



The *Life!* program





Acknowledgement of Country

Laura Thompson – Gunditjmara | Artwork: Healthy Communities



Have you heard of the *Life!* program before?

What is the *Life!* program?

What is it?

Life! is the largest type 2 diabetes, heart disease and stroke prevention program in Australia. The program is funded by the Victorian government and managed by Diabetes Victoria. It is delivered all over Victoria via group courses and telephone health coaching.

How does it help?

Life! is a **FREE**, evidence-based program delivered by qualified health professionals, like **dietitians** and **exercise physiologists**. It supports participants to adopt sustainable healthy behaviours and a more active lifestyle to feel good and reduce their risk.

What does it cover?



Healthy eating



Physical activity



Wellbeing



Peer Support



Behaviour change strategies

Program options



Group Course
in-person or online



***Life!* after gestational diabetes**
Group course in English and Vietnamese



Group course
in English, Vietnamese, Chinese and Arabic

***Life!* program**



Telephone Health Coaching
in English and Chinese

Group Course



Week 1

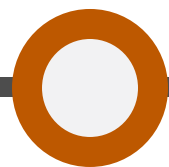
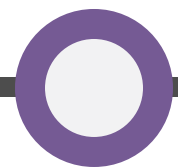
Week 3

Week 5

Week 7

At 6 month

At 12 month



1:1 Introduction

Reviewing health behaviours and setting goals

Session 1

Understanding modifiable risk factors

Session 2

Healthy eating

Session 3

Physical activity

Session 4

Wellbeing

Session 5

Navigating challenges

Session 6

Planning for continued success

(fortnightly)

(fortnightly)

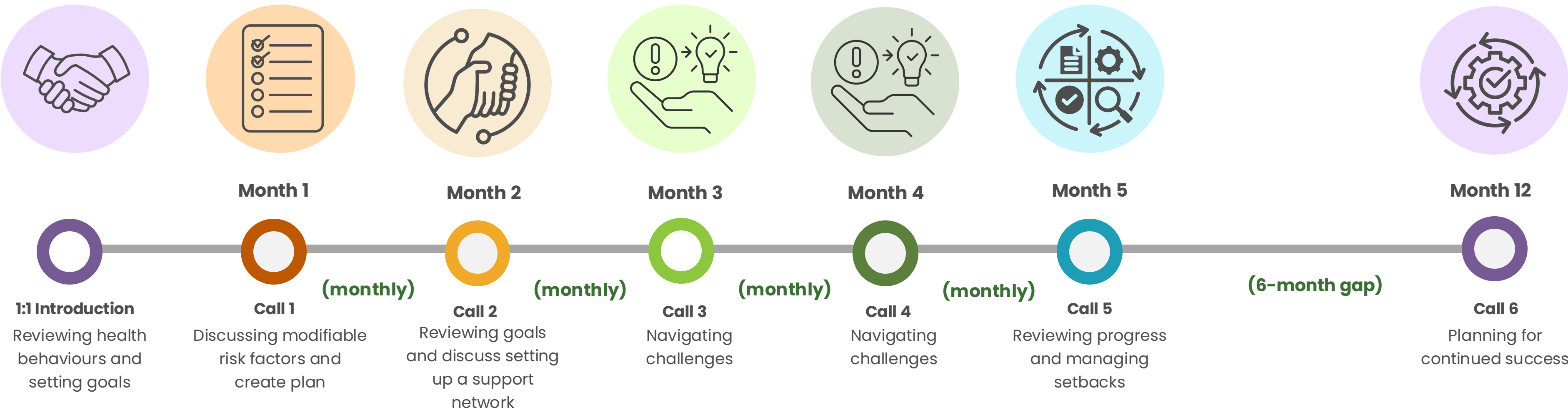
(fortnightly)

(4-month gap)

(6-month gap)

Telephone Health Coaching

- 1 on 1 support from a health coach
- Can schedule calls at a time that works best for eligible participant.
- Session discussions can be tailored to the individual's needs. For example, they may choose to focus on nutrition and improving their eating habits if their physical activity is already well managed.



Life! program eligibility criteria

A: AUSDRISK + BMI

≥ 18 years and
AUSDRISK ≥ 12 and
BMI ≥ 25 kg/m²

For people
identifying as Asian
BMI ≥ 23 kg/m² is
applicable

MBS items for health
assessments: 701, 703, 705, 715

B: CVD risk

Patients with an
intermediate or high CVD
risk score.

