



FACTS

Screening Nutrition Activity Program – Positive Attitude/ Pride

What is it?

SNAP is a workplace based detection and early intervention screening project that will promote healthy lifestyle changes. The project is designed to create awareness of risk factors related to a number of chronic conditions and to support health behaviour change. The project focuses on screening, nutrition, physical activity, pride, and positive attitude (SNAP).

Why SNAP?

Everyone knows that many aspects of our health are in our own hands, but often we need encouragement and guidance. SNAP's design provides this needed encouragement and guidance through health screenings; education sessions; newsletters; text and email messages; support of health professionals and colleagues.

Unfortunately Queensland has a higher than national average for the incidence of heart and other diseases related to circulation, Cardio Vascular Diseases (CVD). In addition, West Moreton has a higher than state average for mortality and morbidity from these diseases. The risk factors for CVD are also the risk factors for a wide range of chronic health problems, such as Type-2 Diabetes, Osteoarthritis, Osteoporosis and some lung disorders.

We live in an era where the health system is struggling to cope with the demands of an aging population. In addition, there is a rising incidence of chronic disease. Chronic health conditions are a burden to those who have the condition. In many cases, the conditions are avoidable. Queensland Health, along with health authorities throughout the developed world, recognises that a significant proportion of chronic health problems are preventable or at least their impact minimised or the onset delayed. The aim of health promotion and healthy lifestyle change activities that target chronic health problems is to improve the quality of life of individuals and communities.



How does SNAP work?

Better Health is a SNAP and it is simple.

1. At their place of work, participants complete a health questionnaire; receive base line measurements of height, weight, Body Mass Index, waist circumference, blood pressure, non-fasting blood sugar and cholesterol. QLD Health nurses and UQ Nursing students provide the screening. Results are confidential.
2. Participants set goals and enter them, with their health screening results, in a personal SNAPSHOT booklet. Goal setting is about identifying individual risk factors and planning a strategy to overcome or minimize them.
3. Appropriate community health services, or professional medical services if needed, are suggested to participants.
4. During the next six months health education sessions, newsletters, text and email support messages; and advice from health professionals are offered to assist participants reaching their goals.
5. A follow-up screening, similar to the initial one, is given in order for participants to gauge their progress in reaching their goals.
6. Continued health education and health promotion activities continue for an additional six months.
7. A final screening is repeated after one year, by which time the participants have truly discovered that **Better Health is a SNAP.**

Who is on the SNAP team?

SNAP is a collaborative effort of the Ipswich Hospital Foundation, QLD Health – West Moreton Community Health, QLD Health - Public Health Unit, University of Queensland – School of Nursing; and the Ipswich and West Moreton Division of General Practice. These parties serve as the steering committee, and the Ipswich Hospital Foundation and the Nurse Manager of Adult Health Service provide the day to day governance.

- A nurse from QLD Health - Adult Health Services in the West Moreton Community Health is the project manager.
- The Ipswich Hospital Foundation provides funding and recruitment of interested businesses. In order to continue the SNAP program and other vital programs improving the health of the community, the Ipswich Hospital Foundation needs support. Tax-deductible gift donations can be arranged through participating employers for payroll deduction.
- The University of Queensland, Ipswich and West Moreton Division of General Practice, and QLD Health may conduct research and evaluation of the project through unidentifiable data of the participants.
- Nursing staff from QLD Health and nursing students from the University of Queensland conduct the health screening.
- Health professionals in the area provide education sessions and information for newsletters.

SNAP is about taking control and empowering yourself to make a difference to your future. It is about being the best you can be.

Better Health is a SNAP