



Life! Program Evaluation Overview 2021–22



The Life! program is supported by the Victorian Government

Published by Diabetes Victoria, February 2023

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In this document, 'Aboriginal' refers to both Aboriginal and Torres Strait Islander people. 'Indigenous' or 'Koori/Koorie' is retained when part of the title of a report, program or quotation.

Available at lifeprogram.org.au

Executive summary

The *Life!* program is the largest lifestyle modification program of its type in Australia. The program aims to reduce the effect of risk factors and contributes to decreasing the incidence of type 2 diabetes and cardiovascular disease (CVD).

The program comprises of the following subprograms here:

- Group-based programs:
 - *Life!* Group Course
 - Culturally and Linguistically Diverse (CALD) *Life!*
 - Road to Good Health (RTGH) Aboriginal *Life!*
- Individual Telephone Health Coaching services (THC)

All subprograms consist of seven sessions over 12 months, except the RTGH program that includes six sessions over 6 months.

Due to the COVID-19 pandemic, in 2021–2022 all group-based programs continued to be delivered online; however, from April 2022 all Facilitators meeting the requirements recommenced delivering face-to-face group sessions. Likewise, due to the impact of the pandemic on Aboriginal communities and the two existing RTGH Facilitators, the RTGH program paused delivery in 2021–2022.



Silva, *Life!* Facilitator

Evaluation purpose and scope

The 2021–2022 *Life!* program evaluation was designed as an impact evaluation. The main purpose was to evaluate program effectiveness measured by a range of participant outcomes over six months (short term) and 12 months (longer term).

The key evaluation questions included:

- To what extent was the *Life!* program effective in improving participants' lifestyle behavioural (diet, physical activity and sitting behaviours), physical (weight and waist circumference), and biomedical (systolic and diastolic blood pressure) outcomes?
- To what extent did participants achieve the program goals'?
- To what extent did the program have a positive impact on participants' knowledge of risk factors, and skills and change relevant to lifestyle behaviours?
- To what extent were participants satisfied with the *Life!* program?

Evaluation methodology

This evaluation used a mixed-methods approach to collecting and analysing quantitative and qualitative data. Measures of the program effectiveness included participants' lifestyle behavioural outcomes, physical outcomes, biomedical outcomes, achievement of program goals, perceived positive impact of the program, and satisfaction with the program. Statistical tests were conducted to examine changes in outcome measures over six months (from Introductory Session/baseline to Session 5/Follow-up Call 4) and 12 months (across baseline, Session 5/Follow-up Call 4 and the 12-month Session/Call). Two-tailed p value <0.05 was accepted as statistically significant.

1. **Healthy eating goals:** 1) decrease fat consumption: $\leq 30\%$ of energy; 2) decrease saturated fat consumption: $\leq 10\%$ of energy; 3) increase fibre consumption: ≥ 30 g per day; and 4) decrease sodium consumption: ≤ 2000 mg per day (or 5 g salt per day). 5) **Physical activity goal:** ≥ 30 minutes moderate activity per day. 6) **Weight loss goal:** decrease weight by at least 5%.

Evaluation findings

Program reach and retention

The 2021–2022 cohort consisted of 4191 participants completing Introductory Session between 1 July 2021 and 30 June 2022. These included 2809 participants attending the Group Course program, 640 attending the CALD program, and 742 attending the THC program (hereafter Group Course, CALD, and THC participants). There is a shortfall of 29.4% (n=1744) for the overall program uptake against the 2021–2022 target (n=5935), largely due to the ongoing impact of the COVID-19 pandemic.

The mean (SD) age of participants in the 2021–2022 cohort was 51.8 (14.7) years old and 76.4% (n=3201) were women.

These participants were:

- From 94.9% (n=75) of 79 Victorian Local Government Areas (LGAs) – exceeding the target of ≥ 80%
- From Non-English-Speaking (NES) countries (n=1509; 36.0%) – exceeding the target of ≥ 20%
- From Disadvantaged/hotspot LGAs (n=1477; 35.2%) – meeting the target of ≥ 35%
- From Rural/regional areas (n=933; 22.3%) – below the target of ≥ 40%
- At high risk of type 2 diabetes measured by the Australian Type 2 Diabetes Risk Assessment (AUSDRISK) score > 20 (n=755; 19.7%) – below the target of ≥ 30%
- From Aboriginal backgrounds (n=41; 1.0%) – below the target of ≥ 3%

Retention rates at Session 5/Follow-up Call 4 varied across the *Life!* subprograms including 61.5% for Group Course, 94.4% for CALD, and 70.3% for THC. These rates all exceed the target specified in the *Life!* Service Delivery Requirements (60% for Group Course, 50% for CALD, and 65% for THC). It should be noted that these retention rates may change with time. This is because at the time of this evaluation there were participants active at or before Session 5/Follow-up Call 4, who were not included in the calculation of retention rates.

