

## Are you aged 18+ and living with type 1 diabetes?



People with type 1 diabetes must consider many factors when making decisions regarding diet and exercise. This survey has been developed to investigate the lived experience of people with type 1 diabetes regarding physical activity and diet.

The aim of collecting this information is to shape future education regarding exercise, diet and supplement use for adults with type 1 diabetes.

If you are 18 or older, please share your perspective by completing our online survey.

**Your input will help us highlight areas for future research and improvements in diabetes care.**

Visit [https://q.surveys.unimelb.edu.au/jfe/form/SV\\_57w0qJJH3Q5DstU?Q\\_CHL](https://q.surveys.unimelb.edu.au/jfe/form/SV_57w0qJJH3Q5DstU?Q_CHL) or scan the QR code to find out more about our online survey.

