



The role of Health Coaching in helping people to prevent diabetes

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Sydney Diabetes Prevention Program

**The Sydney Diabetes Prevention Program: Stephen Colagiuri et al
A community-based translational study . BMC Public Health 2010; 10:328**

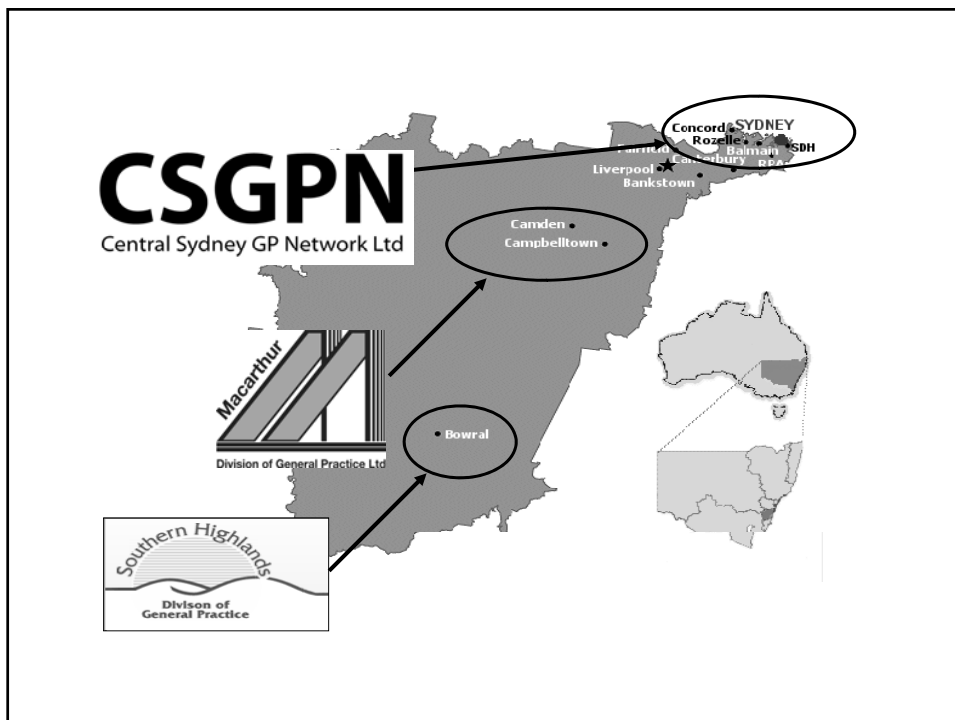
Sydney Diabetes Prevention Program

Chief Investigator:

Professor Stephen Colagiuri

Associate Investigators:

**Professor Ian Cation
Professor Maria Fiatarone Singh
Professor Adrian Bauman
A/Professor Chris Rissel
Professor Nicholas Zwar
Ms Mandy Williams
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Aims

1. **Develop, implement and evaluate a community-based diabetes prevention program:**
 - **to identify people 50-65 years at high-risk of the future development of type 2 diabetes**
 - **to intervene with a lifestyle program to increase physical activity, eat better and lose weight**

Program Overview



AUSDRISK

The Australian Type 2 Diabetes Risk Assessment Tool

Please use a black pen and write clearly.

Participant consent form

I, [name] _____

[address] _____

of _____

My GP is: _____

Signature: _____

Date completed: _____

I have read and understood the Participant Information Sheet.
 I freely choose to fill in the Australian Type 2 Diabetes Risk Assessment Tool and, if appropriate, undergo a blood test.
 I understand that I can withdraw from the Program at any time.
 I understand that the Program is strictly confidential.
 I agree to participate in this Program.

Please tick the correct answer.

1. Your age group?

Under 35 years _____ 0 points
 35-44 years _____ 2 points
 45-54 years _____ 4 points
 55-64 years _____ 6 points
 65 years or over _____ 8 points

2. Your gender?

Female _____ 0 points
 Male _____ 3 points

3. Your Ethnicity/Country of birth.

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

No _____ 0 points
 Yes _____ 2 points

3b. Where were you born?