Program effectiveness in the short term (six months)

At the time of this evaluation, 837 Group Course, 220 CALD and 227 THC participants in the 2021–2022 cohort completed Session 5/Follow-up Call 4. These participants were included in the analysis of those outcome measures to determine short term program effectiveness.

Change in participant outcomes over six months (Tables 1–4).

Table 1: Lifestyle behavioural outcomes

Lifestyle Behavioural Outcomes	Group Course	CALD	THC
All three groups of participants made a statistically significant improvement in these lifestyle behavioural outcomes (p<0.001)			
Session 5/Follow-up Call 4 vs. Baseline			
Mean fat/fibre score	3.44 vs. 3.03; p<0.001	3.48 vs. 3.00; p<0.001	3.71 vs. 3.04; p<0.001
Total physical activity minutes/day	43.4 vs. 30.8; p<0.001	59.3 vs. 44.3; p<0.001	41.0 vs. 26.6; p<0.001
Sitting hours/weekday	7.8 vs. 9.1; p<0.001	4.7 vs. 6.2; p<0.001	5.9 vs. 7.1; p<0.001

Note: p-value < 0.05 means statistically significant (applying to all tables below).

Table 2: Physical outcomes

Physical outcomes	Group Course	CALD	THC
All three groups of participants made a statistically significant improvement in both physical outcomes (p<0.001)			
Session 5/Follow-up Call 4 vs. Baseline			
Weight (kg)	82.9 vs. 85.5; weight loss 2.6kg; p<0.001	66.3 vs. 67.8; weight loss 1.5kg; p<0.001	87.6 vs. 91.1; weight loss 3.5kg; p<0.001
Waist (cm)	97.6 vs. 102.3; waist reduction 4.7 cm; p<0.001	84.5 vs. 86.3; waist reduction 1.8 cm; p<0.001	101.2 vs. 105.9; waist reduction 4.7 cm; p<0.001

Table 3: Biomedical outcomes

Biomedical outcomes	Group Course	THC
Only THC participants made a statistically significant improvement in both blood pressure measures ($p < 0.05$)		
Session 5/Follow-up Call 4 vs. Baseline		
Systolic blood pressure (SBP) (mmHg)	128.2 vs. 133.7; $p = 0.052$	125.3 vs. 127.7; $p = 0.049$
Diastolic blood pressure (DBP) (mmHg)	81.9 vs. 83.8; $p = 0.222$	79.1 vs. 80.5; $p = 0.047$

Note: CALD participants were not examined due to inadequate data.

Table 4: Numbers and proportions of participants achieving program goals

Goal Achievement	Group Course	CALD	THC
All three groups of participants made a statistically significant improvement in achieving both healthy eating and physical activity goals ($p < 0.001$)			
Session 5/Follow-up Call 4 vs. Baseline			
Healthy eating goal	242 (28.9) vs. 72 (8.6); $p < 0.001$	80 (36.4) vs. 17 (7.7); $p < 0.001$	116 (51.0) vs. 17 (7.5); $p < 0.001$
Physical activity goal	249 (29.7) vs. 123 (14.7); $p < 0.001$	66 (30.0) vs. 23 (10.5); $p < 0.001$	74 (32.6) vs. 27 (11.9); $p < 0.001$
At Session 5/ Follow-up Call 4			
Weight loss goal	145 (25.3); $p < 0.001$	45 (21.6); $p < 0.001$	72 (37.5); $p < 0.001$

Participants’ perceived impact of and satisfaction with the program

At the time of this evaluation, all 837 Group Course and 220 CALD participants completing Session 5 completed the program evaluation survey, with data entered into Salesforce. Of the 227 THC participants completing Follow-up Call 4, only 17.2% ($n = 39$) completed the program evaluation survey distributed via Qualtrics.

