



Australian Divisions of **General Practice**

# Lifescrpts NEWSLETTER

**Issue: 5  
March 2006**

Lifescrpts resources are again marching out the door of the national warehouse. Orders for resources placed late last year or earlier this year are currently being filled. If your resources don't arrive this week you can check the progress of your order directly with the distribution warehouse by calling (02) 6269 1080 or 1800 020 103 (ask for population health division publications on extension 8654).

ADGP's Lifescrpts coordinator has begun developing case studies to provide the network with some examples of how Divisions are incorporating Lifescrpts into their programs. These case studies will be published on ADGPs website and may also feature in upcoming newsletters. If you would like to profile what you're Division is doing through a case study please let you SBO know or contact ADGP directly at [mhansford@adgp.com.au](mailto:mhansford@adgp.com.au)

The Australian Primary Health Care Research Institute is developing optional common pool performance indicators for Divisions of General Practice. The indicators are out for a second phase of consultation. Divisions may choose to report on Lifescrpts implementation by using the common pool performance indicators. Comments and feedback on the indicators should be sent directly to APHCRI, ADGP is also happy to receive a copy of your feedback and will also be providing feedback to APHCRI directly. Have your say on the indicators to make sure they are of most use to you and your Division.

ADGP has received some feedback on the size of the Lifescrpts electronic templates and is currently looking at how this concern may be addressed, any updates will be disseminated through the SBOs.

Megan Hansford  
Lifestyle Prescriptions Coordinator

## Focus on: Council of Australian Governments Meeting

The healthy lifestyle and prevention of chronic disease agenda has received a big boost recently with the announcement of a range of prevention and early intervention initiatives in the Council of Australian Governments (COAG) communiqué following their 10 February meeting.

ADGP is advocating for the role of Divisions, General Practice and multidisciplinary teams in the implementation of relevant COAG initiatives.

COAG is the peak intergovernmental forum in Australia, comprising the Prime Minister, State Premiers, Territory Chief Ministers and the President of the Australian Local Government Association. The communiqué from the 10 February meeting announced a \$1.1 billion for the *Australian Better Health Initiative*. This included \$500 million over four years for promoting good health, disease prevention and early intervention.

Five components make up the promoting good health, prevention and early intervention component of the initiative, these are:

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**Lifescrpts**

Advice for Healthy Living

1. Promoting healthy lifestyles by addressing alcohol use, nutrition, smoking and physical activity including aligning chronic disease prevention efforts across jurisdictions, a social marketing campaign on prevention, nationally consistent school canteen guidelines, school based programs and local community programs to create environments supportive of healthy lifestyle changes.
2. Supporting risk factor modification through introducing a *Well Person's Health Check* for people about 45 years old with one or more identifiable risk factors for chronic disease. This new MBS item will commence in November 2006.
3. Support for referral services to assist people making lifestyle changes including education and training for providers
4. Encouraging chronic disease self management through group and individual courses and counselling. Services are to be delivered by jurisdictions and non government organisations including education and training for primary health care.
5. Improving the integration and coordination of care for people with chronic diseases (including mental health) by providing incentive funds to improve service integration between medical services, public community health services, allied health and non-government organisations. Case conferencing for cancer specialists will be included in the November 2006 Medicare Benefits Schedule, state health coordination services for cancer patients to be improved.

For more information on the *Australian Better Health Initiative* go to: [http://www.coag.gov.au/meetings/100206/attachment\\_d\\_better\\_health.pdf](http://www.coag.gov.au/meetings/100206/attachment_d_better_health.pdf)

## Focus on: New Fact Sheets - Lifestyle and cancer prevention

At least half of all cancers can be prevented with a healthy lifestyle. The Cancer Council Australia has developed a series of cancer fact sheets focussing on lifestyle and reducing your cancer risk which are now available directly to doctors using Medical Director clinical software. They can also be down loaded from The Cancer Council Australia website [www.cancer.org.au/lifestyle](http://www.cancer.org.au/lifestyle).

The lifestyle and prevention fact sheets focus on cancer prevention and healthy lifestyle information highlighting, alcohol, nutrition, physical activity, obesity and smoking. The concise one page fact sheets are easy to print in colour or black and white and are designed for doctors to print off during a consultation.

Medical Director is used by 85% or around 16,000 computerised general practitioners around Australia. The fact sheets are in the 2.86 version of the software and will be included in the subsequent upgrades.