Asia (including the Indian subcontinent) _____ 0 points
 Middle East, North Africa, Southern Europe _____ 2 points
 Australia or other _____ 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

No _____ 0 points
 Yes _____ 3 points

5. Have you ever been found to have high blood glucose (sugar)? (for example, in a health examination, during an illness, during pregnancy)?

No _____ 0 points
 Yes _____ 6 points

6. Are you currently taking medication for high blood pressure?

No _____ 0 points
 Yes _____ 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

No _____ 0 points
 Yes _____ 2 points

8. How often do you eat vegetables or fruit?

Every day _____ 0 points
 Not every day _____ 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

Yes _____ 0 points
 No _____ 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel)?

Waist measurement in cm: _____

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men
 Less than 90 cm _____ 0 points
 90-100 cm _____ 4 points
 More than 100 cm _____ 7 points

Women
 Less than 80 cm _____ 0 points
 80-90 cm _____ 4 points
 More than 90 cm _____ 7 points

For all others:

Men
 Less than 102cm _____ 0 points
 102-110cm _____ 4 points
 More than 110cm _____ 7 points

Women
 Less than 88cm _____ 0 points
 88-100cm _____ 4 points
 More than 100cm _____ 7 points

Add up your score _____

Your risk of developing type 2 diabetes within 5 years*:

■ **5 or less: Low risk**
 Approximately one person in every 100 will develop diabetes.

■ **6-14: Intermediate risk**
 For scores of 6-8, approximately one person in every 50 will develop diabetes.
 For scores of 9-14, approximately one person in every 20 will develop diabetes.

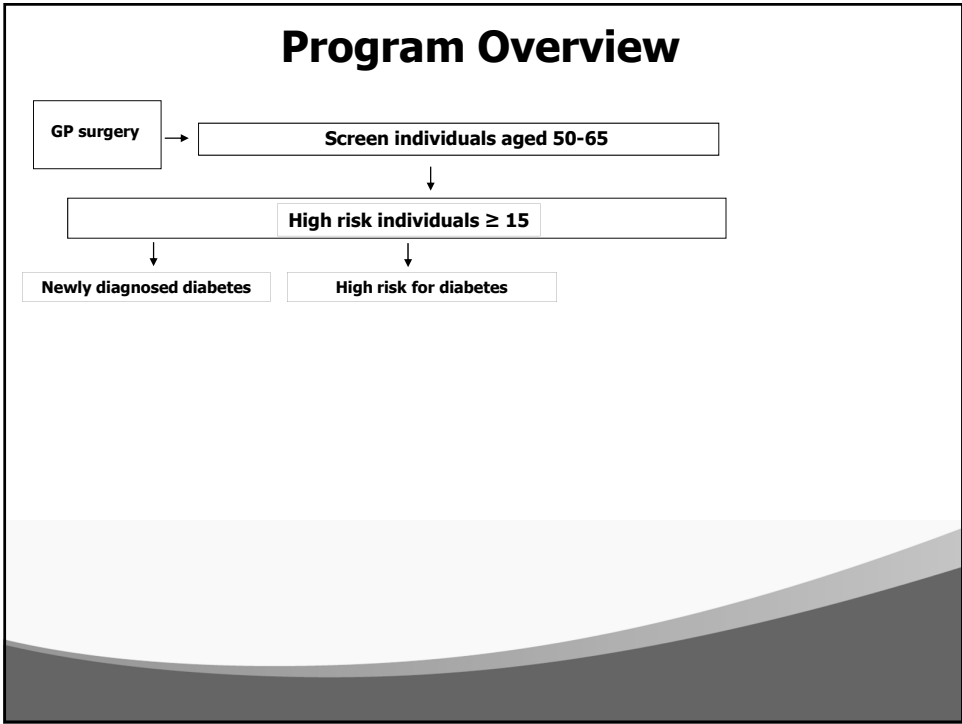
■ **15 or more: High risk**
 For scores of 15-19, approximately one person in every 7 will develop diabetes.
 For scores of 20 and above, approximately one person in every 3 will develop diabetes.

