Lifestyle Modification Program - Three Approaches to Lifestyle Management
Information for Potential Participants

The National Health Co-op (NHC) has partnered with the Australian National University to evaluate three different approaches to delivering programs and tools that assist individuals achieve and maintain a healthy lifestyle and manage chronic diseases.

This study builds on the NHC’s nationally awarded Lifestyle Modification Program and is funded by the National Health and Medical Research Council. The lifestyle management program offered to eligible participants is FREE and takes either 6 or 12 weeks. To be eligible you must:

- Have a chronic health condition (such as high blood pressure, heart disease, type 2 diabetes or ‘pre-diabetes’, osteoporosis, osteoarthritis, PCOS, kidney or liver disease);
- Be above a healthy weight;
- Be interested in changing your lifestyle to improve your physical and cognitive health; and
- Have a laptop or desktop computer with internet access at home.

If you enrol in the study you will complete the following steps:

1. An initial one-on-one appointment with an NHC practice nurse and GP. This assessment is to review your current health and cognitive status and discuss your individual goals. You will undertake screening for early detection of chronic medical conditions and treatment if required. This appointment will be booked at a time convenient to you.

2. Random allocation to one of three groups:

a) 6 weeks of group education sessions run by a variety of health professionals, with session topics such as healthy eating, mindful eating, sleep apnoea, getting a good night’s sleep, heart health, recipe modification, diabetes, medications, asthma, physical activity and motivation.

b) 12 weeks of individually tailored online education sessions on dementia literacy, dementia risk factors, physical activity, nutrition, health conditions, cognitive activity, social activity, and mood with one hour face to face sessions with an exercise physiologist and a dietitian.
c) **12 weekly emails** with links to websites providing information on lifestyle risk factors and disease management.

3. **Follow-up appointments** 18, 36, and 88 weeks after the completion of the program to monitor changes to your health and wellbeing.

4. **Individual consultations** in line with Medicare guidelines with NHC dietitians, psychologists, diabetes educator or referral to other specialists if required.

Our program is scheduled to commence on **18 May 2017**.