



# Cockburn Healthy Lifestyle Service

## Is your patient looking to make a healthy lifestyle change?

The Cockburn Healthy Lifestyle Service (CHLS) helps individuals manage their nutritional, physical and mental wellbeing needs. It was initially established in 2017 to help address the significant rates of overweight and obesity observed within the City of Cockburn. Overtime, the number and types of services provided under CHLS has expanded to promote and support a more holistic approach to healthy living to help people of all ages achieve long-term weight loss, health and lifestyle goals.

## How does it work?

The CHLS offers a free or low-cost, coordinated approach to nutrition education, physical activity, mental health, and child specific services. Support is offered to all clients through personalised programs, all of which involve the support of local health service providers across the City of Cockburn.

The CHLS provides free health consults conducted by an allied health professional. Health consults aim to assess the nutritional, physical and mental well-being status of a client, enabling us to develop a tailored plan that meets our client's specific needs. It is a requirement that all CHLS clients undertake an initial health consult prior to participating in any component of the CHLS. Post completion of the initial consult, clients are required to attend a health consult every two months over a 12-month period to allow us to ensure that their needs are being met.

## What services do clients receive access to?

- 1-on-1 Dietetic Consults
- 1-on-1 Exercise Physiology Consults
- Group Fitness Sessions
- Group Psychology Sessions
- Group Nutrition Education Workshops
- The Healthy Eating Activity & Lifestyle™ Program (HEAL™)
- Child-specific weight and obesity support (OWL)
- Ongoing support from our allied health professional team

The Cockburn Healthy Lifestyle Service is ever-expanding to include supports and services to meet the wide range of needs for our clients.

## Does it work?

Over 180 clients accessed CHLS services between July and December of 2020. Of those clients, 59% of clients reduced their weight, 60% reduced their BMI and 62% decreased their waist circumference. Additionally, 59% and 39% of clients reported an increase in their daily intake of vegetables and fruit, respectively.

Improvements in physical behaviour were observed, with 46% of clients reporting a decrease in sedentary behaviour and 36% reporting an increase in physical activity. Approximately 70% of clients were also able to demonstrate marked improvements in their functional capacity testings between their first and last health consults (six-minute walk tests and number of chair stands).

Given the challenges faced with the provision of services during COVID-19, these achievements are extremely pleasing.

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