



Australian Divisions of General Practice

# Lifescrpts NEWSLETTER

**Issue: 4  
January 2006**

Happy new year to all! I'm looking forward to continuing our work together on supporting Lifescrpts, facilitating access to healthy lifestyle messages in a general practice setting and promoting the role of general practice in health promotion. This newsletter is packed with useful resources to assist you in implementing Lifescrpts, interesting articles demonstrating a range of messages regarding healthy lifestyles and lifestyle risk factor links to chronic disease and a range of recent media releases of interest. I've included in the diary dates section some key dates for health days and other events occurring in the next few months, for a more detailed list of events you might like to link Lifescrpts activities into please have a look at the events section of ADGP's Lifescrpts website at [www.adgp.com.au](http://www.adgp.com.au)

**Inside this issue:**

- Focus on: New physical activity recommendations for people with cardiovascular disease 2
- Focus on: Overweight at greater risk of cancer 2
- Articles of Interest 3
- Media 4
- Useful resources 6
- Diary Dates 7
- Contact the Editor 7

At a meeting in December the ADGP-SBO Lifescrpts Network agreed that it would be useful to develop a resource library to house copies of any templates, tools, websites, presentations and other resources developed to support the implementation of Lifescrpts. The resource library is designed to share the materials that may be developed by ADGP, SBOs, Divisions or other organisations to assist Divisions choosing to implement Lifescrpts without reinventing the wheel. Please call or send me an email if you have a fantastic resource that you would like to share with other Divisions.

ADGP has developed and disseminated templates that are able to be uploaded into the letter writer facility of medical director. These new templates add to the suite of electronic resources already available including the pdf versions and rich text versions of the Lifescrpts resources. The templates and an information sheet indicating how to import them into medical director are available in the Lifescrpts resource library on ADGPs website at [www.adgp.com.au](http://www.adgp.com.au) (go to the Lifescrpts resources page and change the resource category to 'Lifescrpts templates')

Seventy percent of Divisions across Australia have now indicated that they will be implementing the Lifescrpts resources, this is up on the participation figure of 60% in reported in December 2005. Welcome onboard to those Divisions who have decided to promote Lifescrpts!

The Department of Health and Ageing is undertaking a reprint of the Lifescrpts resources as supplies at the national warehouse have now run out. The Department have indicated that the reprint is on track for distribution of the resources during February 2006.

Thank you to both the National Heart Foundation and the Cancer Council (Vic) for contributing the "Focus on" articles for this edition of the newsletter.

Please give me a call or send an email if you would like to share the exciting work you're doing to promote Lifescrpts, contributions to the newsletter and website are always welcome.

Megan Hansford  
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## Focus on: New physical activity recommendations for people with cardiovascular disease

The first ever evidence-based physical activity recommendations for the ongoing care of people with cardiovascular disease have been developed by the National Heart Foundation of Australia. *The Medical Journal of Australia* published these recommendations in January 2006. The recommendations paper and a summary information brochure, which includes a management algorithm, are available at <http://www.heartfoundation.com.au/index.cfm?page=42>. To receive a printed copy contact the Heart Foundation's national information service Heartline on 1300 36 27 87.

The primary aim of the Heart Foundation's new *Physical Activity Recommendations for People with Cardiovascular Disease (PAR4CVD)* is to help GPs provide safe and appropriate physical activity advice to people with stable coronary heart disease, heart failure, peripheral vascular disease and fully recovered stroke. The resource will also be of value for health professionals involved in the care of CVD patients. The *PAR4CVD document* outlines dose-specific physical activity recommendations for people with these conditions as well as highlighting people who should not be active and the warning signs for when people with cardiovascular disease should stop any physical activity.

### **For more information**

Contact Heartline on 1300 36 27 87.

