1. The *Inquiry into personal health promotion interventions using telephone and web-based technologies*, Report No. 2, details the findings of the Health and Ambulance Services Committee in relation to the evidence for the effectiveness and cost-effectiveness of health coaching interventions, specifically those which relate to increasing physical activity, improving nutrition and reducing weight.
2. The Committee examined current interventions in Queensland and other Australian jurisdictions. It explored opportunities for greater collaboration and cooperation between government agencies, research institutions, community organisations and the business sector, to promote health and wellbeing through the use of innovative information and communication technologies.
3. The Committee’s inquiry noted that telephone and web-based personal health promotion interventions provide a delivery method that can be conveniently accessed by a large number of individuals, thereby increasing the potential reach relative to other methods. It noted that the efficacy of these delivery methods for health promotion interventions has been demonstrated, however further research is needed into the long term sustainability of positive lifestyle changes adopted whilst participating in the intervention. Clinician engagement as well as involvement with researchers were seen as key factors in ensuring that such interventions are evidence-based and developed in consultation with all stakeholders.
4. The Committee made seven recommendations, two of which seek a response from the Queensland Government (recommendations 2 and 3), and five seeking a response from the Minister for Health and Minister for Ambulance Services (recommendations 1, 4, 5, 6 and 7). The recommendations are designed to improve the evidence-base, quality, effectiveness and cost-efficiency of personal health promotion telephone and web-based interventions.
5. Cabinet endorsed that the proposed Queensland Government response to recommendations of the Health and Ambulance Services Committee *Inquiry into personal health promotion interventions using telephone and web-based technologies*, Report No. 2, be tabled in the Legislative Assembly.
6. *Attachments*
* [*Inquiry into personal health promotion interventions using telephone and web-based technologies*, Report No. 2, 55th Parliament, Health and Ambulance Services Committee](Attachments/Report.PDF)
* [Queensland Government response to recommendations in *Inquiry into personal health promotion interventions using telephone and web-based technologies*, Report No. 2, 55th Parliament, Health and Ambulance Services Committee](Attachments/Response.PDF)