

# HEALTHY LIFESTYLE

The Australian Institute of Health and Welfare explains that there are many health determinants that can protect your good health or pose a risk to it. Protective behaviours include physical activity, vaccination and good nutrition, while risks include the use of tobacco or illicit drugs, excessive alcohol intake or being a victim of violence.

In the Murray PHN region, we have high rates of chronic diseases like diabetes, hypertension (high blood pressure) heart and lung diseases, and cancer. The primary risk factors for chronic disease include obesity, smoking, alcohol intake, sugar consumption, an adequate and varied diet including fruits and vegetables, and exercise.

Other impacts on good health include the type of society you live in, your home environment, your socioeconomic status and biological factors. You can read more in [Murray Health Report: health in our region \(October 2021\)](#)

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| <p><b>Quality Improvement in General practice – Alcohol and other drugs (AOD)</b></p> | <p>To assist and support general practices in our region, Murray PHN has developed a suite of quality improvement activities that focus on different aspects of AOD-related topics in general practice.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Alcohol and other drugs: Introduction to quality improvement</a></li> <li>• <a href="#">Alcohol and other drugs: Overview of PDSAs</a></li> </ul>   |
| <p><b>Change Idea templates</b></p>   | <p>Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.</p>                                    | <ul style="list-style-type: none"> <li>• <a href="#">Smoking Cessation</a></li> </ul>  |
| <p><b>PDSAs - Quality Improvement</b></p>   | <p>Plan-Do-Study-Act (PDSA) cycles provide a framework to help develop, manage, and test quality improvement activities identified in change idea templates. Your Quality Improvement Consultant can assist in developing your PDSA templates.</p> | <ul style="list-style-type: none"> <li>• <a href="#">Embed smoking cessation conversations into routine care</a></li> <li>• <a href="#">Increase recording of smoking status for patients over 15</a></li> <li>• <a href="#">Increase recording of alcohol status for patients over 15</a></li> <li>• <a href="#">Improve opioid management and reduce risk</a></li> <li>• <a href="#">Increase uptake of Hep C therapy and treatment</a></li> </ul> |
| <p><b>MBS Items</b></p>   |  | <ul style="list-style-type: none"> <li>• <a href="#">MBS-Health-Assessments-April-2022</a></li> <li>• <a href="#">MBS Items in Aboriginal and Torres Strait Islander health care</a></li> </ul>  |

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| <b>Murray HealthPathways</b>   | <p>Murray HealthPathways aims to guide best-practice assessment, management and referral of common medical conditions, including when and where to refer patients, with guidance on what information is needed.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Murray HealthPathways</a></li> </ul>  |
|                                | <p>Note that the Alcohol and Drug Use pathways are currently under review by our HealthPathways team. We will provide an update when these become available.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Physical Activity – Adults – Murray HealthPathways</a></li> <li>• <a href="#">Exercise and Lifestyle Modification Programs – Murray HealthPathways</a></li> <li>• <a href="#">Smoking Cessation Advice – Murray Health Pathways</a></li> <li>• <a href="#">Weight Management in Obese Adults – Murray HealthPathways</a></li> </ul> |
| <b>Additional Resources</b>    | <ul style="list-style-type: none"> <li>• <b>Healthy lifestyle:</b> <ul style="list-style-type: none"> <li>– <a href="#">Healthy lifestyle - Healthdirect</a></li> <li>– <a href="#">RACGP webinar series - Healthy lifestyle</a></li> </ul> </li> <li>• <b>Smoking cessation:</b> <ul style="list-style-type: none"> <li>– <a href="#">Online Training   Quit Centre</a></li> <li>– <a href="#">RACGP webinar series - Smoking cessation</a></li> <li>– <a href="#">RACGP - Supporting smoking cessation: A guide for health professionals</a></li> <li>– <a href="#">Quit Education Online Training</a></li> </ul> </li> <li>• <b>Alcohol and other drugs:</b> <ul style="list-style-type: none"> <li>– <a href="#">RACGP – Alcohol and Other Drugs – GP Education Resource Library</a></li> <li>– <a href="#">Alcohol and Drug Foundation</a></li> <li>– <a href="#">NSW Health – AOD Useful Links</a></li> </ul> </li> <li>• <b>Nutrition and exercise:</b> <ul style="list-style-type: none"> <li>– <a href="#">RACGP – Nutrition and Exercise interventions</a></li> </ul> </li> </ul> |  |
| <b>First Nations Resources</b> | <ul style="list-style-type: none"> <li>• <b>Healthy lifestyle:</b> <ul style="list-style-type: none"> <li>– <a href="#">Lifestyle and family health support for Aboriginal and Torres Strait Islander people</a></li> </ul> </li> <li>• <b>Smoking cessation:</b> <ul style="list-style-type: none"> <li>– <a href="#">Aboriginal Quitline Brochure</a></li> <li>– <a href="#">Aboriginal Quitline</a></li> </ul> </li> <li>• <b>Alcohol and other drugs:</b> <ul style="list-style-type: none"> <li>– <a href="#">Alcohol and Drug Foundation – Indigenous Resources</a></li> <li>– <a href="#">Alcohol an Aboriginal and Torres Strait Islander peoples</a></li> </ul> </li> </ul>  |  |