## Focus on: Overweight at greater risk of Cancer

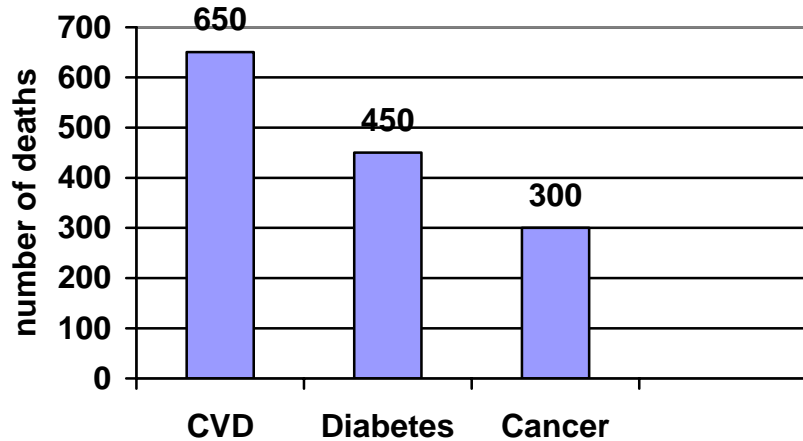
Growing evidence suggests overweight Australians are putting themselves at greater risk of some cancers. Lifestyle risk factors such as body weight and physical inactivity may influence the risk of endometrium, kidney, breast (post menopausal), colon and oesophagus cancers. This is more bad news for around ten million Australians who are overweight or obese – that's more than double the prevalence recorded 20 years ago.

It is estimated that three per cent of cancer deaths in Australia are attributable to being overweight or obese, (body mass index greater than 25). Overweight and obesity are also major risk factors for other chronic conditions including cardiovascular disease and diabetes, to name a few (see graph below).

The Cancer Council recommends the following tips for lowering the risk:

- Take part in regular physical activity and eat according to energy needs.
- Make fruit, vegetables, cereals and other low fat foods the basis of your diet.
- Maintain a healthy weight within a body mass index range of 18.5-25kg/m<sup>2</sup>.

Comparison of deaths attributable to overweight and obesity for cancer, type 2 diabetes and cardiovascular disease in 2003/04



#### Further information

Call the Cancer Helpline 13 11 20

## Articles of interest

### National Evaluation of the Sharing Health Care Initiative Demonstration Projects 2005

The Sharing Health Care Initiative Demonstration projects were implemented in order to test how various intervention models of Chronic Condition Self-Management could be used in the community. The National Evaluation reports contain key learnings and detailed discussion of the outcomes of the Demonstration Projects. To access the executive summary and the technical reports go to:

<http://www.health.gov.au/internet/wcms/publishing.nsf/content/chronicdisease-nateval>

### 1.5 million more consultations on weight and nutrition in 2004-05

GPs provided education and counselling on weight and nutrition in 1.5 million more consultations over 2004-05 than in 1998 according to a new report by the Australian Institute of Health and Welfare. The report, General Practice Activity in Australia 2004-05 also shows an increase in the proportion of long consultation visits and a decrease in the number of prescriptions for medication written. To access the report go to:

<http://www.aihw.gov.au/publications/index.cfm/title/10189>

### Physical activity for people with cardiovascular disease: recommendations of the National Heart Foundation of Australia

Tom G Briffa, Andrew Maiorana, Noella J Sheerin, Anthony G Stubbs, Brian F Oldenburg, Neville L Sammel and Roger M Allan

MJA 2006; 184 (2): 71-75

[http://www.mja.com.au/public/issues/184\\_02\\_160106/bri10727\\_fm.html](http://www.mja.com.au/public/issues/184_02_160106/bri10727_fm.html)

### **Implementation of a SNAP intervention in two divisions of general practice: a feasibility study**

Mark F Harris, Coletta Hobbs, Gawaine Powell Davies, Sarah Simpson, Diana Bernard and Anthony Stubbs — *Med J Aust*; 183 (10): S54-S58.

[http://www.mja.com.au/public/issues/183\\_10\\_211105/har10603\\_fm.html](http://www.mja.com.au/public/issues/183_10_211105/har10603_fm.html)

### **Smoke from cigarette tip is more toxic than main inhaled smoke**

Unpublished research from the tobacco industry has revealed that smoke from the tip of a burning cigarette (which makes up around 85% of second hand smoke) is four times more toxic than smoke inhaled by the person smoking the cigarette.

