

TELL TEN about checking their risk

18 September 2017: Celebrating its 10-year anniversary, the *Life!* program is launching a new campaign. The TELL TEN campaign is encouraging every Victorian to tell ten people about the free online risk test, AUSDRISK, to find out if they are at risk of developing type 2 diabetes. This simple test only takes three minutes to do.

"Three out of five Victorians are at risk of developing type 2 diabetes," says Diabetes Victoria CEO Craig Bennett. "The symptoms may not always be obvious, so it is important to check your risk. The good news is that, once you know, you can do something about it."

"Whether it's family, friends, co-workers or members of groups you are in, telling ten people you know is the best way we can spread the word about checking your risk and taking the first steps to achieving a healthier lifestyle. If people learn that they are at high risk, we are here to help," Mr Bennett continues.

Funded by the Victorian Government and delivered by Diabetes Victoria, the *Life!* program is a free lifestyle modification program that helps participants reduce their risk of type 2 diabetes and cardiovascular disease. The program helps give participants the motivation and support needed to adopt healthy behaviours and a more active lifestyle. This approach can be more effective than taking medication and can have a long-term positive effect on participants' health.

The *Life!* program is the largest prevention program for individuals at risk of type 2 diabetes, heart disease and stroke currently underway in Australia. It is delivered as either a group course or an individual telephone health coaching service, depending on participants' preferences and needs.

"Over the past ten years, the *Life!* program has accumulated some impressive statistics – more than 74,000 Victorians have undertaken a risk assessment and more than 48,000 have commenced the program," says Mr Bennett. "More than 150 community-based health professionals are now active in prevention delivery and almost 90 organisations across Victoria have committed staff and resources to provide prevention services."

Head to lifeprogram.org.au or call 13 RISK (13 7475) for more information on the *Life!* program.

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

For more information:

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Note to editors:**Facts about diabetes:**

- In Australia, around 1.7 million people are living with diabetes and a further 300 develop diabetes every day.
- Almost 320,000 Victorians are living with diabetes.
- In Victoria, more than 80 people develop diabetes every day.
- An estimated 500,000 Victorians are living with pre-diabetes and are at high-risk of developing type 2 diabetes.
- Diabetes is a serious, progressive and complex condition, which can result in serious complications.
- Type 1 diabetes involves an auto-immune reaction where the cells in the pancreas that produce insulin are destroyed. This process cannot be prevented...at this stage!
- Type 2 diabetes involves a complex disruption to glucose metabolism including insulin resistance in cells, and more gradual loss of pancreatic function and insulin production.
- Type 2 diabetes is associated with a combination of genetic and lifestyle factors. There are a number of risk factors; some can be changed, some not.

Non-modifiable risk factors include:

- Genes and family history
- Increasing age
- Previous gestational diabetes

Modifiable risk factors include:

- Unhealthy diet and food supply
- Physical inactivity
- Unhealthy weight gain, overweight/obesity and abnormal fat accumulation

- Strong evidence shows that type 2 diabetes can be prevented in up to 58 per cent of cases in the high risk (pre-diabetes) population.
- The Australian type 2 diabetes risk test (AUSDRISK) is a simple and easy way for people to assess their risk of developing type 2 diabetes.
- Being overweight or obese is one risk factor for type 2 diabetes, it is not a direct cause. Some people who are overweight may not develop type 2 diabetes, while some people who are of a healthy weight will develop type 2 diabetes.