



WBOP PHO
Western Bay of Plenty
Primary Health Organisation

Self-Management groups are an integral part of patient management

Self-Management groups can support you to achieve better patient outcomes

Obese/Overweight

Hypertension

Pre-diabetes/IGT

Hyperlipidaemia

Fatty Liver



Lifestyle Wellness – Toi Ora

- Weight loss
- Reduce stress
- Increase exercise
- Improved sleep



E- Referral

Type 2 Diabetes:

- Newly diagnosed
- Longstanding diabetes
- On insulin/orals/no medication



Diabetes Self-Management

- Improved HbA1c
- Improved blood pressure
- Reduce complications



E- Referral

Overweight/obese AND:

- Emotional/binge eater
- Eating for reasons other than physical hunger *e.g. comfort/tune out distress/coping mechanism*



Mindful Eating

- Portion control
- Reduced stress
- Weight management



E-referral: WBOPPHO-Public - Community based – **Dietitians.** *Re: mindful eating*

- Groups are available for Diabetes Self-Management and Lifestyle Wellness covering the same content but from a **Maori world view** and held on Marae or Haora
- Groups are held in the **morning, afternoon and evening**

Health and Wellness
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