For the measures of program impact on helping participants to gain knowledge of risk factors, increase skills in adopting healthy lifestyle behaviours (relating to diet and physical activity), and make positive changes to lifestyle behaviours, over 96% of CALD participants, around 90% of THC participants and around 55% of Group Course participants gave positive ratings.

Regarding participants’ satisfaction with the program, 100% of CALD participants, over 97% of Group Course participants and around 90% of THC participants rated the program as “very good” or “excellent” and would like to recommend the program to others.

Program effectiveness in the longer term (12 months)

At the time of this evaluation, most participants in the 2021–2022 cohort had not yet reached the 12-month Session/Call. Therefore, participants in the 2020–2021 cohort were examined. In this cohort, 1102 Group Course, 374 CALD and 427 THC participants completed the 12-month Session/Call and were included in the analysis to determine longer term program effectiveness.

Repeated measures analyses and post hoc pairwise comparisons determined that: firstly, Group Course and THC participants had a continuing improvement in fat/fibre score, and CALD and THC participants had a continuing improvement in weight and waist circumference across Introductory Session, Session 5/Follow-up Call 4 and the 12-month Session/Call. Secondly, Group Course participants improved physical activity, weight and waist circumference over six months and then maintained to 12 months. THC participants improved physical activity over six months and then maintained to 12 months. In comparison, CALD participants maintained their physical activity level over the 12-month period. Lastly, based on inadequate sample sizes, there were no statistically significant changes in Group Course or THC participants’ blood pressure measures (SBP and DBP).

Conclusions

The evaluation findings demonstrate that in the short term (six months), all three *Life!* subprograms (Group Course, CALD and THC) are effective in improving participants' lifestyle behavioural outcomes (diet, physical activity and sitting behaviours), physical outcomes (weight and waist circumference) and achievement of healthy eating and physical activity goals. Trends analyses confirm that in the longer term (12 months), the program is effective in improving Group Course and THC participants' diet, and CALD and THC participants' weight and waist circumference. It is uncertain whether the *Life!* program is effective in improving participants' blood pressure in the short or longer term, as the limited data are inadequate to detect the true effects.

Overall Group Course and CALD participants are satisfied with the program as over 97% rated the program as "very good" or "excellent and were willing to recommend the program to others. CALD participants are also positive about the program helping them to gain knowledge of risk factors, increase skills in adopting healthy lifestyle behaviours, and make positive changes to lifestyle behaviours, as over 96% gave positive ratings on these outcome measures. Group Course participants appear to be less positive about the program's impact on these outcome measures as only around 55% gave positive ratings. Lastly, the limited data collected from THC participants make it impossible to establish the evidence regarding THC participants' views on the program.

Recommendations

Based on the evaluation findings in 2021–2022, recommendations are proposed for 2022–2023, including:

- Implement multiple measures to support achievement of program uptake target in 2022–2023, such as implementing various strategies, plans, and projects developed in 2021–2022 and supporting the 21 newly trained Facilitators to deliver groups.
- Implement targeted measures to improve program reach for some populations including those from rural/regional areas, from Aboriginal

communities, and at high risk of developing type 2 diabetes, and enrol more male and younger participants.

- Continue the CALD program reform agenda to improve CALD program uptake and participant outcomes. This includes the implementation of the *CALD strategy* and associated plans and transferring the successful experiences of engaging with Chinese communities to the Vietnamese and Arabic communities.
- Monitor the implementation of three priority projects (*Life! Online*, moderate risk pilot and program content review), coupled with key stakeholders' concerted efforts and adequate resources, to ensure they achieve their intended goals.
- Provide support for Facilitators to continue to deliver online group sessions. Attention may be paid to addressing issues around how to make online group sessions more engaging and covering all required topics within the allocated time.
- Work with the workforce to address issues specific to the THC and Group Course programs.
 - For the THC program, address participants' low response to the program evaluation survey and monitor Health Coaches' practice to ensure they deliver the program in a timely manner.
 - For the Group Course program, identify strategies to improve the program's ability to help participants to gain knowledge of risk factors, increase skills in adopting healthy lifestyle behaviours, and make positive changes to lifestyle behaviours.
- Continue to improve the quality of the *Life!* program, specifically the quality of program delivery and data quality. To achieve this, continued implementation of those effective measures already in place and where possible exploring additional measures are required.

