

Start with a phone call

Call 13 RISK

You can call **13 RISK (13 7475)** from anywhere in Victoria for the cost of a local call, 24 hours a day, 7 days a week.

Get a **free information pack** or speak to a health professional for support, information and advice on how you can prevent or delay the onset of type 2 diabetes.

You can **enrol** in a course or the telephone health coaching service.

Ask your doctor

Your doctor can refer you to your local course or the telephone health coaching service.

Take the diabetes risk assessment test

Your free information pack includes an Australian Type 2 Diabetes Risk Assessment Test or you can take the test online at www.diabetesrisk.org.au.

Life! Taking Action on Diabetes is right for you if:

- ✓ you do not already have diabetes AND
- ✓ you are a Victorian OR ✓ you have a history aged 50 years or over (or you have a WorkHealth referral) and you scored 12 or more on the risk test
- of a high risk condition such as heart attack, angina, angioplasty or gestational diabetes mellitus

If you are an Aboriginal Victorian, Life! *Taking Action on Diabetes* is right for you if:

- ✓ you are aged 18 years or over
- ✓ you scored 12 or more on the risk test
- ✓ you do not already have diabetes

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Life!

Taking Action on Diabetes

Taking action on diabetes



course



telephone health coaching service



Call 13 RISK (13 7475)
Visit www.diabetesrisk.org.au



Why take action?

Don't be the type to leave it too late

Diabetes can be a serious disease if left unmanaged.

Type 2 diabetes is the most common form of diabetes, affecting 85 to 90 per cent of all people with diabetes.

People with diabetes are at risk of developing blockage of arteries. This can lead to a heart attack or a stroke, impotence, failure of the kidneys or even limb amputation.

Your lifestyle and your risk

Type 2 diabetes can be triggered by being inactive and carrying excess weight.

Healthy eating and regular exercise can delay or prevent the onset of type 2 diabetes.

Changing your lifestyle is not easy to do on your own.

By joining a course or using the telephone health coaching service, you will have a greater chance of achieving and maintaining lifestyle changes.

The number of new cases of type 2 diabetes can be **halved** by completing a lifestyle course.*



Join a course or use the telephone health coaching service

What you get

Expert health coaching

- run by specially trained health professionals including dietitians and exercise professionals

Tailored plan

- the facilitator or coach learns about your lifestyle and you
- together you develop a plan for physical activity and healthy eating
- the plan will be easy to start and maintain

Support and help to

- achieve healthy goals
- understand the role different foods play
- find your balance between food intake and energy used
- stay motivated
- manage stress

Researched program

- based on evidence in preventing or delaying the onset of type 2 diabetes*
- managing your lifestyle is the most effective way of preventing type 2 diabetes

Long-lasting lifestyle strategies

- help to make simple and effective changes
- help to make these changes part of your life that will continue to work when the course or coaching has finished

Reduced risk of other diseases

- the changes you make can help manage or prevent other problems such as heart disease and high blood pressure



How the course works

FREE for most people

- six valuable sessions

Run in local communities

Group and individual support

- no lectures
- you get individual attention
- groups of no more than 15 people
- the support of group members increases your chance of reaching your goals
- your **partner** or a **friend** may be able to attend the course with you to provide extra support, even if they are not at high risk of type 2 diabetes or have diabetes.



How the telephone health coaching service works

FREE

- up to five phone calls

Flexible

- you may find it difficult to attend a course – telephone health coaching can come to you
- your health coach can make appointments that fit with your schedule, even if you work shifts

* Uusitupa, M., Lindi, V., Louheranta, A., Salopuro, T., Lindstrom, J & Tuomilehto, J (2003) 'Long-Term Improvement in Insulin Sensitivity by Changing Lifestyles of People with Impaired Glucose Tolerance: 4-Year Results From the Finnish Diabetes Prevention Study', *Diabetes*, 53:2532–2538