program to identify those at risk within your community.

## **Who can become a MH4L provider organisation and how do you register your interest?**

To register interest in becoming a MH4L provider organisation, complete the MH4L provider expression of interest form, available at [myhealthforlife.com.au](http://myhealthforlife.com.au) or contact the MH4L team for more information.

**Looking for more information? Contact the MH4L team**  
P: 13 RISK (13 7475) W: [myhealthforlife.com.au](http://myhealthforlife.com.au) E: [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au)

