

**FREE  
PROGRAM**

# The Prevent Diabetes *Live Life Well* program

- Would you like more get up and go?
- Want to eat better, move more and lose some weight?

See inside to find out how.

# What is type 2 diabetes?

Type 2 diabetes is a serious disease. It can lead to heart attacks, strokes, kidney failure, blindness and amputation. It develops slowly, and often the body's organs are already being damaged for months or even years before any signs are noticed.

A healthy body makes insulin to control its blood glucose levels. In people with type 2 diabetes, the body either does not make enough insulin, or it can't use insulin properly. This leads to high blood glucose levels, and then to the organ damage described above.

It's important to understand if you are at risk of getting type 2 diabetes, so you can take action now to prevent getting it.

## Am I at risk?

If you have a family history of diabetes, are overweight, don't have a healthy diet, are not very active or were born overseas in countries such as Asia, Indian sub-continent, the Middle East or Southern Europe, you are at risk of getting type 2 diabetes. Smoking increases your risk even more.

## What can I do?

You can lower your risk - or even prevent type 2 diabetes - just by making some simple choices to **eat better, move more** and stay at a healthy weight. This Program shows you some easy ways to do that.

**Complete a Risk Tool and talk with your GP about your results. Your GP will let you know if you are eligible to participate in this Program.**



# About the Program

The Prevent Diabetes *Live Life Well* program is a free, confidential Program that runs for one year.

It will help you to **eat better** and **move more** to **prevent** type 2 diabetes and *live life well*.

## If you join the Program, you will:

- have your own personal Lifestyle Officer who will meet you for an individual consultation.
- receive a **Live Life Well manual** that provides all the information you need to prevent diabetes.
- be invited to attend three group sessions.
- receive on-going support to **eat better** and **move more**.
- receive regular newsletters with hints and tips to stay on track.
- have a review at 12 months to track your progress.



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**Your Lifestyle Officer will help you to:**

- decide on your goals
- plan how to reach them
- stay motivated
- look at any problem areas
- come up with solutions.

They will contact you every three months to help you stay motivated and on track.

**Getting started is easy.**

**Talk with your GP to  
see if you are eligible  
for the Program.**



# Success stories!



*'It works.  
It's interesting.  
You learn a lot.  
I would highly  
recommend it!'*

Kerrie



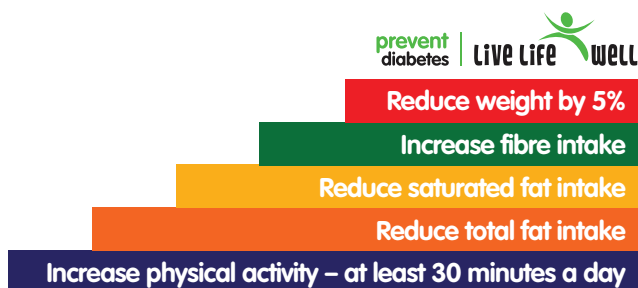
*'It is well  
structured and  
has manageable,  
reasonable goals.  
There is no focus  
on failure –  
it encourages  
small, positive  
steps.'*

Greg



# The Prevent Diabetes *Live Life Well* program

## Program goals



By achieving these goals you **CAN** reduce your risk or even prevent the development of type 2 diabetes.

And you will have more  
get up and go!

For more information call 1300 796 341  
[www.livelifewell.nsw.gov.au](http://www.livelifewell.nsw.gov.au)

Australian Better Health Initiative: A joint Australian,  
State and Territory Government initiative.

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Live Life Well