

Program Overview

My Healthy Balance is a free, innovative and interactive healthy lifestyle program designed by health professionals to help you improve your health. The program allows individuals to discover their risks, form healthy habits and stay motivated by setting a program goal and action plan, participating in interactive learning modules and opting in for program support.

Aim

To encourage, support and motivate the adoption of healthy lifestyle behaviours.

Target Group

All adult men and women.

Program Tools

Program consists of various tools to encourage and support healthy behaviour change. Such tools include:

- Weekly 2&5 planner
- Physical activity planner
- Physical activity calculator
- Interactive energy balance tool highlighting the relationship between healthy and unhealthy foods, physical activity, portion size and the impact on energy balance

Evaluation

- Participants lost an average of 2.2kg over the duration of the program
- Participants lost an average of 3.7cm from their waistline
- Statistically significant increases were found in participants who were active for at least 30 minutes or more each day, consumed two fruit and five serves of vegetables each day, did not add salt to their foods, consumed fish at least 3 times each week, consumed low fat milk, and consumed 2 standard alcoholic drinks or less each day.
- An overwhelming proportion of participants were satisfied with the program, found it easy to use, felt the program met their needs, and said they were likely to recommend the program to others.



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How does this Program Link in with Other Campaigns?

My Healthy Balance promotes healthy lifestyle messages that align with the Australian guidelines for healthy eating and physical activity as well as current health messages. The following campaigns can be linked with the program to promote healthy lifestyle behaviours:

- Healthier Workplace WA
- LiveLighter®
- Get on Track Challenge
- Go for 2&5

What's in it for you?

Participation in the program may result in the following:

- Greater knowledge of healthy lifestyle behaviours
- Adoption of healthy lifestyle behaviours
- Heightened mental and social well-being
- Weight loss

Further Information

If you would like further information please visit the website www.myhealthybalance.com.au or contact Diabetes WA on (08) 9325 7699.



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