For further information or support please contact your local [Quality Improvement Consultant](#), email: [gpsupport@murrayphn.org.au](mailto:gpsupport@murrayphn.org.au) or visit the general practice support page on our [website](#)

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| <p><b>PHN Exchange Reports</b></p>                  | <p>PHN Exchange provides a visual analysis for general practice specific data analytics. These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking:</p> <p><b>PIP QI</b></p> <ul style="list-style-type: none"> <li>• QIM02a Smoking</li> <li>• QIM02b-1 Smoking Status – Current Smoker</li> <li>• QIM02b-2 Smoking Status – Ex-Smoker</li> <li>• QIM02b-3 Smoking Status – Never</li> <li>• QIM03a BMI</li> <li>• QIM03b-1 BMI – Underweight</li> <li>• QIM03b-2 BMI – Healthy</li> <li>• QIM03b-3 BMI – Overweight</li> <li>• QIM03b-4 BMI – Obese</li> <li>• QIM07 Alcohol</li> </ul> <p><b>Data Quality Trend</b></p> <ul style="list-style-type: none"> <li>• Active patients aged 15 years and over with smoking status recorded</li> <li>• Active patients aged 15 years and over with alcohol status recorded</li> <li>• Active patients with BMI status recorded</li> </ul> <p><b>Diabetes Trend</b></p> <ul style="list-style-type: none"> <li>• Active diabetic patients with cholesterol recorded</li> <li>• Active diabetic patients with smoking recorded</li> <li>• Active diabetic patients with waist recorded</li> </ul> <p><b>Coronary Heart Disease Trend</b></p> <ul style="list-style-type: none"> <li>• Active CHD patients with cholesterol recorded</li> <li>• Active CHD patients with smoking recorded</li> </ul> <p><b>Respiratory Trend</b></p> <ul style="list-style-type: none"> <li>• Active Asthma and COPD patients with a smoking status</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">PHN Exchange</a></li> </ul>                                   |
| <p><b>Pen CS – CAT4 Recipes</b></p>                 | <p>CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">CAT4 Recipes</a></li> </ul>                                   |
| <p><b>Get Healthy Service for NSW residents</b></p> | <p>This coaching service (up to 10 calls over six months) is free for NSW residents, who want to improve their lifestyle e.g. healthy eating, reducing alcohol consumption, getting active and reaching a healthy weight, including during pregnancy. Referrals by health professionals get the best outcomes.</p>   | <ul style="list-style-type: none"> <li>• <a href="http://gethealthynsw.com.au">gethealthynsw.com.au</a></li> </ul> |