

Living Well with Diabetes goes to Mildura

Wednesday 1 March: Diabetes Victoria continues to reach out to country communities by rolling out rural events under the *Living Well with Diabetes* banner. The next stop is in Mildura on Tuesday 28 March at the Mildura Arts Centre.

Living Well with Diabetes Mildura will comprise two separate seminars for locals living with type 1 or 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 using a variety of foods. The type 1 session will include an introduction to carbohydrate counting in a variety of settings, practical tips on how to use recipes in everyday life and a discussion around the emotional health aspects of living with type 1 diabetes.

“With more than 310,000 Victorians now 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 almost 2,500 Mildura residents living with diabetes who are registered with the National Diabetes Services Scheme. Almost 4,000 people are living with diabetes in the Greater Mildura Local Government Area, which comprises 6.36% of the Greater Mildura LGA population. The vast majority (88%) live with type 2 diabetes – 8.4% live with type 1 diabetes. Colin Mitchell, Aboriginal Liaison Officer with Diabetes Victoria, will also be available to have a yarn with participants during the event.

Mildura resident, Jo Clutterbuck is Secretary of the Type 1 Sunraysia Support Group - T1 Sunraysia. Jo’s son has been living with type 1 diabetes for almost ten years.

“This support group meets online from time to time to support anyone who is living with or caring for someone with type 1 diabetes. Help is on hand to navigate the resources and support available to them,” said Ms Clutterbuck.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this condition.

According to the Australian Institute of Health and Welfare, diabetes will shortly 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: **2–4.30pm – Tuesday 28 March 2017**

Where: Mildura Arts Centre - 199 Cureton Avenue Mildura 3500

Cost: Free for Diabetes Victoria members; \$20 for non-members
\$15 early-bird until Tuesday 21 March
Light refreshments will be provided

Bookings: Places are limited, so bookings are essential. **Please call 1300 136 588 or book [here](#).**

Type 1 event

When: **6–8.30pm – Tuesday 28 March 2017**

Where: Mildura Arts Centre 199 Cureton Avenue Mildura 3500

Cost: Free for Diabetes Victoria members; \$20 for non-members
\$15 early-bird until Tuesday 21 March
Light refreshments will be provided

Bookings: Places are limited, so bookings are essential. **Please call 1300 136 588 or book [here](#).**

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

For more information: Jane Kneebone - 0416 148 845 jkneebone@diabetesvic.org.au