

## ***Living Well with Diabetes goes rural – Wangaratta the next stop***

**Tuesday 20 September:** Diabetes Victoria is reaching out to the country community by rolling out a number of rural events under the *Living Well with Diabetes* banner. The next stop is in Wangaratta on Wednesday 5 October at the Gateway Wangaratta.

*Living Well with Diabetes Wangaratta* will provide two separate seminars for locals living with type 1 and type 2 diabetes to help them live active and healthy lives. Selected experts will share their knowledge on how to manage diabetes by providing many practical tips. Attendees will also have the opportunity to connect with local diabetes services, peer support groups and product suppliers.

The type 2 session will focus on emotional health and healthy eating, including tips on how to make healthy meals. The type 1 session will include an introduction to carbohydrate counting in a variety of settings and a discussion around the emotional health aspects of living with type 1 diabetes.

“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 events to rural communities to better connect with and support people living with diabetes.”

There are currently more than 1230 Wangaratta residents living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (87.9%) live with type 2 diabetes – only 9.8% live with type 1 diabetes. In the Greater Wangaratta Local Government Area, almost 1700 people are living with diabetes, which is 5.6% of the Greater Wangaratta population.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular physical activity. 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 – Wednesday 5 October 2016**

Where: Gateway Wangaratta 29–37 Ryley Street Wangaratta 3677

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early-bird until Wednesday 28 September.  
Light refreshments will be provided.

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

**Type 1 event**

When: **6–8.30pm – Wednesday 5 October 2016**

Where: Gateway Wangaratta 29–37 Ryley Street Wangaratta 3677

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early-bird until Wednesday 28 September.  
Light refreshments will be provided.

Bookings: 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:**

Jane Kneebone

0416 148 845

[jkneebone@diabetesvic.org.au](mailto:jkneebone@diabetesvic.org.au)