

10,000 Steps Case Report 3

Port Lincoln Aboriginal Health Service Staff Challenge



Background:

Our organisation is Port Lincoln Aboriginal Health Service and we deal with a community that has an elevated body mass index, elevated lipids and exercise little. We were running a diabetes education program and we recognised the relationship between diabetes, obesity and lifestyles issues surrounding the community. The first step was to implement the 10,000 Steps program to the staff with the view of implementing the program in the future to the community. We conducted an internal work challenge through the diabetes program to show staff how much exercise they were doing and how much extra they may need to do to become more active.

Partners Involved:

Local Diabetes Program.

Objectives:

- To increase the activity levels of the employees.
- To educate them of the amount of activity everyone should be doing on a day to day basis.

Implementation Strategies:

- Contacted the local Community Health to get ideas of how they ran their program.
- Purchased pedometers with funding from the Diabetes program.
- Notified staff through email and meetings about program.
- Loaned pedometers to staff for a period of six weeks.
- Conducted a six week timed challenge, paper based with steps reported to the team captains.

Outcomes:

- 27 staff enrolled.
- Total number of steps recorded was 1,964,686 steps.
- This equates to walking from Port Lincoln to Adelaide twice and from Port Lincoln to Streaky Bay once.
- It created interest from other community members.

Where to from here:

Plan to introduce program to community members through the diabetes program.

Lessons Learnt:

1. Need someone driving the project and need to set aside time at the beginning of each week to contact participants.
2. Not everyone returned their pedometers.

Total Project Costs:

- \$1,100 for purchase of pedometers funded by Diabetes program.
- Staff time was provided by Port Lincoln Aboriginal Health Service.

This Case Report was developed by:

Port Lincoln Aboriginal Health Service