

***Living Well with Diabetes goes rural – Traralgon the first stop***

**Wednesday, 4 May:** Diabetes Victoria is reaching out to the country community by rolling out a number of rural events under the *Living Well with Diabetes* umbrella.

Traralgon residents who are living with type 1 or type 2 diabetes can learn all about nutrition, mental health and where to access resources, in order to live active and healthy lives, at the *Living Well with Diabetes Traralgon* event on Thursday 12 May at the Premier Function Centre, Traralgon.

*Living Well with Diabetes Traralgon* will focus on mental health and nutrition, with two separate seminars for people living with type 1 and type 2 diabetes.

Selected experts will share their knowledge on how to manage both type 1 and type 2 diabetes and provide many practical tips. Attendees will have the opportunity to connect with local diabetes services, peer support groups and product suppliers, while learning about nutrition, exercise, advocacy and emotional health.

“With more than 300,000 Victorians living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition,” says Diabetes Victoria CEO Craig Bennett. “We have listened to feedback about the need to take our services to rural communities to better connect with and support people living with diabetes.”

There are currently more than 1,700 Traralgon residents living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (88.2%) live with type 2 diabetes and 9.7% live with type 1 diabetes. In the Latrobe City local government area almost 5,500 people are living with diabetes, which is 6.6% of the Latrobe Valley population.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, almost 90% have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular exercise. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this condition.

“In the next two years, diabetes is set to become the number one single burden of disease in Australia. Diabetes increases a person’s risk of heart attack, stroke, kidney failure, loss of vision and loss of limb, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications,” Mr Bennett says.

**Living Well with Diabetes event details:****Type 2 Event**

- When:** 1.30–4pm – Thursday 12 May 2016
- Where:** Premier Function Centre, Traralgon: 29 Grey Street, Traralgon VIC 3844
- Cost:** Free for Diabetes Victoria members; \$20 for non-members  
Light refreshments will be provided.
- Booking:** Places are limited, so bookings are essential. Please call 1300 136 588.



# MEDIA RELEASE

FOR IMMEDIATE RELEASE

## **Type 1 Event**

**When: 6–8.30pm – Thursday 12 May 2016**

**Where:** Premier Function Centre, Traralgon: 29 Grey Street Traralgon, VIC 3844

**Cost:** Free for Diabetes Victoria members; \$20 for non-members  
Light refreshments will be provided.

**Booking:** Places are limited, so bookings are essential. Please call 1300 136 588.

*We **support, empower and campaign** for all Victorians affected by diabetes.*

### **For more information:**

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