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## Chop up your diabetes risk!

Head back into the kitchen to simmer down your diabetes risk. Supporting Australia's Healthy Weight Week (15–21 February), Diabetes Victoria's expert team of dietitians calls on all Victorians to cook their meals at home more often to improve their nutrition and keep their weight in check.

With almost two in three Australian adults currently overweight or obese, diabetes prevalence figures continue to rise. Every day, 74 Victorians develop diabetes. There is a strong link between type 2 diabetes and healthy body weight – one of the lifestyle factors which can greatly influence a person's risk of developing type 2 diabetes.

"We know from some very reputable studies done throughout the world that eating well and being physically active can reduce your risk of being diagnosed with type 2 diabetes by about 70 per cent," says Diabetes Victoria CEO Craig Bennett.

Cooking at home more often is an important first step in reducing this risk. "Preparing your own meals gives you control over what you eat and how much you serve," says Diabetes Victoria's dietitian team leader Jane Karpavicius.

"You can consume fewer kilojoules, saturated fat, salt and sugar compared to takeaway or restaurant food – all helping you stay in a healthy weight range," Ms Karpavicius continues.

With a little know-how, it can be easy to fill-up a healthy plate. Diabetes Victoria's 10-minute video clip on healthy eating offers very helpful information about nutrition, food groups and portion sizes, and is available to watch in six languages on the Diabetes Victoria website.

People who are at risk of developing type 2 diabetes, having heart attacks or strokes can also access the *Life!* program, Australia's largest such prevention program funded by the Victorian Government and delivered by Diabetes Victoria.

Run by experienced health professionals, the *Life!* program provides the motivation and support needed for people to make and maintain positive changes to adopt healthy behaviours and a more active lifestyle. Since the program began in late 2007, over 60,000 Victorians have learnt more about the steps they can take to live a healthy life.

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

### For more information:

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