

Diabetes Projects Trust: Lifestyles programme taking a collaborative community-based approach

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The Lifestyles Programme provided by Diabetes Projects Trust comprises of three projects- Healthy Workplaces, Cook'n Kiwi, and GetWize2Health. The Healthy Workplace project helps workplaces become a health supporting environment. This project offers workplace assessments, recommendations for canteens, health screening and advice, and workshops. The Cook 'n' Kiwi project helps those who work with communities and individuals who are at risk of lifestyle related health problems by providing evidence-based and practical advice. The programme is designed to be interactive, encouraging hands on activity. The GetWize2Health Healthy Schools project provides training to teachers, school nurses, tuckshop providers, and others needing practical tools to help students make better choices around food and activities.

The Lifestyles team works together to support each project: delivering nutrition presentations, exercise workshops, health-expos and screening. We also work closely with Gardens4Health at DPT to encourage the gardens to table approach.

We rely on strong working relationships with a range of organisations Auckland-wide. This approach has provided key insights for working relationships with other organisations: including role players in co-design; use relationships already established by other organisations to gain access; willingness to communicate and share information for the best outcome; using a resource to track activity across organisations to decrease overlap and identify gaps; reporting outcomes visually in a needs appropriate way.

Project specific key messages for our own project outcomes: clients are more inclined to take up nutrition messages when it was linked to physical activity; positive reinforcement and visual resources were better received; clients feel more confident about nutrition messages when given support and skills; information tailored to cultural and individual needs; clients respond better to social and practical aspects of group facilitated education.

The Lifestyles programme has adapted over the years to meet the needs of the community and to fill a gap seen in collaborative community-based approaches.

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