  

**Health e-Literacy for Prevention in General Practice**

We invite you and your practice to participate in a research project tailored to the needs of overweight or obese patients with low health literacy. The study will test whether access to a combination of a mobile lifestyle app and telephone counselling helps these patients improve their health literacy, diet, physical activity, and general health.

This randomised trial is being conducted by Professor Mark Harris and colleagues in the Centre for Primary Health Care and Equity at the University of NSW, and by Professor Nigel Stocks and Dr. Oliver Frank in the Discipline of General Practice at the University of Adelaide.

* **All practices will receive $1,000 reimbursement for their participation**
* **In addition, intervention practices will receive $40 per patient for initial health check and $20 per patient for a follow up health check**
* **GPs will have the opportunity to receive 40 RACGP Category 1 CPD points**

We are looking for practices:

* In the Adelaide and Sydney Metropolitan areas (**Please refer to the eligible areas from the list below**)
* Using Best Practice or Medical Director, and associated billing software (Pracsoft or Best Practice Management)
* Have a practice nurse who can deliver the HeLP GP intervention

**If allocated to the intervention:**

* Practices will participate in a quality improvement project supported by the local PHN or University
* Participating GPs and practice nurses will have access to on-line education modules (including associated CPD points), to support health coaching and facilitate relevant interventions.
* Practice nurses will deliver a structured health check to consenting patients (based on the 5As), support patient access to a lifestyle app (*my snapp*) and facilitate referral to *Get Healthy* telephone coaching.
* Patients will be followed up at 6 weeks by the practice nurse and at 12 weeks and 12 months by the GP.

Control practices will be asked to provide usual clinical care to participating patients.

**To find out more, please contact the relevant person in your state:**

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| South Australia | Carmel McNamara  University of Adelaide  Ph. (08) 8313 3654  Email: [carmel.mcnamara@adelaide.edu.au](mailto:carmel.mcnamara@adelaide.edu.au) |
| New South Wales | An Tran  University of New South Wales  Ph. (02) 93851404  Email: [an.tran1@unsw.edu.au](mailto:an.tran1@unsw.edu.au) |

