

ABOUT MARATHON HEALTH

Marathon Health strives to achieve equity in access and quality of health and wellbeing for regional, rural and remote communities. At the core of achieving this is a commitment to collaborate with community members, service providers and policy makers to design customised and responsive services, drawing on the strengths of all involved to optimise the effective and efficient delivery of health and wellness services.

Marathon Health's workforce has been living and working in regional NSW for over 20 years. We have learned to work closely with existing services across the spectrum of social determinants of health and seek to augment and integrate rather than compete or duplicate.

Marathon Health is proud to enable and deliver culturally accessible health services for our Aboriginal and Torres Strait Islander communities.

The breadth of our expertise covers a range of health, social and community services which are the fabric of a strong, sustainable, progressive and holistically well society:

- Integrated and coordinated service delivery across providers
- Allied health including audiologists, dietitians, occupational therapists, psychologists, speech pathologists
- Chronic disease education, screening, prevention and management
- Mental health
 - Youth and adolescent (including four headspace centres)
 - Mild to moderate
 - Severe and persistent
- Childhood development early intervention
- Aboriginal family wellbeing
- Support and advocacy for people with disabilities
- After Hours support services including GP clinics
- Rural outreach specialist services and Allied Health Professional Services.
- Aged Care support and integration with primary health care.

This service is funded by:



An Australian Government Initiative

BATHURST OFFICE

265 Durham Street

PO Box 175 | Bathurst NSW 2795

T 02 6333 2800 | F 02 6332 6648

DUBBO OFFICE

106 Talbragar Street

PO Box 1834 | Dubbo NSW 2830

T 02 6826 5200 | F 02 6826 5299

www.marathonhealth.com.au



PRIMARY HEALTH SERVICES CHRONIC DISEASE



www.marathonhealth.com.au

What is Chronic Disease?

Chronic disease is a condition or disease that persists over a long period of time. Multiple factors can contribute to chronic disease such as tobacco smoking, harmful use of alcohol, being overweight or obese, physical inactivity and poor nutrition.

The Marathon Health Chronic Disease team offer a range of services to assist in the management of chronic disease in regional, rural and remote communities.

Dietetics

Our Dietitians are here to provide practical and individualised nutrition advice. This includes:

- Sort out nutrition fact from fiction
- Develop personalised and sustainable eating plans
- Deliver group nutrition education sessions and health promotion
- Develop medical nutrition therapy plans

Our Dietitians can also help treat and manage health conditions such as:

- Heart disease
- High cholesterol & blood pressure
- Diabetes
- Overweight and obesity
- Malnutrition
- Gut or bowel issues
- Allergies and intolerances
- Fussy eating

HEAL™

Our Chronic Disease team also conducts a Healthy Eating Activity and Lifestyle (HEAL™) program. HEAL™ is an 8-week lifestyle modification program that supports people to develop lifelong healthy eating and physical activity habits.

HEAL™ education and exercise sessions are facilitated by our allied health professionals and are specifically designed for people who are at increased risk of developing lifestyle diseases such as cardiovascular disease and Type 2 diabetes.

Diabetes Education

A Diabetes Educator can assist you with understanding diabetes, how it will affect your health, medicines and introducing lifestyle changes needed for good health.

Diabetes Educators provide self-management education for people with diabetes. They play a major role in empowering the person with diabetes to be actively involved in his/her own health care by focusing on individual needs, providing knowledge, motivation and support to aid in the prevention of diabetes related health complications.

Accessing these services

Referrals to the Chronic Disease team can be made through GPs, other health professionals, or by your own accord.

Telehealth

Telehealth is the use of telecommunication technologies to provide and support outreaching health care clinics, client and professional health education and health administration.

A consultation via Telehealth is an appointment between patient and one or more clinicians via video conference.

Marathon Health currently provides a range of health services via Telehealth including Dietetics and Diabetes Education in selected communities.



For further information about the Chronic Disease team and their programs and services, please:

Call us on: 6826 5200

Visit our website: www.marathonhealth.com.au

Look up our referral form:

www.marathonhealth.com.au/phs-alliedhealth