

Target 94:80

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Presented by
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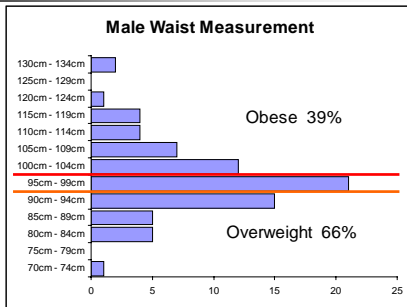
Background

- Simple study with "committed" participants
- Two areas of focus
 - Dietary habits (DHQ)
 - Waist circumference

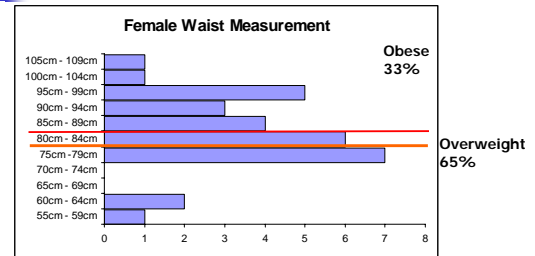


	Number	Age	Weight	Waist
Males	77	67.3	83.3	99.1
Females	30	63.8	67.4	84.6

Male Waist Circumference



Female Waist Circumference



Target 94/80

FAT AROUND YOUR MIDDLE? (central adiposity)



Leads to:
• Heart Disease • High Blood Pressure
• High Cholesterol • Diabetes

GOAL!

94cm or less for men (37")
80cm or less for women (31.5")



ACT NOW!
Check out your waist measurement.
(Use measure at level of bellybutton)



AFTE
TAPE
MEASURE
HERE

Research and compiled by Megan White in association with...

Program Development

- 12 week mentored program, in association with nutrition services
- Aimed at fat loss by
 - Healthy eating
 - Exercise guidance

Program booklet containing:

- All the paperwork eg
 - Exercise logs
 - Dietary diary
 - Lots of generally useful information

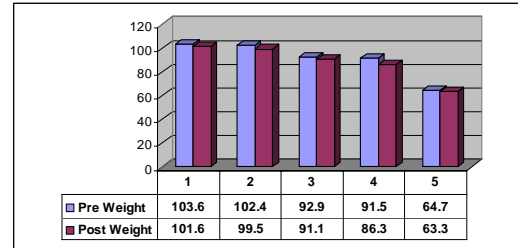
Baseline measures

- ✓ TC, BGL (random)
- ✓ ECG (3 lead)
- ✓ BP (resting standing + exercising)
- ✓ Weight, Waist, BMI
- ✓ RF analysis/participant goals
- ✓ Weekly mentor review
- ✓ 3 dietitian reviews

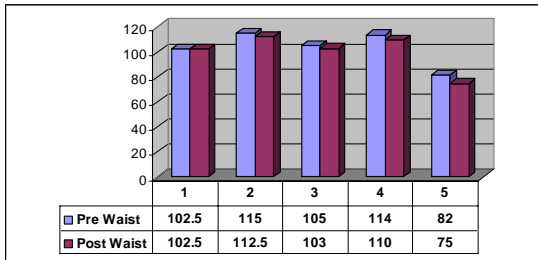
Implementation

- Name change to Enhanced Health Program (EHP)
- 7 invited "pilot" participants (1 "no starter", 1 "no data")
- All but one included in the original data collection
- 5 mentors
- 2 Ex Phys & 3 CN's
 - Challenges for mentors:
 - Absence due to rostered leave, sickness etc created a degree of lost continuity with participant
 - Awareness of challenges in areas outside their professional expertise e.g. nurses prescribing strength training

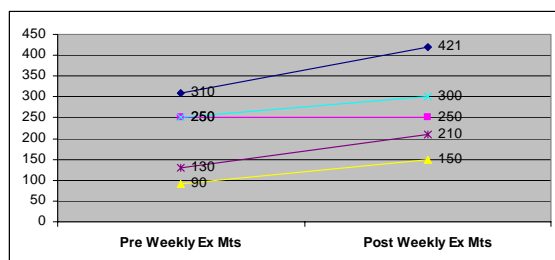
Results- weight



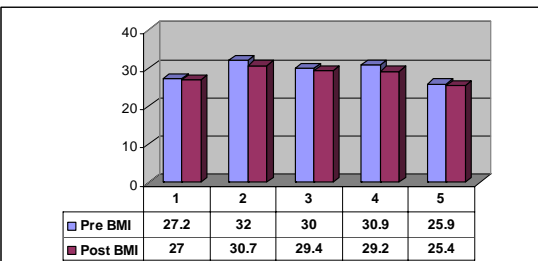
Results - waist



Results – minutes of exercise



Results- BMI



In Addition.....

- 3 participants continued with a 40mt circuit class once weekly
- 4 participants added resistance training x 2 sessions weekly
- Varied from 3 to 10 exercises from 12 – 15 reps



Advantages from a Professional Perspective – *Why do it?*

- “Not quite got it” Phase II completer
- Minimal additional resources
- Refocus Maintenance Program
- Enhances secondary prevention
 - Aids reassessment/self awareness to CDSM
 - Reinforces long term commitment to CDSM

Focus Group Feedback – major strengths

- Mentor provided motivation
- Health & wellbeing improved
- More dietary aware now
- Feel fitter
- Opportunity for self improvement
- Lipid profile improved
- Blood pressure reduced
- Endorphins kick in now
- Reduced incidence of angina
- Lost weight and cm's
- Additional instruction on exercise & weights was excellent

Focus Group Feedback – areas for review

- Paperwork was tedious
- Have one mentor for all participants
- One permanent day a week for reviews
- Review weights technique more often
- Prepared to pay extra for service
- Offer various grades of service
- Current gym environment not suitable for “sale” of service to general public

Applicability

- Personalised, individually targeted service
- Clearly identified as separate or additional to Maintenance Phase (i.e. the new Phase III)
- Eminently suitable for current Maintenance participants as a positive re-enforcer of CDSM
- An avenue for primary prevention/risk factor modification
- Provides a suite of options following completion of scheduled Phase II program where desired outcomes were not fully attained e.g.,
 - Continued RF M'ment support
 - Weight/dietary management to achieve NHF targets
 - Personalised exercise training to achieve recognised guidelines e.g. NHF & FITT principles
- Potential for additional income therefore self sustaining



Thank You