

GP Information Sheet PREVENTION OF TYPE 2 DIABETES PROGRAM

Goals of the 'Better Being' Exercise Referral Program (ERP)?

Building on the Commonwealth Government's Prevention of Type 2 Diabetes Program, ARV has expanded the evidence based Lifestyle Modification Program to include, at no extra cost, a practical physical activity component. The additional component provides support at the local / community level throughout the life of the program.

Benefits of the 'Better Being' ERP 'Lifestyle Modification Program'

- Provides clear referral pathways and high quality programs conducted at local aquatic and recreation facilities. This preventative health initiative will build on local health strategies and provide capacity building opportunities within local communities.
 - Identifies individuals at high-risk of developing Type 2 Diabetes through the utilisation of the AUSDRISK tool and provides practical lifestyle modification support and physical activity experience in a safe and supervised environment.
 - Better Being ERP provides participants with individualised physical activity programs, and access to local aquatic and recreation facilities. Physical activity session will be supervised twice weekly throughout the life of the program.
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Exercise Referral Programs – Overview & Evidence

The 'Better Being' Exercise Referral Program is based on the successful UK National Exercise Referral Scheme and New Zealand Green Prescription Program which generated 20,000 referrals from General Practice in 2007. (1)

Exercise Referral Defined:

'An intervention where there is a referral by an appropriate professional to a service where there is a formalised process of assessment of that person's needs; the development of a tailored physical activity program to meet that need; and monitoring of the individual's progress.' (2)

Exercise Referral Programs consistently show evidence of small, but positive results, successfully targeting sedentary patients who could benefit from becoming more active. (3)

A full evaluation of the Better Being Exercise Referral Program is being conducted by Aquatics & Recreation Victoria, and will be available in 2010.

This project is funded by the Australian Government Department of Health and Ageing

ARV's website provides more details and resources for referral of patients to the Better Being ERP – www.aquaticsandrecreation.org.au/betterbeing, P: (03) 8843 2009, E: cneedham@aquaticsandrecreation.org.au

Copies of the AUSDRISK tool and GP Referral form can be downloaded from www.aquaticsandrecreation.org.au or www.agpn.com.au, or ordered by emailing resourcekits@health.gov.au. Your local **division of general practice** can also direct you to resources in your area and provide you with the details for referral of patients to the BBERP.

Referral and Eligibility for Better Being ERP

To be eligible for this program, patients must meet the following eligibility criteria:

- 40-49 years. Member of Australian Unity aged 40-59 years. Aboriginal patients between 15 and 54 years
- At "high" risk of diabetes as determined by the Australian type 2 diabetes risk assessment tool
- Have not attended a LMP previously
- Have had existing diabetes excluded
- Provided consent
- Referred by usual GP through 1 of 3 possible item numbers: 713; 717 or 710*.

Item No.	Patient Eligibility
713	Patient is aged 40-49 with a high risk of developing Type 2 Diabetes as determined by the AUSDRISK tool (patient eligible once per 3 years).
717	Men and women aged between 45-49 (inclusive) with at least one risk factor for chronic disease (patient eligible once only).
710	Patient is of Aboriginal or Torres Strait Islander origin aged 15-54 with a high risk of developing Type 2 Diabetes as determined by the AUSDRISK tool (patient eligible once every 18 months).
Australian Unity Members	Patient is aged 40-59 with a high risk of developing Type 2 Diabetes as determined by the AUSDRISK tool. *Note: Australian Unity members aged 50-59 will not be referred through the above MBS items

Accredited Better Being ERP Lifestyle Modification Program

Consists of seven (7) group education and motivation sessions run over six (6) months in accordance to the national standards for Lifestyle Modification Programs.

Physical Activity Sessions: Overview

The physical activity program incorporates the following:

- Two or more physical activity sessions per week held at the accredited Better Being ERP aquatic and recreation facilities.
- Health and fitness assessments conducted before commencement of the program, and every 6-8 weeks thereafter.
- Personalised participant physical activity programs designed by fitness instructors.

'Better Being' Exercise Referral Program: Program Providers

The Better Being ERP program is currently running in 6 local aquatic and recreation facilities throughout Victoria, the suburbs in which these facilities are located is listed below:

- Ascot Vale: Ascot Vale Leisure Centre YMCA
- Box Hill: Aqualink Box Hill
- Forest Hill: Aqualink Nunawading
- Glen Waverley: Monash ARC
- St. Albans: St. Albans Leisure Centre
- Sunshine: Sunshine Leisure Centre

References

1. Lawton, B., et al., *Exercise Prescription for Women Aged 40-74 Recruited through Primary Care: Two Year Randomized Controlled Trial*. BMJ, 2008.
2. NICE Public Health Collaborating Centre 2006
3. GGHB 2001. 'Evaluation Report of the Glasgow Exercise Referral Scheme: Executive Summary', *Greater Glasgow Health Board*.