
Mackay versus Central Healthy Lifestyle Challenge

Initiative Type

Education and Training

Status

Deliver

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Summary

Mackay Hospital and Health Service challenged Central Queensland Hospital and Health Service to a healthy lifestyle challenge focusing on weight loss, waist circumference loss and steps. They accepted the challenge and are now celebrating the goals of participants across the north of the state who are aiming to lead a healthier lifestyle one step at a time. There were 800 people taking part in

the 16-week event.

Key dates

May 2018

Oct 2018

Implementation sites

Mackay, Central Queensland

Partnerships

10,000 Steps, Mackay HHS, Central Queensland HHS, Mackay Institute of Research and Innovation, Central Queensland University, Preventive Health Branch

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Aim

- To encourage weight loss, improve waist circumference loss and an increase steps.
- To encourage healthy lifestyles by using existing facilities and programs in the community.

Benefits

- Leverages existing relevant programs and services in the community that contribute to improving obesity rates and exercise levels.
- Reduce progression of diabetes type 2 and obesity across the region.
- Encourages healthy competition.

Background

In early 2018 Mackay Hospital and Health Service (Mackay HHS) launched a community wide initiative to reduce obesity and type 2 diabetes called Let's Shape Up. At the same time Central Queensland Hospital and Health Service (CQHHS) were investigating ways to extend their 10,000 Lives campaign to include other healthy lifestyle behaviours.

Solutions Implemented

The 10,000 Steps organisation assisted the project by modifying their existing website to enable the health challenge tracking. The Hospital and Health Services developed the challenge concept, timelines and promotional activities, while 10,000 Steps modified their website and developed supporting resources. CQHHS used it as a promotional activity, while Mackay HHS instigated it as part of the funded Let's Shape Up program.

Evaluation and Results

The Health Challenge ran for 16 weeks between June 2018 and October 2018. Mackay HHS had 401 community members participating and Central Queensland HHS had 354. **Results for Mackay HHS:** Weight loss (kg) : 205.2 Girth loss (cm): 180.9 Total steps: 152,627,430 **Results for Central**

Lessons Learnt

- Communication and well-defined roles between the Hospital and Health Services and 10,000 Steps was vital to ensure the project was completed successfully.
- Successful health promotion activities require partnerships.

Further Reading

[10,000 Steps Challenge Case study](#)

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