



**Did you know that 280
Australians develop
diabetes every day?**

Chrysi has been living with type 2 diabetes for more than 10 years. She is not alone. Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes as well as silent, undiagnosed type 2 diabetes. Diabetes Victoria's large network of support groups help people living with all types of diabetes to get connected.

diabetesvic.org.au #NDW16

**national
diabetes
week**

NDW16



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victoria**



Diabetes
won't
stop me.

**Did you know that
type 2 diabetes can
be prevented?**

Two million Australians have pre-diabetes and are at high-risk of developing type 2 diabetes. Sophia was one of them before she participated in the *Life!* program. Now, she is back on track. Her blood glucose levels dropped quickly, she lost weight and has much more energy to live well. Call 13 74 75 to learn more about the *Life!* program.

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