

My Healthy Balance is a free, online healthy lifestyle education program which encourages and supports healthy behaviour changes related to physical activity, healthy eating and healthy weight.



### Program Overview

- 7 sessions with 2 additional modules for people diagnosed with pre-diabetes (Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG)).
- Sessions cover topics associated with physical activity, healthy eating and healthy weight.
- Goal setting to encourage behaviour change amongst participants.
- Healthy habits checklist to identify lifestyle areas that need improvement.
- Tools to help participants achieve behaviour change and monitor their progress:
  - Food diary
  - Physical activity planner
  - Energy balance tool
  - Healthy weight tracker – weight, body mass index, waist circumference
- Recipe library where participants receive two recipes on the completion of each session.
- My Buddy function to encourage participants to interact with and support other participants.
- Motivational emails are sent to encourage behaviour change and completion of next session.
- Reminder emails are sent to maintain contact and outline start of next session
- Ability to tag web links for future reference.

### Aim

To increase the number of people in the West Australian community who live a healthy lifestyle and therefore reduce their risk of type 2 diabetes and other chronic diseases.

### Target Group

Adult men and women at risk of developing type 2 diabetes and other chronic health conditions.

### Evaluation

- Participants lost an average of 1.5 kg over the duration of the program.
- Statistically significant reductions in body mass index and waist circumference measurements.
- A 28% increase in the number of participants who were active for at least 30 minutes or more each day.
- A 27% increase in the number of participants who consumed two fruit and five serves of vegetables each day.
- 93% of participants acknowledged the 'lasting impact' My Healthy Balance has had on their lives.

### How can this program links in with other programs?

My Healthy Balance promotes healthy lifestyle messages that align with the Australian guidelines for healthy eating and physical activity as well as current health messages.

My Healthy Balance can be linked with the following campaigns:

- Measure Up campaign
- Draw the Line campaign
- The Get On Track Challenge (physical activity challenge developed by Diabetes WA)



Government of **Western Australia**  
Department of **Health**



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