For more information about the *Life!* program evaluation overview please contact Dr Emily You (Evaluation Lead) at eyou@diabetesvic.org.au

Case studies – *Life!* Participant Stories

Pili – *Life!* champion from Westmeadows, Metro Victoria



Pili is a 42-year-old mother with two young children and a small business to run – busy is one way to describe her *life!* However, building a successful jewellery business and focussing on her children and family meant that Pili's own health took second place.

"I had always enjoyed exercising and was fit, active and slim. But while pregnant with my second son, I had no energy to move and the weight piled on. When I saw a few photos of myself and how I had neglected my health I decided I really needed a change."

Pili's kids and husband were her main inspiration to get healthy. **"I wanted to be able to go for bike rides and walks again without being the last one or always out of breath. I wanted them to see their mum eating healthy food and to inspire them to do so too."**

Pili saw a friend's Facebook post about some fitness classes she was attending, and this led her to Brendan and Aaron from AB Corporate Fitness. In addition to a training plan, AB Corporate Fitness suggested that Pili join the *Life!* program. Pili found the program provided the motivation and support she needed to get her life back on track.

"The *Life!* program was great! I already had some healthy eating knowledge, but I had forgotten or lost my way. This program reinforced everything, plus had the benefit of the physical activity component. It helped me find that balance I needed and, it improved my health."

"Nowadays, I am more active and exercise every day. If I can't go to the gym, I will go for a long walk, jog or do things around the house. I don't sit for long periods of time."

Pili was born in Spain and raised in Australia. **"My upbringing was very Spanish. This meant lots of food! My mum was a great cook and while she did cook healthy food, the portions were always HUGE!! We had to eat everything on our plate. Her favourite word was EAT!!"**

"I am now mindful of what I am feeding my body: I cook with less oil and salt, I don't have sugar and if I do, very little. I eat more vegetables, and as many different coloured vegetables as I can."

Pili's hard work has paid off and she has lost 15kg and inches from her waist. And with her new-found fitness, Pili was also able to do the challenging Oxfam 100 km trail walk. She was able to push through the physical and mental exhaustion of this event when previously she not been able to walk up a steep hill.

Pili credits AB Corporate Fitness and the *Life!* program for all their support on her journey to good health. **"The *Life!* program taught me how to take care of ME! I have dropped 4 dress sizes. My skin is great and I feel amazing with lots of energy! I can now walk, run, jump, skip and lift heavy weights."**

Case studies – *Life!* Participant Stories

Daniel – *Life!* graduate from Buninyong, Regional Victoria



Daniel went to visit his local GP in June 2020 and expressed his want to make some changes to his health. The GP then introduced and referred Daniel to the *Life!* program. And then Daniel started the program journey in the same month.

Here, we hear about how the program has helped Daniel improve his mental and physical health.

Daniel found that the best part of the *Life!* program for him was that it was extremely easy to follow, making it more achievable for him to adopt more consistent health habits and make changes to his overall health that he can maintain into the future.

Looking back on his time in the program, Daniel shares with us some of the many learning experiences that have now become a mainstay in his attitude towards his health.

“I learned that a healthy life starts with good sleep and healthy eating habits. I now go to bed before 11:30pm every night, I used to be a terrible night owl! I’ve also learned to never be afraid of trying something new. Overall, since I began the program, I have lost 35kg, I’m down from 195kg to 160kg.”

When speaking about his overall experience in the program, he shares that he would “absolutely” suggest the *Life!* program to others as the program can make a positive impact on participants’ health and wellbeing. As he says, **“It’s a great program and a good way to get back on track with your health.”**

Case studies – *Life!* graduates from CALD backgrounds

Hiep (Vietnamese) – From West Footscray, Metro Victoria

Hiep joined the *Life!* program in April 2021. We had the opportunity to speak to Hiep about his experience with the program, and how *Life!* helped him improve his overall health.

Why did you decide to join the *Life!* program?

“To better my health and lifestyle.”

How did you find out about the *Life!* program?

“Through a program called “Sons of the West” which is run by Western Bulldogs Community Foundation.”

What were the best parts about the *Life!* program for you?

“For me, learning about healthy choices such as food intake, learning what to eat and when is the best time to eat, how to read food labels, easy exercises, and how to make gradual changes.”

What were some of the most important things and/or take-home factors that you learned whilst in the program?

“Perseverance was the biggest thing, for example to push yourself to exercise even when you are tired or there are minor changes in the weather.”

How has the program changed your health so far?

