What	Connecting the diabetes community – *Diabetes Expo 2019*
When	**Saturday 27 April 2019 (9am – 6pm)** **Melbourne Convention and Exhibition Centre 1 Convention Place South Wharf** Free car parking, close to venue, available upon request (1 spot per crew)
Why	Returning for the third time, *Diabetes Expo* is a full-day event where up to 4,000 Victorians living with, or affected by, diabetes will have the opportunity to hear the latest health advice from experts on how to manage, or even prevent, this relentless condition.

Diabetes Expo will feature presentations from leading health professionals, diabetes experts and researchers, and showcase the latest products and services for people with diabetes. The event is designed to bridge the gap between consumers, product suppliers and health professionals, as well as promote effective and proactive self-management for all types of diabetes. Cooking demonstrations (with Gabriel Gaté and two former MasterChef contestants), spotlight sessions and several other activities are on the agenda as well.

Diabetes is one of the largest global health emergencies of the 21st century. "If diabetes was a country, it would be the world's third largest," says Mr Bennett, CEO: Diabetes Victoria. "Each year, more and more people live with this condition, which can result in life-changing complications. Diabetes Expo provides an opportunity for anyone to come along and hear from a range of speakers whom are all highly regarded in their fields. Diabetes Expo is an important event for anybody either living with, affected by, or at risk of developing, diabetes."

Available for interview

- **Craig Bennett**: CEO Diabetes Victoria
- **Susan Alberti AC**: diabetes advocate and 2018 Victorian of the Year
- **Jack Fitzpatrick**: Ex-AFL player (Demons & Hawks) living with T1D
- **Professor Paul Zimmet AO**: leading diabetes clinician, researcher & educator
- **Tim McMaster**: Accredited Practicing Dietitian Diabetes Victoria
- **Nicole French**: Managing Director & Senior Exercise Physiologist – Exercise for Rehabilitation and Health (Essendon Victoria)
- **Gabriel Gaté**: Chef, with an international reputation as an author, television presenter & teacher.

Program/logistics on the day

- 2 plenary rooms for consumers with a total of 16 presentations
- 1 plenary room for general practitioners & pharmacists with 12 presentations
- Up to 4,000 attendees expected
- Almost 70 exhibitors in three exhibition areas
- All-day cooking demonstrations with Gabriel Gaté, Courtney Roulston (MasterChef Season 2) and Dani Venn (MasterChef Season 3).
- Full program available at: diabetes-expo.org.au

About diabetes / Note to editors

- More than 330,000 Victorians live with diabetes. In Victoria, almost 80 people develop diabetes every day.
- In addition, an estimated 125,000 Victorians live with so-called 'silent' T2D, which means they have developed the condition, but don't know it. This can put their health at risk.
- In addition, an estimated 750,000 Victorians are at high-risk of developing T2D, because they have elevated blood glucose levels.
- Diabetes is a serious, progressive and complex condition, which can result in serious complications.
- T2D is a metabolic condition. More than half of all T2D (58%) cases are preventable. Lifestyle measures have been shown to be effective in preventing or delaying the onset of T2D. Maintaining a normal body weight, engaging in regular physical activity and eating a healthy diet can reduce the risk of developing T2D. Note: T1D is an auto-immune condition and cannot be prevented.
- Diabetes can be managed, and complications minimised or prevented. Increasing access to timely diagnosis, self-management education and affordable treatment are all vitally important.

We *support*, *empower* and *campaign for* all Victorians affected by, or at risk of, diabetes.

For more information:

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