

### Life! Taking Action on Diabetes – a prevention program

- Diabetes is one of the leading causes of heart attack, stroke, blindness and kidney damage
- Type 2 diabetes is largely preventable through lifestyle modification
- The Life! *Taking Action on Diabetes* course is an evidence based lifestyle behaviour change program that prevents the onset of new diabetes in more than half of course participants.
- For people who cannot attend a Life! course, there is now an alternative delivery mode: Life! telephone health coaching (THC)

#### Prevention is better than cure!

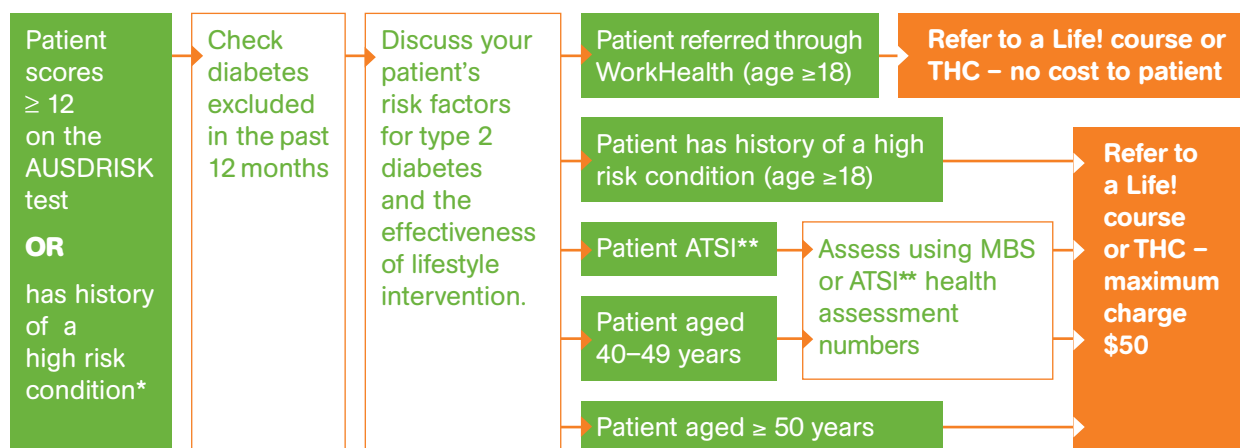
- Help prevent type 2 diabetes in your patients:
  - **Assess** your patient’s risk using the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) or from their history of high risk conditions.\*
  - **Test** to exclude type 2 diabetes. Advise your patient about the availability of the Life! course and discuss their risk factors for type 2 diabetes
  - **Refer** patients at high risk to a Life! course or THC

#### What is the AUSDRISK tool?

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) accurately predicts a person’s risk of type 2 diabetes within the next five years. Scores of  $\geq 12$  are considered high risk. Call 13 RISK (13 7475) for copies or download from [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au).

High	Scores of 12 – 15	approximately 1 in 14 develop type 2 diabetes within 5 years
	Scores of 16 – 19	approximately 1 in 7 develop type 2 diabetes within 5 years
	Scores of 20 or greater	approximately 1 in 3 develop type 2 diabetes within 5 years

#### Eligibility criteria



\* A pre-existing condition of either CVD/GDM

\*\* Aboriginal and Torres Strait Islander origin

#### Referral procedure

Complete the Life! referral form available from [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au) under the ‘GP & Health Professionals’ tab. Forms are available in a number of formats, including MS Word, Medical Director, Best Practice and Genie.

Fax the referral to your nearest Life! facilitator (contact your local division for details or visit: [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au) > Life Courses > Course Locator) or to Diabetes Australia – Vic on 9667 1757.

## Frequently Asked Questions

### How do I exclude diabetes?

Exclude pre-existing diabetes with a fasting blood glucose test, and oral glucose tolerance test if required, as per the Diabetes Management in General Practice Guidelines.

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### What does a Life! course cover?

- The importance of good nutrition and regular physical activity
  - Risk factors for type 2 diabetes and their link to lifestyle
  - Goal setting to assist in the adoption and maintenance of lifestyle changes
  - Linkages to local programs and services to support lifestyle changes
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### What is Life! Taking Action on Diabetes telephone health coaching (THC)?

Life! telephone health coaching is an alternative delivery mode to the Life! course. The telephone health coaching service is for eligible patients who are unable to attend a face to face group course. To find out more on Life! telephone health coaching visit <http://www.diabetesrisk.org.au>

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### Who offers the Life! courses?

Life! courses are offered through community health centres, general practice and private allied health. Health professionals such as physiotherapists, dietitians and diabetes educators deliver the courses.

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### Will I receive feedback on my patient's progress in the course or THC?

Yes. You will receive notification on your patient's enrolment and then after session 5 and 6 of the Life! course; OR after 2 months and the final phone call of the Life! THC. Information will include weight and waist loss, and other lifestyle improvements.

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### How much does it cost?

**The course is free for most people**, including:

- Patients aged 40-49 years with a Commonwealth Concession or Health Care Card
- Patients aged 50 years and above on low to medium incomes (as per the Health and Community Care (HACC) guidelines)
- Patients with a history of a high risk condition\* on low to medium incomes (as per the Health and Community Care (HACC) guidelines)
- The course is free for people referred through WorkHealth

For all others, a \$50 co-payment is required.

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### What is the new WorkHealth program?

People over the age of 18 may be referred through a WorkHealth program in your area. People referred through a WorkHealth check are eligible to attend the Life! course free of charge.

## Further Information

### How do I get more information or order resources for my practice?

Please call the Life! Program team at Diabetes Australia – Vic on 13 RISK (13 7475) or visit the website [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au)

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### Is there support available for my patient?

Encourage your patient to call 13 RISK (13 7475) for support from the Life! Program staff as they make their way through the course.

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## References

- Absetz P, Valve R, Oldenburg B, Heinonen H, et al. Type 2 diabetes prevention in the "real world": One-year results of the GOAL implementation trial. *Diabetes Care*. 2007;30(10):2465-2470.
- Laatikainen T, Dunbar JA, Chapman A, Kilkinen A, et al. Prevention of Type 2 Diabetes by lifestyle intervention in an Australian primary health care setting: Greater Green Triangle (GGT) Diabetes Prevention Project. *BMC Public Health* 2007;7(1):249-255.
- Tuomilehto J, Lindstrom J, Eriksson J, et al. 2001. Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle Among Subjects with Impaired Glucose Tolerance. *New England Journal of Medicine*, 2001;344(18):1343-1350.

Call 13 RISK (13 7475) or visit [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au)