“I’m more aware of my food intake now and because of my knowledge, it prompts me to read food labels and ingredients before I buy something.”

Would you recommend the *Life!* program to others?

“Yes absolutely. The program is awesome. It would have been good if it wasn’t for the COVID-19 restrictions and lockdowns, to interact with other participants face to face and strike up with like-minded people as we work together towards a common goal.”

Ray (South African) – From Geelong, Metro Victoria

Ray joined the *Life!* program in April 2021. We had the opportunity to speak to Ray about how the program has helped him improve his mental and physical health.

Why did you decide to join the *Life!* program?

“I found out about the *Life!* program on Facebook and I joined because I wanted to learn how to be healthier.”

What were the best parts about the program for you?

“The best part was the one-on-one lifestyle coaching especially regarding diet. The program focused on what you can eat instead of what you can’t, and I learned a lot about exercise. Although it was a small benefit, having a person to talk to at each online session during the COVID-19 lockdowns was something to look forward to and I found it really beneficial.”

What was your biggest learning experience in the program?

“I learned that my exercise and “low” fat diet were not good enough and that it’s not that hard to make changes, it’s actually relatively easy!”

What sort of changes have you been able to implement thanks to the program?

“I now have higher awareness of diet, better exercise habits and lower alcohol consumption. I’ve lowered my weight, I feel more energised and I’ve also been able to lower some of my medications.”

Would you recommend the *Life!* program to others?

“Absolutely!”

Life! Group Course Facilitator – Steve (Exercise Physiologist & Exercise Scientist)



Steve is an accredited Exercise Physiologist and an Exercise Scientist located in Malvern. He is also a long-standing Life! Provider and Facilitator through his business Sure Health Movement. Since joining the Life! program in 2018, Steve has supported 34 groups of participants in reducing their risk of type 2 diabetes and cardiovascular disease.

What motivated you to become a Life! Facilitator?

“I had always worked with people one-on-one, and this was a great way to reach people who need help in a supportive group setting. I love seeing people make sustainable long-term changes to their health over an extended period and the positive impact it can make to their day-to-day life.”

What approach do you use in your sessions to engage the participants?

“I tell relatable stories, encourage group discussions and get people to share their own lived experience.”

What has been a success story that you have always remembered?

“One gentleman in his 60’s who was significantly overweight and had not been able to do the things he enjoyed most, notably bushwalking and golf, getting back to doing those things he loves after losing more than 25kg in a six-month period.

He also maintained that weight loss when we next touched base at the 12-month milestone of the program. Not only was he doing things he was passionate about, but he had more energy, had re-connected with a social network, and had significantly reduced his risk of developing type 2 diabetes and cardiovascular disease.”

Why would you encourage other health professionals to become a Facilitator in the Life! program?

“You have great support and resources, and you can really make a positive impact on people’s lives.”

Life! Chinese Facilitator – Angel (Nurse)



Angel is a Chinese *Life!* program Facilitator based in Melbourne.

What motivated you to become a *Life!* Facilitator?

"More and more people are diagnosed with diabetes, heart diseases and stroke every day. *Life!* program is a very meaningful and effective channel to raise the community awareness to prevent these chronic diseases."

What do you enjoy most about running the program?

"I really like the group setting in the *Life!* program as it motivates everyone to actively participate and practice what they have learnt together to achieve their goals."

What has been your biggest learning experience?

"I learnt to facilitate effectively in a group and use online platform to interact effectively with the group participants."

What is something surprising that a participant has taught you while delivering the program?

"There are lots. I have learnt to cook delicious and healthy food from many different cultural

backgrounds. My groups also share cooking tips and ideas to overcome barriers in achieving goals."

How important has it been for you to be able to deliver the *Life!* program to the Chinese community?

"It is very important. As we all know, Chinese communities are at a high risk of developing diabetes, heart diseases and stroke. If more people are aware of the modifiable risk factors, more people will be able to work on lifestyle modification to prevent chronic disease."

Ultimate favourite moment/memory from your time as a *Life!* Facilitator?

"The time together are precious especially when we all are willing to share the successful stories and challenges when we practice the healthy lifestyle in our daily life."

What advice would you give someone considering participating in the *Life!* program?

"Join in now! Taste the goodness of the *Life!* program and it will surely bring you to a healthier lifestyle and achieve your health goals."

Anything else you would like to add?

