

Diabetes Victoria's latest awareness campaign: **Back to Basics** kicks off on Sunday 14 July 2019 to coincide with *National Diabetes Week*.

This campaign will help educate Victorians about diabetes, as it is one of the most misunderstood health conditions. Diabetes Victoria has therefore produced a series of short videos, the first of which explains the prevalence of diabetes in Victoria, as well as the different types of diabetes.

There are three main types of diabetes: type 1, type 2 and gestational. Each type of diabetes has different underlying causes and may be best managed with different strategies. However, once people develop diabetes, they will have to manage the condition every day for the rest of their lives.

Further videos will be launched throughout the next 12 months explaining more about diabetes and including case studies of how people live with the different types of diabetes.

Diabetes Victoria **supports, empowers** and **campaigns for** all people affected by, or at risk of, diabetes.

Please use our campaign materials to help educate Victorians about diabetes. Your support will help to reduce the stigma often associated with this condition, which currently affects more than 333,000 Victorians.

I hope you enjoy our **Back to Basics** campaign.

With kind regards



**Craig Bennett**  
Chief Executive Officer

What you can do to assist:

- display our campaign poster in a prominent place;
- visit the website: [diabetesvic.org.au/backtobasics](http://diabetesvic.org.au/backtobasics) to learn more about how Diabetes Victoria is campaigning for people living with diabetes;
- raise awareness using the hashtag: #backtobasics;
- share your story via our [Facebook](#), [Twitter](#) and [Instagram](#) pages;
- [Download the video](#) and show it in your own premises; and
- consider [making a donation](#) to Diabetes Victoria to help fund vital services and research.

**Diabetes Victoria** Email [mail@diabetesvic.org.au](mailto:mail@diabetesvic.org.au)  
570 Elizabeth Street Website [diabetesvic.org.au](http://diabetesvic.org.au)  
Melbourne 3000 Fax 9667 1778  
Victoria Australia Helpline 1300 136 588

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