If you scored 15 or more points, it is important that you discuss your score with your doctor.

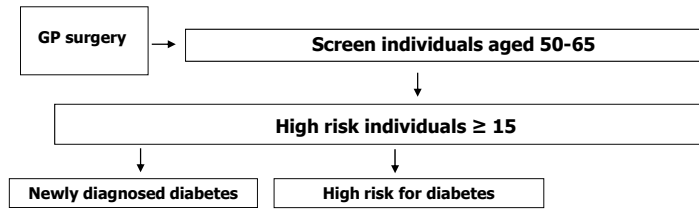
* The overall score may overestimate the risk of diabetes in those aged less than 25 years and underestimate the risk of diabetes in people of Aboriginal and Torres Strait Islander descent.

The Australian Type 2 Diabetes Risk Assessment Test was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the CGO reducing the risk of type 2 diabetes initiative.

Capillary Blood Glucose Test result: _____



Program Overview



Key Messages

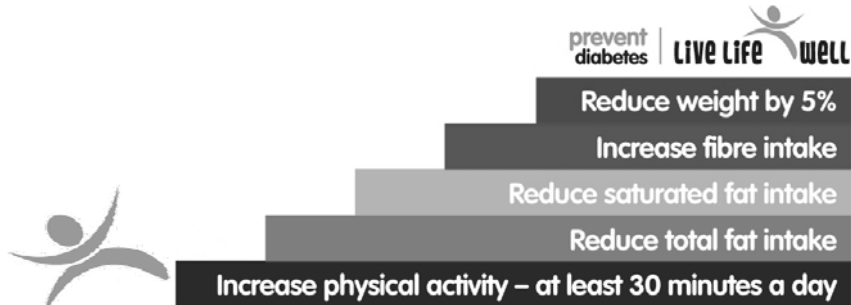
Eat Better



Move More

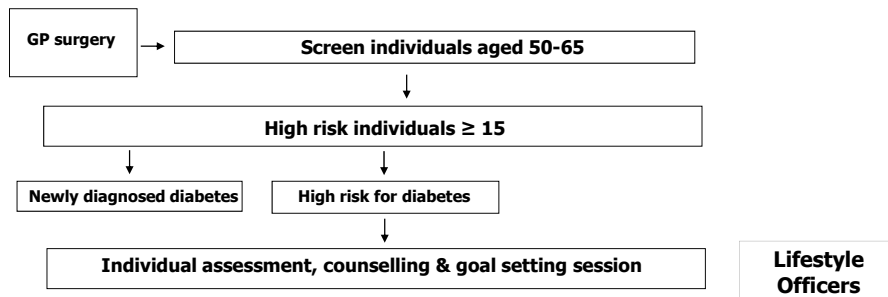


How do I prevent type 2 diabetes?

