

Living Well with Diabetes Victoria heads west

Thursday 14 September: Diabetes Victoria is heading west and will be hosting a *Living Well with Diabetes Victoria* event in Sunshine on Saturday 21 October 2017. The event will take place at Club Italia Sporting Club.

The Sunshine event will comprise three separate seminars, specifically tailored to people living with type 1 or type 2 diabetes or those wanting to prevent type 2 diabetes.

Selected experts will share their knowledge on how to manage and prevent diabetes by providing many practical tips. Attendees will also have the opportunity to connect with local diabetes services, support groups and product suppliers.

The type 1 stream will include a session on the latest type 1 research and technology, diabetes distress and food, exercise and type 1 management and reaching exercise goals. The type 2 stream will focus on diabetes management, diabetes and everyday stress, mindful eating and tips on incorporating exercise into everyday life. There will also be a stream on diabetes prevention focusing on getting more active, the *Life!* program, cooking healthy meals and how to read food labels.

“Almost 320,000 Victorians are living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition as well as ways to prevent type 2 diabetes,” says Diabetes Victoria CEO Craig Bennett. “We have listened to feedback about the need to take our events out to the western suburbs in order to better connect with and support people living with diabetes or wanting to prevent diabetes.”

There are currently about 22,000 living with diabetes, in the Melton and Brimbank local government areas, who are registered with the National Diabetes Services Scheme. The vast majority (92 per cent) live with type 2 diabetes – 8 per cent live with type 1 diabetes.

Every day, more than 80 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 serious chronic condition which can cause many long-term health complications.

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 Victoria* session details:**

When: **8.30am–2.30pm, Saturday 21 October 2017**

Where: Club Italia Sporting Club, 128–152 Furlong Rd,
Sunshine North VIC 3020

Cost: Free for Diabetes Victoria members; \$20 for non-members and guests,
\$15 early-bird rate available until Friday 13 October

Bookings include morning tea, lunch and refreshments. Attendees bring own hypo snacks.

Bookings: Places are limited, so bookings are essential.

Please call 1300 136 588 or book online:

[Type 2 event](#) | [Type 1 event](#) | [Prevention event](#)

Type 1 event speakers include:

Associate Professor David O’Neal

Tim McMaster, Accredited Practising Dietitian

Dr Adriana Ventura, Psychologist and research Fellow, ACBRD

Sally Double, Credentialed Diabetes Educator

Warwick Sickling, runner living with type 1 diabetes

Type 2 speakers include:

Dr Bernard Crimmins, GP

Elizabeth Holmes-Truscott, ACBRD

Adele Mackie, Accredited Practising Dietitian

Nicole French, Accredited Exercise Physiologist

Prevention speakers include:

Nicole French, Accredited Exercise Physiologist

Jess Falduto, Accredited Exercise Physiologist

Mady Griffith, Health Promotion Officer

Kelly Eng, Comms and Social marketing

Melissa Raval, Accredited Practising Dietitian



MEDIA RELEASE

FOR IMMEDIATE RELEASE

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

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