Appendix A

Numurkah: Showing ~~the~~ a better way to a healthy life

Children	School Age	Young People	Families	Middle Aged	Older

Healthy

At Risk
Early Intervention

Treatment

Early Intervention Programs
- "Life"
- Other?

Chronic Disease management
- Healthy Coaching
- Better Health Self Management
- Flinders Model

Health Promotion Programs
- Go for Your Life
- Other?

Messages to the Healthy
Be part of the solution, not part of a future problem

Health Promotion

Across all population groups
Showing a better way to:
health promotion healthy eating
physical activity
building strong families
a healthy workplace
dealing with crisis
dealing with depression
(and more)

Key element is Motivation
Finding the driver for change to a better lifestyle

Collaborative Approaches: Building Strong Partnerships

Numurkah District Health Service
Community Groups/Businesses/Schools - PCP's - Moira Shire - VicHealth - Go for Your Life - HARP - Diabetes Centre