

# It's just common sense

**Sandra, from Bowral, recently completed the Prevent Diabetes *Live Life Well* program.**

Sandra has lupus, a disease that affects the body's immune system. A normal immune system protects the body by attacking any foreign objects that try to invade it, such as bacteria and viruses. With lupus, the immune system can't tell the difference between these foreign objects and the body's own healthy tissue. It attacks healthy body tissue, causing inflammation, pain and damage, especially to the skin, joints and organs.

Having suffered the pain and accompanying health problems of lupus for many years, Sandra started the Program 12 months ago 'as a sceptic'. But, as she says, she can now do things that would have been impossible before she started the Program.

## **How did you hear about the Program?**

Through my local GP. With the lupus, he thought it might be a good idea. I went along as a sceptic - I thought, 'No way.' I was in size-22 clothes, and I knew exercise was out - even walking 200 yards up the road was almost impossible for me. But the way they presented it, it seemed simple. That's what I liked about it.

## **Was the initial consultation a good experience?**

Yes. With all the weight-reduction things you see around you, like *The Biggest Loser*, you see it happening but you think you can't do it. But when I went to that first meeting, I thought, 'OK, I might not be able to do everything, but at least I can do something.' It showed me that there are other alternatives than the drastic exercise programs and the drastic diets.

## **And how did you find the groups?**

It's always a little bit awkward when you go into a group of people and you're admitting that you've let yourself go - you usually get a little bit embarrassed and hold back. But I didn't find that. The staff were very understanding, laid-back and yet very informative. At the end of the first group, I felt quite confident.

**I didn't 'go on a diet', but I changed my whole diet.**

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## Did you go to all three groups?

Yes, I looked forward to them. After that first one, I thought they were fantastic.

## What did you learn from the Program?

I learnt that fibre can come in many ways, such as by changing from white to wholemeal bread. I also learnt the difference between full-fat and low-fat foods, and how much you can save in your daily intake by using low fat. Now when I go shopping I read all the labels. I found that the difference in taste was negligible, so you're still getting the taste you like and the things you like to eat. And once I changed, the weight dropped off, which gave me continual motivation. I didn't 'go on a diet', but I changed my whole diet.

## How did your GP support you?

The cooperation with my GP was very beneficial. Because he knew I was on the Program, I talked with him about it. I also get on his scales every time I go in.

*Before I did the Program, I couldn't have walked from here to the letterbox. Today I've just taken the lady next door shopping. I walked her around town and carried all her groceries. Twelve months ago I wouldn't have been able to do that.*

## Sandra's top tips

- ✓ Go for low-fat alternatives
- ✓ Don't 'go on a diet' – change your diet
- ✓ Read the labels when you go shopping
- ✓ Read the manual – it helps you stay on track
- ✓ Let your family and friends know you're on the Program, so they can support you

## Did you use your *Live Life Well* manual?

Well, I went through a period where I thought my weight wasn't going to go down anymore. But just yesterday I started reading through the manual again, and I thought, 'Yeah, I can go down more.'

## What was the best thing about the Program for you?

Before I did the Program, I couldn't have walked from here to the letterbox. Today I've just taken the lady next door shopping. I walked her around town and carried all her groceries. Twelve months ago I wouldn't have been able to do that. As I lost weight, I found I could walk better – the lighter I got, the easier it became. I've gone from a size 20-22 down to a size 14 – and now even that's starting to fall off me!

## And what was the worst thing?

Probably breaking the old habits – having to give up the things you do have to give up, such as the rubbish things.

## Did you tell your family and friends you were on the Program?

I told everybody. It's easier if you explain what you're trying to do, so they understand and they don't get offended.

## And have your family and friends been supportive?

Very supportive. I always get fresh vegies given to me, wherever I go, 'cause they know that's what I like now. And they've learnt themselves, too. I've noticed they're all more aware now of what they're eating. It's amazing how it spreads.

## Would you recommend the Program to other people?

Yes. I've gotten three people on it already. Everyone asks me what I'm doing, and I say, 'Nothing – it's just common sense!'