The Cancer Council Australia has also developed a colourful lifestyle poster, suitable for waiting rooms and notice boards highlighting the messages, Stop Smoking, Move your Body, Stay in Shape, Eat for Health, Be SunSmart, Avoid Alcohol and Look after number one. The poster can be viewed at The Cancer Council Australia website [www.cancer.org.au/lifestyle](http://www.cancer.org.au/lifestyle)

If you would like more information on the fact sheets or lifestyle poster please contact the Cancer Helpline on 13 11 20.

## Focus on: Heart Foundation new position statement

The Heart Foundation has just released its new nutrition position statement called **"Position statement on the relationship between carbohydrate, dietary fibre and glycaemic index/load and cardiovascular disease"**.

The main findings indicate that although the amount of carbohydrate may be important for overall weight management, it is the type of carbohydrate we consume that more directly influences our risk of cardiovascular disease. There is also evidence to indicate that wholegrains, apart from the fibre content itself, have a protective role for cardiovascular disease. This means that dietary recommendations around carbohydrate foods should particularly emphasise the consumption of wholegrain cereal products as well as dietary fibre from fruit and vegetables. Overall dietary recommendations should therefore limit the consumption of highly refined carbohydrate foods and recommend eating patterns with a low glycaemic load.

All the documents relating to the new position statement: the Position Statement, the Executive Summary, the Questions and Answer pages for consumers and health professionals, can be found through the Heart Foundation's website home page or the consumer or health professionals nutrition information pages.

**For consumers:** The Executive Summary and Consumer Q & As are available at <http://www.heartfoundation.com.au/index.cfm?page=137>

**For health professionals:** The Position Statement, Executive Summary and Health Professional Q & As are available at <http://www.heartfoundation.com.au/index.cfm?page=41>

If you would like further information on this position statement, or other information relating to heart health issues, please contact **Heartline on 1300 36 27 87**.

## Articles of Interest

### **ABS National Health Survey**

More Australian adults were overweight or obese and more drank alcohol at risky or high risk levels in 2004-05 than in 2001, according to results from the 2004-05 Australian Bureau of Statistics National Health Survey. Main findings include:

- 62% of men and 45% of women were classified as overweight or obese whilst only 32% of men and 37% of women assessed themselves as being overweight
- The proportion of adults consuming alcohol at risky levels rose to 13% from 11% in 2001. The highest proportion of adults (for both men and women) drinking at risky or high risk levels were in the middle age groups, for example in the 55-64 year age group with 18% of men and 13% of women consuming at such levels
- Prevalence of smoking was highest in the 18-34 year age groups
- Two thirds of adults (66%) of adults had exercised for recreation, sport or fitness in the two weeks prior to interview.

The ABS media release is available at:

<http://www.abs.gov.au/AUSSTATS/abs@.nsf/mediareleasesbyCatalogue/BAC45D309CF29D20CA257121007A23BA?OpenDocument>

The summary of results can be ordered in hard copy from the ABS or is available online at:

[http://www.ausstats.abs.gov.au/Ausstats/subscriber.nsf/0/3B1917236618A042CA25711F00185526/\\$File/43640\\_2004-05.pdf](http://www.ausstats.abs.gov.au/Ausstats/subscriber.nsf/0/3B1917236618A042CA25711F00185526/$File/43640_2004-05.pdf)

### **Maternal concern and perceptions of overweight in Australian preschool-aged children**

Michele W-C Campbell, Joanne Williams, Anne Hampton and Melissa Wake

MJA 2006; 184 (6): 274-277

This study looks at the level of Australian mother's concern about their pre-school aged children's overweight status. The study also looked at predictors of this concern, parental perceptions of the weight status, nutrition and activity of their overweight children relative to their peers. The study concluded that "despite mounting public concern about childhood obesity in Australia, most mothers surveyed were not concerned about their child's weight, and many mothers did not perceived their overweight children as different from their peers."

[http://www.mja.com.au/public/issues/184\\_06\\_200306/cam10711\\_fm.html](http://www.mja.com.au/public/issues/184_06_200306/cam10711_fm.html)

### **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

### **\$1.9 million for primary health care research and training**

Research into obesity, asthma and exercise are among projects awarded \$2 million under a Commonwealth Government program to improve primary health care.

The Primary Health Care Grants and Training Awards aim to strengthen primary health care research and improve the quality of primary health care.

Of the awards announced today, \$1.5 million will go to three projects:

- Investigating asthma in elderly patients (University of Adelaide)
- Exercise needs of women aged 65-74 (Griffith University)
- Nurse/GP partnerships for the care of patients with chronic obstructive pulmonary disease (University of New South Wales).