"Thanks very much for organising such a wonderful health program! It really benefits many people and I trust it will continue to help more people."

Life! Group Course, CALD and THC Workforce Stories

Life! Telephone Health Coach – Melinda (Nutritionist)



Mel is a Health Coach and Facilitator for the *Life!* program who has supported over 270 participants as both a group session Facilitator and Telephone Health Coach. Mel runs her own private practice, The Passionate Nutritionist, in the Surf Coast Shire area. In addition to her extensive experience, Mel holds a Bachelor of Health Science (Nutrition) and Bachelor of Applied Science (Human Movement).

What motivated you to become a *Life!* Facilitator/Health Coach?

"I am passionate about facilitating the change process in others so they can reach their health goals. Often, participants have already identified the improvements they need to make but require some support to make them happen. I also love helping people simplify their health habits so they feel that they can sustain them."

What do you enjoy most about running the program?

"Seeing the benefits that people experience when they make small changes to their health. Participants have often tried to make changes in the past but haven't been able to sustain them,

so giving them the tools to develop long lasting healthy habits can be a real game changer."

What has been your biggest learning experience?

"Even the people that have trouble making changes still benefit from the program due to the regular calls and support they are receiving."

What makes you smile the most about the progress of your participants when they reach the end of the program?

"When they have made their lifestyle changes sustainable and find ease in doing this. It also makes me smile when they don't view their healthier eating habits as a "diet"."

What is something surprising that a participant has taught you while delivering the program?

"Not a specific participant, but I've learnt that even though health challenges become more frequent as we age, it's the attitude to how we approach these that makes the difference. Having a growth mindset and challenging yourself to move more and eat well so you feel your best always leads to a better quality of life."

What has been your favourite moment from your time as a *Life!* Facilitator/Health Coach?

"Seeing those that have the biggest obstacles, such as mobility issues, chronic pain, previous addictions, modify their habits to improve their health. These are the people that could use their circumstances as an excuse to why they cannot make improvements to their lifestyle but seeing them put in the work is both amazing and rewarding."

RTGH Facilitator – Mick (Exercise Physiologist)



Mick is an experienced Exercise Physiologist and a dedicated Road to Good Health (RTGH) program Facilitator of Aboriginal and Torres Strait Islander background.

Located in the Echuca/Moama region, close to the Cummergunja area on the border between New South Wales and Victoria, Mick began delivering the RTGH program to his local Aboriginal community in 2019 and has since delivered four successful groups.

Mick's passion to share his knowledge and improve the health of Aboriginal people was a key motivation for him to become a RTGH Facilitator.

He describes the program as **"Fantastic. Not only have my participants improved their own health, but also that of those they are living with and care for which is great to hear."**

What Mick enjoys most from his sessions is helping to debunk some of the myths that his participants have about nutrition and exercise, in particular **"watching people's eyes light up when they have an information breakthrough."**

His main role as a Facilitator is to support his participants to foster the skills to improve their healthy living habits, but he has welcomed many learning experiences for himself along the way.

Notably, Mick describes **"hearing stories from elders about the old ways, local tribes, and traditional lands"** as his most valuable learning experience so far.

"Participants have started eating more foods which are traditional to our original way of life. They have learnt to swap unhealthy foods for natural and more nutritious options. We have also discussed the intergenerational effect that nutrition has on community."

Since COVID-19 restrictions have eased, Mick has found it important to keep in touch with his participants outside of the program and finds value in forming great relationships with both past and current participants to keep the conversation going, especially in a rural community.

Prioritising open conversation in the group sessions and learning from his participants have enabled Mick to discover valuable feedback that helps him deliver the *Life!* program in the best way possible.

Something that he has learnt from his participants for example is that allied health professionals need to be more mindful of meeting people where they are at. This might mean balancing evidence-based recommendations with the lifestyle choices of participants.

Over Mick's time as a *Life!* Facilitator, he has empowered many Victorians at risk of developing type 2 diabetes and/or cardiovascular disease to adopt healthier living habits. Eight of his former participants who are elders **"continue to attend the gym 2-3 days per week and eat more mindfully,"** highlighting the incredibly positive impact that the RTGH program has had on local Aboriginal communities.

Reflecting upon his favourite memory so far as a Facilitator, Mick recounts **"I had an elder have his eyesight restored and restricted licence lifted 6 months after completing the program as his vision has improved as a result of normalising his blood sugar. Very cool!"**



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