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# Health and Wellbeing Hub - Logan Healthy Living

Initiative Type

Model of Care

Status

Deliver

Added

03 March 2022

Last updated

15 June 2022

URL

<https://clinicaexcellence.qld.gov.au/improvement-exchange/health-and-wellbeing-hub-logan-healthy-living>

## Summary

Diabetes is the most common cause of potentially preventable hospitalisations in Logan, a rate 60 per cent higher than the national average. Admissions due to complications of Type 2 Diabetes represent a quarter (24 per cent) of all potentially preventable hospitalisations. Health and Wellbeing Queensland (HWQld) has joined a Queensland-first alliance with The University of Queensland (UQ),

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UQ Health Care, Metro South Health, Brisbane South Primary Health Network and Griffith University, to deliver diabetes care differently with an aim to reduce the burden of the disease on individuals, the community and the health system. HWQld is supporting a four-year pilot of a Health and Wellbeing Hub model – Logan Healthy Living. This new model of care will see greater integration between primary care, community, hospital and social care, strengthening of the prevention workforce capacity and capability, and partnering with the communities to address cultural, social and economic factors contributing to the local social and health inequalities. The program, focusing on physical activity, nutrition and wellbeing, is delivered by a student-infused allied health workforce in an environment of teaching and research complemented by Health and Wellbeing Queensland's existing suite of prevention programs. Logan Healthy Living connects people living with or at risk of diabetes with community programs to provide social supports and improve overall wellbeing, keeping people well and out of hospital. The solution of these Health and Wellbeing Hubs is to provide health equity through:

- integrating clinical prevention into Queensland's health system
- services are place based on community needs and target population
- collaboration by cross-departmental and cross-sectoral integration
- Health technologies such as Smart Hubs are utilised to support priority populations
- outcomes-based funding

## Key dates

Apr 2020

Dec 2021

## Implementation sites

Logan area

## Partnerships

UQ Health Care, Metro South Health, Brisbane South Primary Health Network, The UQ and Griffith University

## Key Contacts

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## **Aim**

- to develop, implement and evaluate a community-based prevention lifestyle program for patients living with complex Type 2 Diabetes, newly diagnosed Type 2 Diabetes and those with rising risk of chronic disease including but not limited to those with pre-diabetes and a history of gestational diabetes
- to reduce the rate of potentially preventable hospitalisations for Logan Hospital
- to build prevention capacity of current and emerging health professionals

## **Benefits**

Integration between primary care, community, hospital and social care to address diabetes as Australia's fastest growing disease.

## **Background**

Diabetes is Australia's fastest growing chronic disease, posing a significant impact on the health and wellbeing of Australians and to our health system. The impact of diabetes is over-represented within lower socioeconomic regions such as Logan. Diabetes is also expensive for the health system, especially hospitals.

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## **Solutions Implemented**

- evidenced based, co-design approach to the development of the community-based lifestyle program
- integration of a social prescription model to facilitate community integration and address the broader social determinants of health
- student infused, interprofessional approach to care and workforce development
- partnership approach to complement and leverage existing health infrastructure and deliver the right care at the right time
- collaborative cross sectoral alliance governance structure.

## **Evaluation and Results**

Signals of systems change evaluation approach is being applied to evaluate program impact to policy, practices, networks and mindsets inclusive of :

- comprehensive short and long-term program impact evaluations of behavioural and psychosocial program outcomes and health service impact economic evaluations
- student and workforce knowledge and confidence on a preventative healthcare approach
- partnerships and collaborations formed
- collective program impact to inform system reform.