



# Cockburn Healthy Lifestyle Service

## Supporting patients to achieve sustainable lifestyle change

The Cockburn Healthy Lifestyle Service (CHLS) provides evidence-informed support for adults to improve nutrition, physical activity, and mental wellbeing.

Established in 2017 in response to local overweight and obesity prevalence, CHLS has evolved into a holistic, person-centred service focused on supporting sustainable behaviour change, weight management, and long-term health outcomes.

## How does it work?

### Step 1: Initial Consultation (Free)

Begin a one-on-one session with an allied health professional. This comprehensive assessment looks at nutrition, physical activity, and mental wellbeing to understand your patient's needs and goals.

### Step 2: Personalised Plan (Free)

Based on the assessment a tailored plan is created connecting clients, where eligible, to relevant CHLS programs and local health services.

### Step 3: Ongoing Support (Free)

Clients attend follow-up consultations every 1–2 months over a 12-month period, ensuring progress is monitored and support is adjusted as needed.

### Step 4: Access to Programs (Free or low cost)

Eligible clients can participate in a variety of free or low-cost programs designed to support sustainable, healthy lifestyle habits.

# What services do clients receive access to?

## Individual Support

- Dietetic consultations
- Exercise physiology consultations
- Counselling sessions

## Group Programs

- Group exercise sessions
- Nutrition education workshops

## Specialised Programs

- Healthy Eating Activity & Lifestyle™ (HEAL™)
- Child weight management support (OWL)

## Ongoing Care

- Continued support from our allied health team

## Does it work?

239 clients participated in CHLS (July - Dec 2025)

### Weight & Body Measures

- 63% lost weight
- Average weight loss: 4.8 kg
- Waist reduction: 7.2 cm

### Nutrition Improvements

- 46% increased daily vegetables
- 41% increased daily fruit

### Physical Activity & Function

- 49% reduced sedentary time
- 83% increased physical activity
- 64% improved functional capacity (6-minute walk & chair stands)

**Impact:** CHLS helps clients achieve sustainable lifestyle changes, improve nutrition, activity, and functional fitness, and enhance overall wellbeing.