Logan Healthy Living **Evaluation**

Logan Healthy Living is a community-focused, person-centred and integrated approach to preventing and managing chronic diseases, particularly for people living with or at risk of type 2 diabetes.

The program is delivered by UQ Health Care, in partnership with Health and Wellbeing Queensland, The University of Queensland, Griffith University, Metro South Health, and Brisbane South Primary Health Network.

It has been designed to meet the specific needs of the Logan community, with services that are accessible, culturally appropriate, and locally relevant.

From 2021-2024, Logan Healthy Living conducted over 800 initial assessments with 600 people participating in the full program. It also facilitated over 150 placements for allied health students.

RESEARCH AND EVALUATION

Referral to Logan Healthy Living by GP, Health Professional or self



Lifestyle Management Program



Community Integration



Post Program Support



Consumers **recently diagnosed** with, **at risk** of developing or **living with** complex type 2 diabetes Welcome Consult

Success Plan

1 on 1 Consults as needed

Exercise Physiology, Physiotherapy, Dietetics, Diabetes Education, Psychology and Social Work

8 week Group Program

1 hour group workshop 1 hour group movement HWQld Prevention Programs

Community Programs

Usual GP

3 month recharge session

6 month recharge session

9 month recharge session

12 months eligibility to recommence program

Over
10,000
occasions of service

30,000+

hours of placement activities delivered

30

research-focused students across 20+ projects

100%

would recommend the program to a friend or family members











BEHAVIOUR CHANGE OVER TIME











Significant long-term improvements in:

Diabetes related distress

Quality of life

Participant motivation

HEALTH SYSTEM IMPACT

Total bed days (any cause) in hospital reduced by

10%

Number of people with at least 1 Emergency Department presentation (any cause) reduced by

30%

Total hospital admissions (any cause) reduced by

10%

Number of people with at least 1+ hospitalisation (any cause) reduced by almost

40%

ECONOMIC IMPACT

Direct health benefits

\$1.64M

average annual benefits to participants

Socio-economic benefits

\$1.35M

average annual benefits from the student clinical placement program



For every dollar invested in the program, \$1.82 of value was generated, demonstrating an

82%

return on investment

Data have been drawn from:

- Logan Healthy Living Final Evaluation Report July 2021 to December 2024, UQ Health Care, May 2025, prepared in collaboration with the Health and Wellbeing Centre for Research and Innovation at The University of Queensland in their capacity as the formal evaluation partner for Logan Healthy Living; and
- Economic Evaluation of Logan Healthy Living, Health and Wellbeing Centre for Research Innovation, The University of Queensland, January 2025.









