

SUPPORTING QUEENSLANDERS TO LIVE AND AGE WELL

My health for life 

My health for life is a free, government-funded lifestyle program, helping Queenslanders to live and age well and lessen their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke.

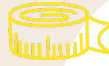
THE CHALLENGE

1.7 million Queenslanders live with heightened risk factors for chronic disease. Of the high-risk population:



67%

believe they have a good diet



62%

are overweight or obese



44%

do not exercise enough



78%

feel they know what a good diet is

HEALTHY LIFESTYLE PROGRAM

PROGRAM ELIGIBILITY

My health for life targets Queensland adults identified through a standardised health check at risk of:

- type 2 diabetes, heart disease and stroke (using the AUSDrisk tool).
- a pre-existing condition that increases their risk of developing chronic disease ie. pre-diabetes, history of gestational diabetes, high blood pressure and high cholesterol.
- a waist circumference of 102cm plus for males (or 90cm for males of Asian descent), or 88cm plus for females (or 80cm for females of Asian descent).

PROGRAM FAST-FACTS



State-wide program, delivered by the Healthier Queensland Alliance

Funded by the state government and is free to participants

Coaching support from a qualified health professional

Flexible delivery options: phone, face-to-face, in-language, workplaces

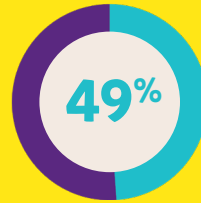
PROVEN SUCCESS



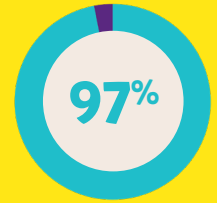
increased their vegetable consumption



reduced their waist circumference



met physical activity guidelines



maintained their intention to behaviour change

+250,000

have taken part in the online health check

+24,000

Queenslander have already joined the program

3 out of 4

participants recommend the program to family & friends

Data Source: Griffith University My health for life Program Evaluation Report 2020.