



MEDIA RELEASE

National Diabetes Week 2015 (12–18 July)

***Living Well with Diabetes* celebrates NDW 2015 in Ivanhoe**

280 Australians develop diabetes every day – yet most people are not aware of this reality. While promoting the message that ‘you don’t have to be old and you don’t have to be overweight’ during National Diabetes Week 2015 (12–18 July), Diabetes Victoria invites people with type 2 diabetes and their support network to the *Living Well with Diabetes* event in Ivanhoe on Saturday 18 July. All interested residents are welcome to learn more about living active and healthy lives with type 2 diabetes at *The Centre Ivanhoe*.

“Diabetes is a serious and complex condition,” says Diabetes Victoria CEO Craig Bennett. “All types of diabetes can increase a person’s risk of developing life-threatening complications, but a healthy lifestyle can reduce this risk significantly,” Mr Bennett says.

Well-known chef and Diabetes Victoria Food Ambassador, Travis McAuley of the Hellenic Republic will fire up the audience with a live cooking demonstration, proving that healthy food and great taste easily go hand in hand.

Selected experts will share their knowledge on how to manage type 2 diabetes and provide many practical tips on eating healthy foods and exercising regularly. Among them are

- Manningham GP Dr Bernie Crimmins, author and former Hawthorn team doctor,
- Professor Jane Speight Founding Director of the Australian Centre for Behavioural Research in Diabetes (ACBRD),
- Adele Mackie, Diabetes Victoria Accredited Practising Dietitian, and
- Paddy Dempsey, PhD Candidate, Baker IDI Heart and Diabetes Institute.

There are currently 4421 people with type 2 diabetes registered on the National Diabetes Services Scheme living in the local government area of Banyule City. Having type 2 diabetes means that the body isn’t producing enough of the hormone insulin or cannot process it effectively to manage blood glucose levels. If untreated, type 2 diabetes can become a silent killer with the potential to cause severe damage to vital organs.

Diabetes Victoria is raising awareness of all types of diabetes during National Diabetes Week from Sunday 12 until Saturday 18 July. A new national television campaign with the theme *280 a day* will highlight the message that ‘you don’t have to be old and you don’t have to be overweight’ to be at risk. The ad shows 280 images of people and highlights the need to manage diabetes every day to prevent complications like heart disease, kidney failure, stroke, amputations and blindness.

The program flyer of the event is available online:

http://www.diabetesvic.org.au/images/20150609_Living_Well_Member_Invite_Jul15.pdf

Living Well with Diabetes event details:

When: 9am–2.30pm Saturday 18 July 2015

Where: The Centre Ivanhoe, 275 Upper Heidelberg Rd, Ivanhoe VIC 3079

Cost: Free for Diabetes Victoria members, \$20 for non-members.
Morning tea and a light lunch will be provided.

Booking: Places are limited and bookings are essential. Call 1300 136 588 to confirm your place.

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

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