



# THE HEALTH OF QUEENSLANDERS

*My health  
for life*

Research undertaken by the *My health for life* program finds what Queenslanders think about their health.

## WHERE ARE THEY NOW?



**70%** reported that their health and wellbeing are as much of a priority now, as they were before COVID-19.



**43%** believe a person's lifestyle has a high impact on their health.

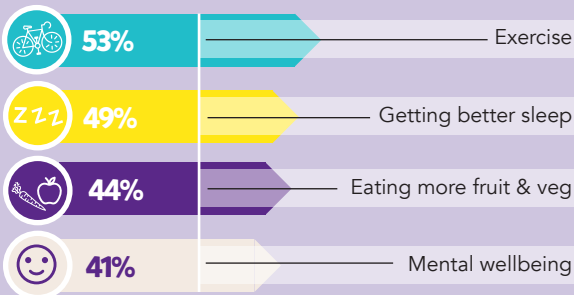


**45%** feel they have gained weight during COVID-19, with one in five reporting they'd gained 5 kilos or more.



**44%** nearly half of all Queenslanders believe their mental wellbeing has been impacted during COVID-19.

## KEY HEALTH PRIORITY AREAS OF QLDERS:



## ...THE REALITY DURING COVID-19:



Just **1 in 3** are eating fruit & veges daily.



**64%** eat sugary snacks once a week or more.



**38%** eat fast takeaway once a week or more.



**45%** are drinking alcohol at least once a week.

## ...GP'S CAN INFLUENCE LIFESTYLE CHANGES:



**43%** are reliant on their GPs for health information.



**2 in 5** Queenslanders are motivated to maintain good health.



**68%** like to keep informed about health matters.



**57%** feel overwhelmed or confused.

**76%** of patients join *My health for life* when referred by their GP or nurse.  
Refer a patient today.



# My health for life

13 74 75

[myhealthforlife.com.au](http://myhealthforlife.com.au)

- *My health for life* is the State's largest prevention program funded by the Queensland government through Health and Wellbeing Queensland. It was developed and is delivered by the Healthier Queensland Alliance led by Diabetes Queensland. The Alliance also includes the Heart Foundation, the Stroke Foundation, the Ethnic Communities Council of Queensland, the Queensland Aboriginal and Islander Health Council and the seven state Primary Health Networks.
- *My health for life* is a free, evidenced based behaviour change program designed to create sustained healthy habits and reduce the risk of cardiovascular disease and diabetes.
- *My health for life* is designed to complement current care provided by health professionals. It is a practical extension of the advice given by health professionals to their patients, allowing participants to better understand their health risks and develop longer term, sustainable health goals.
- 76 per cent of patients will enrol in the program when they've been referred by a GP or nurse – a testament to the relationship between practitioner and patient.
- Referral forms for most general practice medical software are available – contact your local PHN for further support or visit [myhealthforlife.com.au](http://myhealthforlife.com.au) or call 13 74 75.

## PROVEN SUCCESS

**16,000+** Queenslanders have joined the program

**96%** of participants rated the support, materials and program information as excellent

**70%** of participants have reduced their waistline

**99%** of participants agree the program is positive.