

10,000 Steps Community Grant Outcomes



Mackay Hospital and Health Service - Let's Shape Up!

Grant Objectives:

- To encourage the Mackay and Central Queensland regions to lead healthier lifestyles by getting out and moving more.
- Encourage leaders to inspire behaviour change within their tribes.



Community Team
Tournament

Grant Outcomes:

- A Health Challenge was conducted as a part of the Let's Shape Up! project and CQ Hospital and Health Service's (CQHHS) 10,000 Lives campaign.
- The Health Challenge enabled participants to track steps, weight and waist measurements.
- The Challenge was launched with an event attended by the Minister for Health and promoted on partner's websites, radio and TV ads, newspaper articles, on social media channels and using hardcopy promotional materials.
- A total of 20 organisations in Mackay and Central Queensland participated, including council departments, CQUniversity campuses as well as the Hospital and Health Services.
- 500 participants formed 21 teams within the Challenge and over 50 locations were involved.
- Participants continue to meet for group walks and utilise the 10,000 Steps website to track their steps and health measures following the end of the Health Challenge.



COUNT YOUR STEPS



RECORD YOUR KILOS



RECORD WAIST CMS

Make bite sized changes towards
tackling obesity and type 2 diabetes

“Participants were excited by the challenge and engaged well right across the community.”

“Overall, the Challenge is the motivating force to make changes.”



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