# Have you Diabetes L

## It's time for your 12-month review

**Your 12-month review is a vital part of your Program. It's a one-on-one session with your Lifestyle Officer that's all about supporting you.**

**During your review, you and your Lifestyle Officer will look at how you've progressed towards the five Program goals. Then you'll be able to talk about how to continue to reduce your risk of developing type 2 diabetes.**

### Measuring your progress

During your review, your Lifestyle Officer will take the same measurements they took at the beginning of the Program, so you can see exactly what you've achieved over the past 12 months. Then you'll be able to talk about what has and hasn't worked for you, set new long-term goals or get back on track towards your old ones.

### Providing food for thought

Everyone – including your Lifestyle Officer – knows it's not easy to change the way you eat!

During your review, you and your Lifestyle Officer will look at your completed three-day food diary. Then you'll be able to talk about how well you're doing in some areas, what areas you might want to improve on, and how you might be able to do that.

### Getting a follow-up blood test

Before you started the Program, you were at high risk of developing type 2 diabetes within the next 5 years. Your risk might now have changed. Having a blood test as part of your 12-month review will tell you how you have progressed and also help us to evaluate the success of the Program.

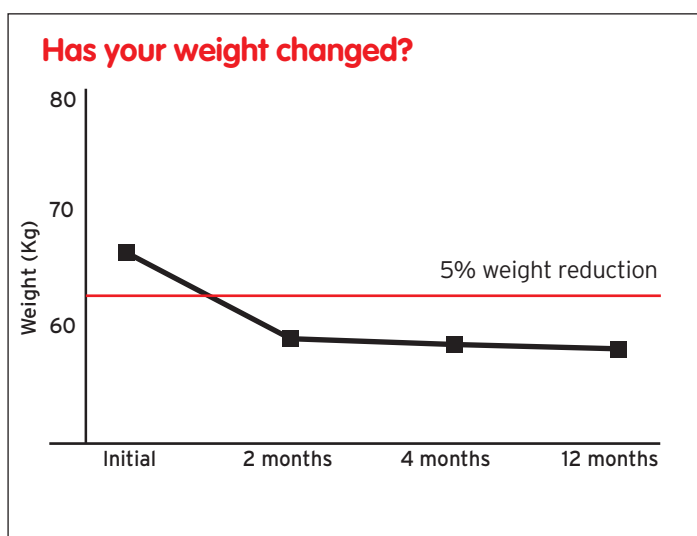
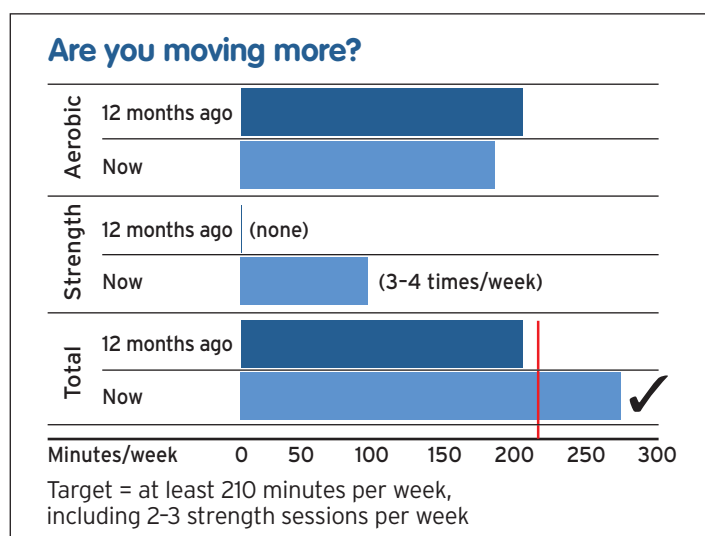
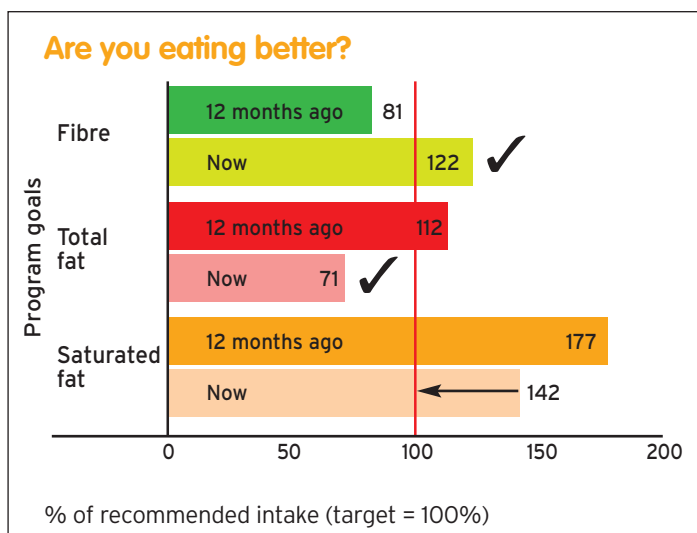
### Summing it all up