<http://bmj.bmjournals.com/cgi/content/full/331/7530/1425-b?etoc>

### **High-Intensity Resistance Training Improves Glycemic Control in Older Patients with Type 2 Diabetes**

David W. Dunstan, PHD, Robin M. Daly, PHD, Neville Owen, PHD, Damien Jolley, MSC, Maximilian de Courten, MD, Jonathan Shaw, MD and Paul Zimmet, PHD

Full text of this article is available online at:

<http://care.diabetesjournals.org/cgi/content/full/25/10/1729>

### **A Randomized Controlled Trial of Resistance Exercise Training to Improve Glycemic Control in Older Adults With Type 2 Diabetes**

Carmen Castaneda, MD, PHD, Jennifer E. Layne, MS, Leda Munoz-Orians, BS, Patricia L. Gordon, RN, PHD, Joseph Walsmith, MA, Mona Foldvari, MS, Ronenn Roubenoff, MD, MHS, Katherine L. Tucker, PHD and Miriam E. Nelson, PHD

Full text of this article is available online at:

<http://care.diabetesjournals.org/cgi/content/full/25/12/2335>

### **Home-Based Resistance Training Is Not Sufficient to Maintain Improved Glycemic Control Following Supervised Training in Older Individuals With Type 2 Diabetes**

David W. Dunstan, PHD, Robin M. Daly, PHD, Neville Owen, PHD, Damien Jolley, MSC, Elena Vulikh, BSC, Jonathan Shaw, MD and Paul Zimmet, PHD

Full text of this article is available online at:

<http://care.diabetesjournals.org/cgi/content/full/28/1/3>

## Media

### **Health check-ups for all Australians needed**

Want to make sure your new years resolution for a healthier lifestyle makes it out of the starting blocks and finishes the race this year? Starting out the new year with the best intentions to eat well, lose weight, exercise more and cut back on alcohol is the way many Australians begin each new year. How successful we are throughout the year is often a different picture. Talking with your GP about healthy lifestyles can help you transform those new years' resolutions into actions for the rest of the year. To access ADGP's media release go to:

[http://www.adgp.com.au/site/index.cfm?PageMode=indiv&module=MEDIA&page\\_id=7727](http://www.adgp.com.au/site/index.cfm?PageMode=indiv&module=MEDIA&page_id=7727)

### **Australians Asked To Sign Up To Time Table Tackling Obesity**

Organisers of a forum in Canberra will seek a commitment from key stakeholder groups in Australia to halt the rise of obesity by 2010 and halve childhood obesity and overweight by 2015. Participants at the forum agreed on the declaration late today. Participants also agreed to lobby for obesity to become a national health priority and a condition to be covered by Medicare. Senator Barnett's media release is available at: <http://www.guybarnett.com/article.asp?artid=497&from=media&showfrom=1>

### **Australian kids 'lose' one billion exercise hours**

Grab a frisbee and 'move it' because now is a good time to get the kids 'up and at 'em' to compensate for hundreds of 'lost' physical activity hours during the new school year, Queensland University of Technology researchers say. To read the media release, go to: <http://www.news.qut.edu.au/cgi-bin/WebObjects/News.woa/wa/goNewsPage?newsEventID=7159>

### **Graphic health warnings for cigarettes**

Graphic images of the effects of smoking on the body will appear on some cigarette packaging within the next few months. The new warnings will become increasingly common on packaging in the lead-up to 1 March 2006, after which all cigarette packaging must include the images.

To view the full media release, click on the link below:

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2005-cp-pyn071.htm>

### **Low yield cigarettes 'not a healthier option': \$9 million campaign**

A \$9 million consumer awareness campaign advising smokers that 'light' and 'mild' cigarettes are not a healthier option will be launched nationally on 26 December 2005. The Australian Competition and Consumer Commission said the campaign, funded by tobacco companies, will inform consumers of health concerns related to use of 'light' and 'mild' and similarly described cigarettes.

<http://www.accc.gov.au/content/index.phtml/itemId/719575/fromItemId/142>

### **New study identifies obesity is high risk factor for kidney failure**

Kidney Health Australia today said a new study in the US which convincingly demonstrated a strong relationship between obesity and kidney failure is another major catalyst causing the kidney crisis facing Australia. Australians morbidly obese face a 700% greater risk of kidney disease and ending up on a dialysis machine.

