

The background of the slide is a photograph of a desert landscape with red soil and sparse, dry vegetation. In the center, there is a graphic overlay featuring a globe with the text "South Australia" and a logo for "SGRHS" (South Australian Government Research Health Services) which consists of a stylized green and blue shape.

Shape up for Life Focus Group Study

**Dr Michael Papps MBBS
S.G.R.H.S.**



Background

- Metabolic Syndrome: obesity
h/t
lipids
insulin resistance
- Australia >45 %men 25-64 yrs obese
(bmi>25kg/m²)
- WHO : Obesity is “global epidemic”
- Dietary & exercise strategies



Background

- “ Shape up for Life” –The Whyalla Nutrition & Exercise Study
- Participant selection & allocation
 - Dietary & Exercise interventions on Lifestyle & Metabolic syndrome parameters
 - Participant feedback on “Shape up for Life program



Aims of this study

- Participant Feedback from “Shape up for Life” study
- Focus group & Interview evaluation method
- Participant views re:
 - Diet & exercise
 - General Well-being
 - Lifestyle changes
 - influence on families
 - Recommendations



Method

- Participant selection
- Focus Groups & Interviews
- Data collection & analysis
- Research Questions:
 - Design & organisation
 - Diet & Exercise
 - General health/well-being
 - Lifestyle changes
 - Influence on Families
 - Suggestions for improvement



Results

- Design & organisation
- Diet & Exercise
- General Health/ Wellbeing
- Lifestyle changes
- Influence on families
- Suggestions for improvement
- Other/complaints



Discussion

- Comparison with first cohort study
 - good program organisation
 - > skills/knowledge diet/exercise
 - > wellbeing
 - > social contact –Motivation
 - regular sessions (diet/exercise)
- Qualitative Approach appropriate for this study



Spencer Gulf Rural Health School

Conclusion

- Importance of Motivation
- Maintain beyond intervention
- Social & other strategies
- Clinical implications



<http://sgrhs.unisa.edu.au>