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| **LIST OF ELIGIBLE SUBURBS** | | |
| **South Australia** | | |
| Aberfoyle Park | Hectorville | Trott Park |
| Adelaide | Henley Beach | Underdale |
| Angle Vale | Henley Beach South | Uraidla |
| Ashford | Highbury | Vista |
| Athelstone | Hove | West Beach |
| Auldana | Joslin | West Lakes |
| Banksia Park | Keswick | West Lakes Shore |
| Birdwood | Keswick Terminal | Woodforde |
| Black Forest | Lockleys | Wynn Vale |
| Blewitt Springs | Magill | Yatala Vale |
| Brighton | Marden |  |
| Broadview | Mclaren Flat |  |
| Brooklyn Park | Mclaren Vale |  |
| Castambul | Murray Bridge |  |
| Chandlers Hill | Nailsworth |  |
| Dernancourt | North Brighton |  |
| Dover Gardens | Novar Gardens |  |
| Everard Park | O'Halloran Hill |  |
| Fairview Park | Ovingham |  |
| Felixstow | Paradise |  |
| Firle | Payneham |  |
| Fitzroy | Payneham South |  |
| Flagstaff Hill | Prospect |  |
| Forestville | Rosslyn Park |  |
| Fulham | Rostrevor |  |
| Fulham Gardens | Royston Park |  |
| Gawler | Sefton Park |  |
| Glenelg | Sheidow Park |  |
| Glenelg East | Skye |  |
| Glenelg North | Somerton Park |  |
| Glenelg South | South Brighton |  |
| Glengowrie | Surrey Downs |  |
| Glynde | Tatachilla |  |
| Golden Grove | Tea Tree Gully |  |
| Grange | Tennyson |  |
| Greenwith | Teringie |  |
| Hallett Cove | Thorngate |  |
| Happy Valley | Tranmere |  |
| **New South Wales** | | |
| Abbotsford | Daceyville | Kensington |
| Allawah | Dean Park | Kings Park |
| Arncliffe | Dharruk | Kingsford |
| Ashfield | Dolls Point | Kingsgrove |
| Auburn | Doonside | Kingswood |
| Badgerys Creek | Dulwich Hill | Kirrawee |
| Banksia | Dundas | Kogarah |
| Bankstown | Dundas Valley | Kurnell |
| Bardwell Valley | Earlwood | Kyeemagh |
| Bass Hill | East Hills | La Perouse |
| Belfield | Eastern Creek | Lakemba |
| Belmore | Eastgardens | Lalor Park |
| Berala | Eastlakes | Lansdowne |
| Berkshire Park | Eastwood | Lethbridge Park |
| Beverly Hills | Emerton | Lewisham |
| Bexley | Emu Plains | Lidcombe |
| Bexley North | Enfield | Lilyfield |
| Bidwill | Ermington | Llandilo |
| Birrong | Erskine Park | Londonderry |
| Blackett | Fairfield | Malabar |
| Blacktown | Five Dock | Marayong |
| Botany | Georges Hall | Maroubra |
| Brighton-Le-Sands | Girraween | Marrickville |
| Burwood | Glendenning | Marsden Park |
| Burwood Heights | Granville | Mascot |
| Cambridge Gardens | Greenacre | Matraville |
| Cambridge Park | Greystanes | Mays Hill |
| Campsie | Guildford | Merrylands |
| Canterbury | Guildford West | Merrylands |
| Caringbah | Harris Park | Merrylands West |
| Carlton | Hassall Grove | Minchinbury |
| Castlereagh | Hebersham | Miranda |
| Chester Hill | Hillsdale | Monterey |
| Chifley | Holroyd | Mortdale |
| Claremont Meadows | Holroyd | Mount Druitt |
| Clemton Park | Homebush | Mount Lewis |
| Colyton | Homebush West | Narwee |
| Condell Park | Hurlstone Park | North Parramatta |
| Constitution Hill | Hurstville | North Strathfield |
| Cranebrook | Jamisontown | Northmead |
| Croydon | Jannali | Oakhurst |
| Croydon Park | Kemps Creek | Orchard Hills |
| **New South Wales** | | |
| Oxley Park | South Wentworthville |  |
| Padstow | St Clair |  |
| Padstow Heights | St Marys |  |
| Pagewood | Strathfield |  |
| Panania | Strathfield South |  |
| Parramatta | Sutherland |  |
| Peakhurst | Sydenham |  |
| Pendle Hill | Sylvania |  |
| Penrith | Taren Point |  |
| Penshurst | Telopea |  |
| Plumpton | Tempe |  |
| Potts Hill | Toongabbie |  |
| Prospect | Tregear |  |
| Punchbowl | Turrella |  |
| Quakers Hill | Villawood |  |
| Ramsgate | Vineyard |  |
| Ramsgate Beach | Wallacia |  |
| Regents Park | Wentworthville |  |
| Regentville | Werrington |  |
| Revesby | Werrington County |  |
| Riverstone | Werrington Downs |  |
| Rockdale | Westmead |  |
| Rooty Hill | Whalan |  |
| Ropes Crossing | Wiley Park |  |
| Rosebery | Willmot |  |
| Rosehill | Wolli Creek |  |
| Roselands | Woodpark |  |
| Rydalmere | Yagoona |  |
| Sandringham | Yennora |  |
| Sans Souci |  |  |
| Schofields |  |  |
| Sefton |  |  |
| Seven Hills |  |  |
| Shalvey |  |  |
| Shanes Park |  |  |
| Silverwater |  |  |
| Smithfield |  |  |
| South Coogee |  |  |
| South Granville |  |  |
| South Hurstville |  |  |
| South Penrith |  |  |