



strokefoundation

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30th April 2015

Research Director
Health and Ambulance Services Committee
Parliament House
George Street
Brisbane Qld

By email: hasc@parliament.qld.gov.au

Dear Sir/Madam

Re: Inquiry into Personal Health Promotion Interventions Using Telephone and Web-based Technologies

Thank you for the opportunity to make a submission in response to the *Inquiry into Personal Health Promotion Interventions Using Telephone and Web-based Technologies*.

The National Stroke Foundation (NSF) would highlight that behaviour change associated with the prevention of chronic disease is complex and requires multifaceted strategies to address and sustain. With the growing availability of technology, the NSF would welcome and support further exploration of the use of telephone and web-based technologies as part of a suite of strategies to promote good health and prevent the onset of chronic diseases such as stroke.

Given that the NSF's recent '*No Postcode untouched*' report estimates that by 2050 there will be 24,101 strokes in Queensland (compared to 9443 strokes in 2014) if nothing is done to prevent the incidence of stroke it is essential that more is done to consider the role of personal health promotion interventions using telephone and web based technologies, alongside a range of other evidence based strategies.

The NSF acknowledges that the current availability of the COACH Program through 13HEALTH, which currently provides 24/7 phone assistance, and is supported by the highest level of evidence with two published randomised control trials. Evaluation to date has indicated that these types of programs have a positive impact and have made good progress towards assisting people to modify their behaviour around the management of their health. The



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first trial, in particular, found that at the end of the 6 month study, coached patients were “significantly better than patients who underwent usual care only in achieving lower total cholesterol, LDL cholesterol, lower blood pressure, lower body weight, reduced dietary intake of total fat, saturated fat, cholesterol, increased intake of dietary fibre, increased regular walking habit, reduced patient anxiety, reduced cardiac symptoms of chest pain and breathlessness and improved quality of life. The COACH Program is the world’s first cardiovascular disease management program that has been successful in significantly reducing coronary risk factor levels without involving dietitians or nurses in prescribing medication directly to patients.”

In Queensland, with funding from the Queensland Government since 2008, the National Stroke Foundation conducts the **Know your numbers** initiative which aims to improve public awareness and early detection of individuals at risk of stroke, type 2 diabetes and other cardiovascular disease. The Know your numbers program facilitates opportunistic screening assessments in pharmacy and community settings. In 2015 the NSF will conduct 50 000 opportunity checks through 700 community and pharmacy sites. The NSF believes that there is opportunities to explore ways in which phone and web-based technology could be integrated into a prevention programs such as Know your numbers to support sustainable behaviour change.

The NSF believes that the use of personal health promotion interventions using telephone and web based technology could provide a useful mechanism to address identified risk factors and foster self-management of these risk factors to increase physical activity, reduce weight and improve nutrition.

Thankyou for the opportunity to provide input. For further information please feel free to contact me on 3218 7303

Yours Sincerely

Ms Libby Dunstan
Executive Officer, Queensland