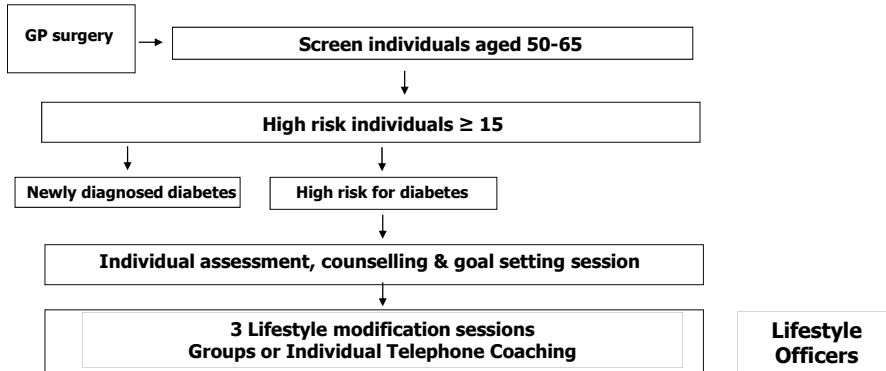


EAT BETTER and **MOVE MORE**

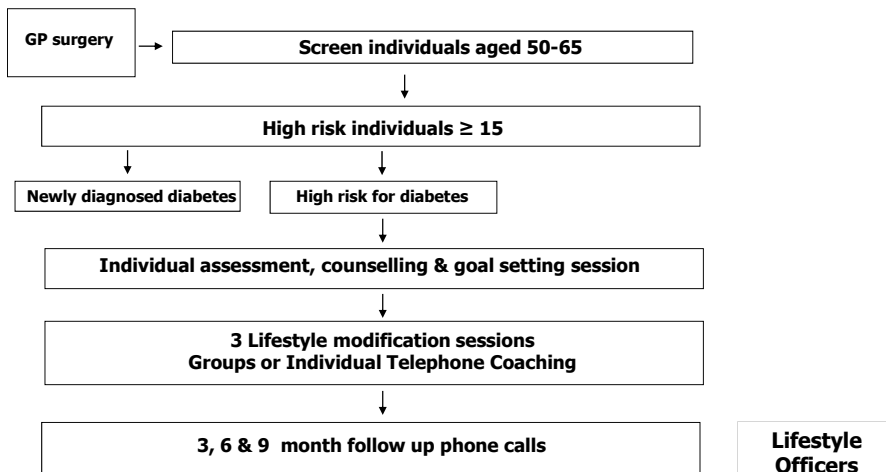
Program Overview



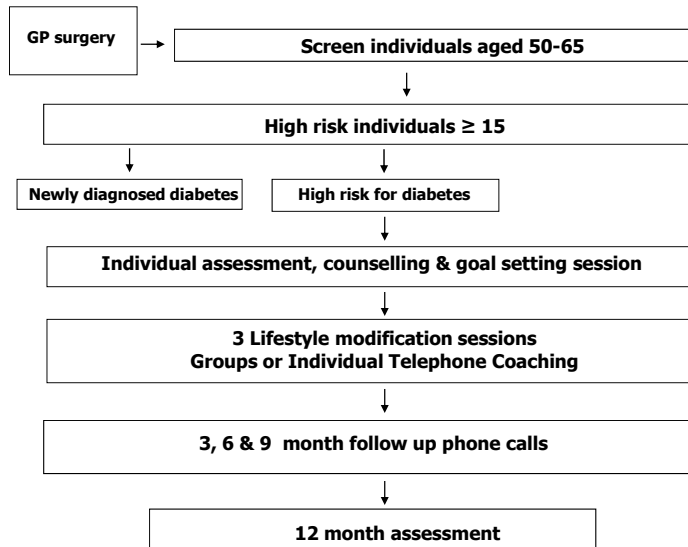
Program Overview



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Lifestyle Officers

- **Nurses**
- **Exercise physiologists**
- **Dieticians**
- **Doctors**
- **Psychologists**
- **Aboriginal health workers**

Training Program

- **2-day HCA introduction**
- **1-day skills consolidation**
- **2 x 1 day review and feedback**
- **On-going liaison and support**
- **Forum to share and learn**

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Challenges

- **Diverse range of experiences**
- **Expertise in physical activity**
- **Expertise in nutrition**
- **Trained to give advice**
- **Found it hard to grasp concepts**
- **Not wanting to challenge participants**

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Lesson's learned

- **Health Coaching is a useful approach**
- **Health Professionals need to be flexible /open**
- **Need to persist – iterative and learning cycle**
- **Offer continual feedback and ability to reflect**
- **For some participants - directive approach**