

Living Well with Diabetes goes rural – Bendigo the next stop

Wednesday 17 August: Diabetes Victoria is reaching out to the country community by rolling out a number of rural events under the *Living Well with Diabetes* banner.

At the *Living Well with Diabetes Bendigo* event on Thursday 1 September at the All Seasons Hotel, those in the community who are living with diabetes can learn all about nutrition, daily management tools and tips and where to access resources, to help them live active and healthy lives.

Living Well with Diabetes Bendigo will provide two separate seminars for people living with type 1 and type 2 diabetes.

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 cover healthy meals, nutrition, and daily management tools.

The type 1 session will include recipe tips, a guide to eating out and useful carbohydrate counting resources, including apps. There will also be a discussion on the basics of managing type 1 diabetes, such as pump use, injections and daily management.

“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 2,040 Bendigo residents living with diabetes, who are registered with the National Diabetes Services Scheme. The vast majority (83.4%) live with type 2 diabetes, with 13.1% living with type 1 diabetes. In the greater Bendigo Local Government Area, almost 5,800 people are living with diabetes, which is 5% of the greater Bendigo 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 – Thursday 1 September 2016**

Where: All Seasons Hotel Bendigo: 171-183 Mclvor Road STRATHDALE

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early bird until Thursday 25 August.

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 – Thursday 1 September 2016**

Where: All Seasons Hotel Bendigo: 171-183 Mclvor Road STRATHDALE

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early bird until Aug 25.

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