

NSW Get Healthy Service Chinese Coaching

Australians born in Asian countries are at higher risk of type 2 diabetes and gestational diabetes than those born in Australia¹.

Behavioural risk factors such as physical inactivity and low vegetable intake are also higher in those born in China compared to those born in Australia².

What the service offers your patients



Support from a bilingual (Mandarin or Cantonese) speaking Health Coach

13

Up to 13 confidential coaching calls over six months



Health coaches are all University qualified



Free Get Healthy Information and journey booklet – available in Simplified and Traditional Chinese



Help to overcome any problem areas



Option to re-enrol for further support

On average, participants of the service achieved:



2.8kg

weight loss



4.1cm

waist circumference reduction



1.1kg/m²

BMI reduction

The service helps people at high risk of developing Diabetes



3.3kg

weight loss



4.3cm

waist circumference reduction



31.1%

lost >5% body weight

Increased weekly physical activity

39% ↑ 62%

increase of participants achieving recommended levels of physical activity

Improved healthy eating

12% ↑ 30% 50% ↑ 70%

increased vegetable intake

increased fruit intake

What participants of the Chinese Coaching program have said about the Service:

It has been very effective receiving a follow up phone call every 2 weeks from my health coach to discuss any issues with my health and topics about weight reduction, healthy eating and recipes.

每两周接受到健康指导的跟踪电话，讨论遇到的健康问题，讨论健康饮食，减重的话题，非常详细和有效 – **Chen, 47**

I've benefitted a lot and have become more motivated to exercise daily.

获益良多，在往后做日常运动时更有推动力

– **Ken, 62**

I have pre-diabetes. Through this Service, my knowledge about diet, exercise and maintaining a healthy body weight has deepened. I've maintained healthy habits and now my blood sugar is more stable, pre-diabetes has not become worse.

我是一个糖尿病前期患者，通过了此服务加深了我对健康饮食、运动、保持体重的认识。今天我持之以恒，我的糖尿稳定下来。没有加深， – **Michelle, 76**

The Get Healthy Service (GHS) is a FREE and confidential telephone based service. The GHS defines health coaching as a clinical intervention delivered by qualified health professionals to facilitate lifestyle risk factor reduction.

Their health coach can help to:



Eat healthily



Get active and stay active



Achieve a healthy weight



Reduce alcohol consumption



Reduce risk of developing Type 2 Diabetes

get healthy[®]

健康信息及指導服務



Call **1300 806 258**, Mon-Fri / 8am-8pm



Access free resources
www.gethealthynsw.com.au



Refer your patients
www.gethealthynsw.com.au/health-professionals/how-to-refer

¹ Holdenson Z, Catanzariti L, Phillips G, Waters AM. A picture of diabetes in overseas-born Australians. Bulletin No. 9. AIHW Cat. No. AUS 38. Canberra: AIHW; 2003.

² Centre for Epidemiology and Research. 2006–2009 Report on Adult Health by Country of Birth from the New South Wales Population Health Survey. North Sydney: NSW Ministry of Health; 2010. SHPN (OPH) 190354