

My diabetes family. All in it together this World Diabetes Day

Monday 12 November 2018: Diabetes is a very demanding condition. Family often plays a key support role for those living with diabetes, providing emotional support and assistance with the day-to-day management of this relentless condition. This World Diabetes Day (Wednesday 14 November), Diabetes Victoria is supporting the International Diabetes Federation's awareness campaign with the message: ***My diabetes family. All in it together.***

"Diabetes concerns every family. We know that more than 328,000 Victorians live with diabetes and estimate that a further 125,000 Victorians have undiagnosed type 2 diabetes. Almost 80 people in Victoria develop the condition every day. With diabetes on the rise, it's likely that everybody will know someone with diabetes," says Diabetes Victoria CEO, Craig Bennett. "For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role, so we are recognising how important strong support systems at home are for people living with diabetes."

Diabetes is a complex condition that requires careful day-to-day management. This can be overwhelming, especially for those newly diagnosed. Research indicates that those people with diabetes who have strong support systems at home are better able to understand management advice and are mentally healthier.

Diabetes Victoria recognises:

- Family plays a key support role for those living with diabetes, often providing emotional support and assistance with day-to-day diabetes management.
- Families come in all shapes and sizes. Families can include a person's blood relations, extended family, housemates, healthcare team, peer support groups or friends.
- There is no one-size-fits-all approach to supporting a loved one with diabetes. The experience of caring for someone with diabetes is different for everyone.

In Australia, around 1.7 million people are living with diabetes and more than 300 develop diabetes every day. Of those, the vast majority have developed type 2 diabetes – which is often linked to issues such as a poor diet or 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.

Shining a light on diabetes

Joining the international *Blue Monument Challenge* on World Diabetes Day, Diabetes Victoria is raising awareness of the impact that diabetes has on the family and support network of all those affected by the condition. In Melbourne, Diabetes Victoria will light up the Melbourne Town Hall façade in blue on Wednesday 14 November as a testament to the worldwide effort to raise awareness about diabetes and to engage the global diabetes community.

Funding vital diabetes research

On the eve of World Diabetes Day, Diabetes Victoria will announce the successful Victorian research projects which will receive funding from the prestigious 2019 Diabetes Australia Research Program (DARP) grant round. The total funding pool will comprise \$3.6 million, of which Diabetes Victoria has contributed \$1.4 million.

The Victorian DARP recipients will be acknowledged at a reception at Government House hosted by Her Excellency the Hon Linda Dessau AC, Governor of Victoria and Patron of Diabetes Victoria, and Mr Anthony Howard QC and attended by, amongst other dignitaries, Susan Alberti AC, the 2018 Victorian of the Year Award Winner.

*We **support, empower and campaign** for all Victorians affected by, or at risk of, diabetes.*

For more information:

Jane Kneebone 0416 148 845 jkneebone@diabetesvic.org.au
Sybille Taylor 0408 102 344 staylor@diabetesvic.org.au

Note to editors:

- World Diabetes Day is celebrated every year on 14 November.
- The day is a significant date in the diabetes calendar – it marks the anniversary of the birth of the man who co-discovered the medical use of insulin, Sir Frederick Banting. Banting was responsible for isolating insulin for this purpose for the first time in 1922, alongside Charles Best, for which they won a Nobel Prize.
- World Diabetes Day is a leading global diabetes awareness and advocacy campaign, officially recognised by the United Nations and led by the International Diabetes Federation.
- The International Diabetes Federation theme for World Diabetes Day 2018 is: ***The Family and Diabetes.***
- My diabetes family will use the hashtags #mydiabetesfamily and #wdd2018.
- The lighting up of the façade of the Melbourne Town Hall building (90–130 Swanston St) in blue will take place at 8pm on Wednesday 14 November, as part of the International Diabetes Federation's annual monument challenge.
- The Blue Monument Challenge was launched in 2007 to mark the first United Nations observed World Diabetes Day. Since then, thousands of iconic sites and buildings in over 80 countries have gone blue to raise awareness on World Diabetes Day.