Once you've completed your 12-month review, you'll receive a clear, easy-to-read four-page summary of your progress. You'll also get tips on continuing your journey to **eat better** and **move more**.

# almost completed the Preventive Life Well program?

Here is a sample of the sort of summary you'll get.

Summary of your progress so far						
Goal	12 months ago	Now	Result	Personal goal met	Program goal met	
Physical activity	aerobic	Not enough	Enough	Goal achieved	✓	✓
	strength training	None	Perfect	Goal achieved	✓	✓
Increase fibre	Not enough	Just right	Goal achieved	✓	✓	
Reduce total fat	Too much	Perfect	Goal achieved	✓	✓	
Reduce saturated fat	Too much	Slightly too much	Improved	✓	Getting there	
Reduce weight by 5%	66.4 kg	58.1 kg	Achieved (-12.5%)	✓	✓	



In a recent survey of participants who had attended their 12-month review, most said the feedback they received was easy to understand and accurately reflected their progress.

One participant said, *'Although I was a little disappointed with my progress, the feedback keeps me motivated to work harder.'*

## Reminder

At your 9-month phone call your Lifestyle Officer should have booked a 12-month review with you. If so, don't forget your appointment. If not, book a 12-month review with your Lifestyle Officer today.



**Want more information?**

If you have any questions about the Program, please contact your Lifestyle Officer or your doctor.

## What participants have been saying about the Program

*"Very good Program - excellent facilitators and a great opportunity to get back on track (or closer to it!). Thanks to my doctor for getting me on the Program."*

*"It is good to work within a group. It is encouraging and gives you a better idea of goals and how to achieve them."*

*"I am delighted with my progress and feel fitter and happier about my health and my personal image. When I first decided to take part in the Program I was sceptical about the benefits. It is really nice to have been so wrong!"*

*"I would recommend the Program because it is based on educating people about the principles behind good eating habits and a knowledge of healthy foods. I like the Program because it does not make anyone feel guilty or embarrassed about why they were attending but, more importantly, encourages and supports those attending."*

**Want extra support?**

For extra support, contact Get Healthy on **1300 806 258** or at [www.getthehealthynsw.com.au](http://www.getthehealthynsw.com.au)

**Feedback**

If you would like to provide feedback about this newsletter please contact us on **1300 796 341**



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# Healthy fast food



## Banana parcels

5 minutes preparation + 5 minutes cooking  
Serves 4

### Ingredients

- 4 bananas, peeled, sliced in half lengthways
- pulp of 1 large passionfruit
- 4 large strawberries
- 1/2 cup low-fat natural yoghurt
- rind of 1/2 orange

### Method

Preheat the barbecue.

Take four large pieces of aluminium foil, then fold each piece in half to make it double thickness.

Place two banana halves (one whole banana) in the centre of each piece of foil, and sprinkle with half the passionfruit pulp.

Fold over the edges of the foil to enclose the bananas.

Place bananas on the barbecue and cook for five minutes.

Remove from the barbecue and place on a serving plate.

Open up each parcel. Slice one strawberry on top of each parcel, and top with the remaining passionfruit.

In a small bowl, mix the yoghurt and orange rind, and serve with the banana parcels.



This recipe is from *Healthy Food Fast - your free cookbook*. If you have not yet received a copy, please contact your Lifestyle Officer.