

Worldwide first program in Whittlesea! Preventing Diabetes.

Life! Taking action on Diabetes

Could this be you?

- Waist a bit bigger than you would like it to be?
- Not as active as you'd like to be?
- Eating habits sometimes healthy sometimes not?
- Someone in your family has diabetes or your sugar level is a bit high?

Interested in free personalised help to make changes in your lifestyle, and reduce your chance of getting Type 2 diabetes by nearly 60 per cent?

Victorians at risk of type 2 diabetes are being offered the chance to address their eating habits and turn their life around through physical activity. Life – Taking Action on Diabetes Program is coming to Whittlesea.

Carolyn Conway (Diabetes educator) and Karen Lovell (Dietitian) from Plenty Valley Community Health are proud to announce that the City of Whittlesea is one of 3 areas in Victoria chosen to introduce this program first. They will be running the program at Epping and Whittlesea starting in April. The Life! Program includes 6 informal group sessions, which allow people find out more about how to plan, and make changes to their lifestyle. The sessions are free.

An estimated 500,000 Victorians have pre-diabetes (this includes borderline diabetes or sugar levels that are a bit high). These people don't have diabetes yet, but are at risk of developing it over the next 5 years.

Could you be at risk?

Carolyn and Karen encourage you to be brave and find out by filling in a Diabetes Risk Test. The Diabetes Risk Test is used to calculate your risk of developing Type 2 diabetes. By answering eight simple questions you can calculate your risk.

The results will help to identify if you are at high risk of developing Type 2 diabetes and therefore eligible for the program. For every answer you get a number of points, which add together for a total score. If your score is over 7 you are at high risk and it would be good to discuss your risk with your doctor who may refer you to the Life! Program.

The test is available in the following ways;

- Call Plenty Valley Community Health Intake on 9409 8724.
- Call into reception at Plenty Valley Community Health in Epping or Whittlesea.
- Call the Diabetes Info Line on 1300 136 588.
- Log onto www.diabetesvic.org.au/life
- Ask your GP or pharmacist.

If you would like more information about the Life! Program or diabetes please contact Plenty Valley Community Health on 9409 8724.