The HealthierU Portal for Supporting Behaviour Change and Diet Programs

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CSIRO eHealth
CSIRO Food and Nutrition
GI Foundation
Motivation

From manual food recording

To diet support IT programs
HealthierU Portal

- Support portal for workplaces
- High-protein low-GI diet program
  - Based on CSIRO Total Wellbeing Diet
  - Emphasis on low-GI food
- Resources to support dieters and increase engagement
  - Static program content
  - Tailored eating plans
  - Weekly email messages
  - Personal diary
  - Personal weight tracker
  - Shared forum
HealthierU Portal

**MENU PLAN**

**HealthierU menu 1**

- MON: Soy & ginger beef with broccoli
- TUE: Tandoori chicken with vegetables
- WED: Steamed salmon
- THU: Beef Stroganoff
- FRI: White fish with olive gremolata
- SAT: Lamb Biryani
- SUN: Veal Escalopes with fennel, spinach & olives

*ADD TO DIARY*

*View full week's menu plan*

**EXERCISE PLAN**

**Sport Intermediate week 1**

- MON: Tiger 2
- TUE: Running outdoors
- WED: Rest day
- THU: Jaguar 2
- FRI: Running outdoors
- SAT: Rest day
- SUN: Rest day

*ADD TO DIARY*

*View full week's exercise plan*

**Food Units**

- Morning:
  - Rolled oats, raw, 40 g
  - Low-fat milk, 1% fat, 250 ml
  - Sultanas, 2 tablespoon(s)
  - Tiger 2, 2 round(s)
  - Barbell squats, 1:36 mins (24 reps)
  - Barbell bench press, 1:36 mins (24 reps)
  - Dumbbell alternating lunges, 1:36 mins (24 reps)
  - Dumbbell deadlift, 1:36 mins (24 reps)
  - Alternate dumbbell press, 3:12 mins (24 reps)
  - Bench press, 2 mins
  - Sport stretch, 1 round(s)
  - McKenzie press, 1 mins
  - 90:60:15 stretch, 1 mins
  - Chest stretch using the ball, 1 mins
  - Quadriceps stretch using the ball, 1 mins
  - Child's pose, 1 mins
  - Calf stretch, 1 mins

- Afternoon:
  - Turkey sandwich
    - Bread, wholegrains & oats, 2 slices(s)
    - Turkey, deli-style or roast meat, 50 g
    - Cranberry sauce, 2 tablespoon(s)
    - Avocado, 40 g
    - Rocket, any type, 0.5 cup(s)
    - Cheddar cheese, reduced fat (15% fat), 50 g

- Evening:
  - Soy & ginger beef with broccoli
    - Soy & ginger beef with broccoli
    - Mixed vegetables, any type, 75 g
    - Olive oil, 1 tablespoon(s)
    - Pepper, any type, ground, 1 pinch(s)
    - Fruit salad, canned in natural juice, drained, 150 g
    - Low-fat milk, 1% fat, 250 ml

*Your next weigh-in is 1 June*
Evaluation Setting

- 24-week workplace study
  - 2 cycles of 12-week program
  - National supermarket chain
  - 1,000 employees
- More than 50,000 actions logged
  - Most popular actions

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Active Users

- Relatively high drop-out
Email Messages

- Email messages trigger activity
Diary Use

- On average 2.53 entries/user / day
Weight Loss

• 45 completers
  • Weight reported at [10 ÷ 14] weeks

• Absolute weight loss: -1.8kg ÷ 11.5kg

• Average loss
  • 3.16kg (SD=2.86kg)
  • 3.62% (SD=2.86%)
  • 80.9 days (11.56 weeks)

• Median loss = 3kg
Weight Loss

- Relative loss at [10÷14] weeks
Factors of Weight Loss

- Completers split into 2 groups
  - Above median loss (AM)
  - Below median loss (BM)

- Weight loss correlates with
  - Self monitoring
    - Weight and food logging
  - Portal engagement

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Summary

• Interactive HealthierU portal
• 24-week workplace evaluation
  • High drop out
  • Emails trigger activity
• Weight loss
  • Average: 3.16kg = 3.62%
  • Correlates with self monitoring
• Limitations
  • Encouraged by employer
  • Workplace environment
  • Issues with online forum
  • No mobile version
Thank You!

Questions?