CVD risk assessments are
recommended for patients
aged 45–79 years and for
First Nations people aged
30–70

MBS items for heart health check: 600 and 177

C: Medical conditions

≥ 18 years with one or more of the following
conditions:

- Cardiovascular disease
- Gestational diabetes
- Pre-diabetes (IFG or IGT)
- Chronic kidney disease
- Polycystic ovary syndrome
- Familial hypercholesterolemia
- Serum total cholesterol >7.5mmol/L
- Syst BP of ≥ 180mmHG or Diast BP ≥ 110mmHG

***Note: Participants only need to meet one of the criteria to be eligible for the program**

Program Exclusion Criteria

- Diagnosed with diabetes (type 1 or type 2)
- Cardiovascular disease (diagnosis within the last 3 months)
- Clinically active cancer
- Pregnancy
- Those who have completed the program before

Physical activity in the *Life!* program

Physical activity goal



Increase the amount of physical activity you do

Aim for at least 30 minutes of moderate physical activity (such as walking) per day.

Physical activity – what we cover

- ✓ Australian physical activity guidelines
- ✓ Different types of physical activity and intensity
- ✓ Muscle strengthening recommendations and ideas
- ✓ Strategies to reduce sedentary behaviours
- ✓ Barriers and how to overcome them
- ✓ Practical physical activity ideas
- ✓ SMART goal setting



Hoa – *Life!* program graduate

How results are measured

Physical activity questionnaire

These questions are about physical activities that you have done in the last seven days.

What intensity was my activity?



Moderate intensity activity can be something like brisk walking (like you're late for the bus), or steady cycling. You can talk, but can't sing.



Vigorous intensity activity takes more effort, like running or fast cycling. You can't say more than a few words without a breath.

Self-efficacy questionnaire

These questions are about how confident you are that you can eat a healthy diet or participate in physical activity when faced with barriers.

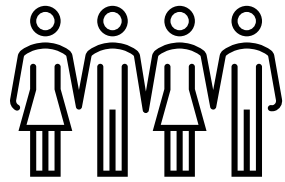
Please tick the box below that indicates how true the statement is for you.

		Not at all true	Slightly true	Moderately true	Mostly true	Completely true
6.	I can participate in physical activity even if I am tired					
7.	I can participate in physical activity even if I am in a bad mood					
8.	I can participate in physical activity even if I feel like I don't have the time					
9.	I can participate in physical activity even if I am on holiday					
10.	I can participate in physical activity even if it is raining					

Completed at:

- Introduction session
- Session 4
- Session 5
- Final check in (12 months after program commencement)

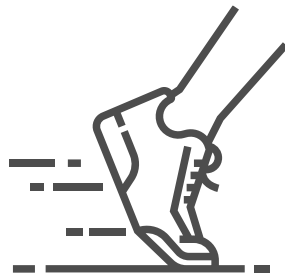
24-25 FY Participant results in NEPHU



2,260 people enrolled



69% of participants improved their diet



55% of participants improved their physical activity



↓ 2 cm



↓ 2.5 kg

The majority of participants reported:

- A very high satisfaction with the program.
- A better understanding of risk factors.



Your local *Life!* providers

LGA	Provider
Banyule City Council	Back in Motion Eltham Kieser Heidelberg
Boroondara City Council	Kieser Camberwell Kieser Mont Albert SportsFit Physio and Health
Hume City Council	AB Corporate Fitness Nutriblooms
Knox City Council	Rise Health Group
Manningham City Council	Lifestyle as Medicine
Maroondah City Council	Kieser Ringwood Outreach Care
Whitehorse City Council	Equip4Life Kieser Burwood East
Whittlesea City Council	Belgravia Leisure Centre Mill Park
Yarra City Council	Kieser Training – Fitzroy North
Yarra Ranges Shire Council	Back in Motion Physiotherapy – Tecoma

How can we collaborate and work together?



How can we work together?

How you can help promote the *Life!* program

Promote the program through your channels

- The *Life!* team can provide tailored resources for social media, Electronic Direct Mail, newsletters or websites.
- Resource kits currently available for you to share within your network:
 - ✓ [English Media Kit](#)
 - ✓ [CALD Media Kit](#)
 - ✓ [GDM Media Kit](#)

Connect us with your networks.

Let us know about any upcoming events we can be a part of.

Book in a Healthy Living Session with us.

How can we help you?

Can we connect you to local providers and promote your service to their groups?

Contact



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