<http://www.kidney.org.au/assets/documents/JAN172006KHAObesity.htm>

### **GP Registrars making time for self care**

*Medical Observer, 2 December 2005, pg 41*

<http://www.medicalobserver.com.au/displayarticle/index.asp?articleID=5779&templateID=105&sl=1>

### **Time to consider obesity a disease in its own right**

*Australian Doctor, 8 December 2005*

<http://news.australiandoctor.com.au/articles/39/0c039239.asp>

## Useful resources

### Interactive Templates for Lifescrpts

ADGP has developed 15 templates to provide a more user friendly electronic version of Lifescrpts. These templates (the assessment, prescription and guidelines for each of the Lifescrpts risk factors) are available in the Lifescrpts Resource Library on ADGP's website under a category called 'Lifescrpts Templates'. The screen-grab below demonstrates where to find the templates. An information sheet with instructions for downloading the templates and importing them into the Letter Writer facility of Medical Director is available in the Lifescrpts Resource Library.

To access the templates go to:

<http://www.adgp.com.au/site/index.cfm?module=DOCUMENTS&leca=226>

### Lifescrpts Resource Library

ADGP has established a Lifescrpts Resource Library on the ADGP Lifescrpts website. The purpose of the resource library is to share tools, websites, presentations, and other resources that are developed to assist Divisions of General Practice in implementing Lifescrpts and stop the need to reinvent the wheel! A number of resources are already available to download under the following categories: division support resources, fact sheets, guidelines, Lifescrpts implementation resources, Lifescrpts templates and project planning tools. ADGP welcomes contributions from Divisions, NGOs, Practices and others who would like to share the tools that they have found useful in helping to implement Lifescrpts. Please contact Megan Hansford on [mhansford@adgp.com.au](mailto:mhansford@adgp.com.au) or on (02) 6228 0829 if you would like to share any of the fantastic resources you've developed.

To access the resource library go to:

<http://www.adgp.com.au/site/index.cfm?display=5271>

### GP Tip Sheet for putting Lifescrpts into Practice

Developed by Dr Nancy Huang of Kinect Australia, this tip sheet documents an approach to implementing Lifescrpts in the practice setting and is based on Dr Huang's experience of implementing Lifescrpts in a small practice in Victoria. The tip sheet is available in the Lifescrpts Resource Library section of ADGP's Lifescrpts webpage at [www.adgp.com.au](http://www.adgp.com.au)

### Enjoy Healthy Eating – 15 Languages

The National Heart Foundation has a fact sheet called 'Enjoy Healthy Eating – a guide to keeping your blood cholesterol in check' available to download from the web at [www.heartfoundation.com.au](http://www.heartfoundation.com.au). The fact sheet is available in 15 different languages and contains a range of tips to assist consumers to eat healthily:

## Diary dates

For further information on the following events/functions please go to the events section on the Lifescrpts webpage at [www.adgp.com.au](http://www.adgp.com.au)

### February 2006

- **World Cancer Day**  
Saturday 4 February 2006

### March 2006

- **Sport and Mental Health Conference- From Chemistry to Communities**  
Melbourne, 6-7 March 2006
- **Cardiovascular Disease in the 21<sup>st</sup> Century: Shaping the Future**  
Sydney, 23 – 25 March 2006

### April 2006

- **Walk Safely to School Day**  
Friday 7 April 2006
- **Heart Week**  
Sunday 30 April – Saturday 6 May 2006

### May 2006

- **World Asthma Awareness Day**  
Tuesday 2 May 2006
- **World No Tobacco Day**  
Wednesday 31 May 2006



## Contact the editor

To subscribe or unsubscribe to the Lifescrpts Newsletter or to submit an article please contact Megan Hansford at [mhansford@adgp.com.au](mailto:mhansford@adgp.com.au) or by telephone on: (02) 6228 0829.

Information in this newsletter is for the use and benefit of all members of SBOs and Divisions, so please pass it on, and recycle the whole, or parts, of this publication to your members with due acknowledgement to ADGP.