For more information:

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2006-ta-abb004.htm>

### **Get moving campaign**

The Australian Government has launched a \$6 million national campaign to encourage children to 'Get Moving' for at least an hour a day, as part of the Building a Healthy Active Australia initiative.

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

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2006-ta-abb006.htm>

To find out more, view the advertisements and access tips for parents and children the Get Moving campaign website is at:

<http://www.healthyactive.gov.au/getmoving/index.htm>

### **New graphic health warnings for tobacco products**

From 1 March 2006 tobacco products manufactured or imported into Australia are required to be printed with the new health warnings images.

The new set of 14 health warnings, comprising graphic images and explanatory messages will cover 30% of the front and 90% of the back of cigarette packs. The national Quitline number and website address will also be included. A rotation system has been developed to optimise consumer learning and awareness of the health effects of smoking. Two sets of seven health warnings (Set A and Set B) will be alternated every 12 months. (Set A takes full effect on 1 March 2006, and Set B on 1 March 2007.

Fourteen stark images focus on the major smoking-related health topics including lung cancer, emphysema, peripheral vascular disease, heart disease, macular degeneration, environmental tobacco smoke, foetal exposure to the toxins in tobacco smoke, smoking as a leading cause of death, and the benefits of quitting.

<http://www.quitnow.info.au/warnings/warnings.htm>

### **Keeping Medicare Fit – The Weekend Australian**

The plan for preventive health checks represents a fundamental shift for Medicare, but doctors want to take it further. Health editor Adam Cresswell reports:

[http://www.theaustralian.news.com.au/common/story\\_page/0,5744,18180312%255E23289,00.html](http://www.theaustralian.news.com.au/common/story_page/0,5744,18180312%255E23289,00.html)

## Useful resources

### **New resources available in the Lifescrpts Resource Library**

Division support resources:

- Sample Divisional annual plans incorporating Lifescrpts implementation
- North East Valley Division of General Practice have developed a tear off sheet
- North East Valley Division of General Practice Lifescrpts website link
- Sutherland Division of General Practice SNAP powerpoint presentation
- Lifescrpts risk factor summary of evidence
- Practical tips for GPs implementing Lifescrpts
- Scenarios for motivational interviewing role plays

### **“One stop shop” for primary care cancer resources**

A new web-based directory of cancer resources for primary care professionals has been developed by The Cancer Council Australia’s General Practice Committee. The directory includes the following resources:

- The early detection of prostate cancer in general practice: supporting patient choice (GP/Patient Showcard)
- Assessment and management of lung cancer: evidence-based guidelines – a guide for general practitioners
- Familial aspects of bowel cancer: a guide for health professionals
- Assessment of symptoms that may be ovarian cancer: a guide for general practitioners
- The investigation of a new breast symptom: a guide for general practitioners
- Advice about familial aspects of breast cancer and ovarian cancer: a guide for health professionals (Brochure)
- Melanoma and other skin cancers: a guide for medical practitioners
- Guidelines for preventive activities in general practice. Red Book 6th edition
- Recommendations for screening for specific cancers: guidelines for general practitioners
- Clinical practice guidelines for the psychosocial care of adults with cancer: a summary guide for health professionals
- Cancer in Australia: an update for general practitioners

## Diary dates

### **April 2006**

#### **Walk Safely to School Day**

Friday 7 April, for more information:

<http://www.walk.com.au/WSTSD01/page.asp?PageID=260>

#### **Heart Week**

Sunday 30 April to Saturday 6 May, for more information:

<http://www.walk.com.au/WSTSD01/page.asp?PageID=260>

## May 2006

### **World Asthma Awareness Day**

Tuesday 2 May, for more information:

<http://www.asthmaaustralia.org.au/>

### **World No Tobacco Day**

Wednesday 31 May, for more information:

<http://www.quitnow.info.au/>

## June 2006

### **Drug Action Week**

Sunday 18 June to Saturday 24 June

Theme days for drug action week are:

- Sunday 18 June launch day
- Monday 19 June harm minimisation
- Tuesday 20 June treatment
- Wednesday 21 June prevention
- Thursday 22 June Indigenous Peoples
- Friday 23 June workforce
- Saturday 24 June closing day

For more information:

<http://www.drugactionweek.org.au/>

## July 2006

### **National Diabetes Week**

Sunday 9 July to Saturday 15 July, for more information:

<http://www.diabetesaustralia.com.au/home/index.htm>

## 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.

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