

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* Program (Life!) is an evidence based lifestyle behaviour change program that prevents the onset of new diabetes in up to 58% of course participants.

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)
 - **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

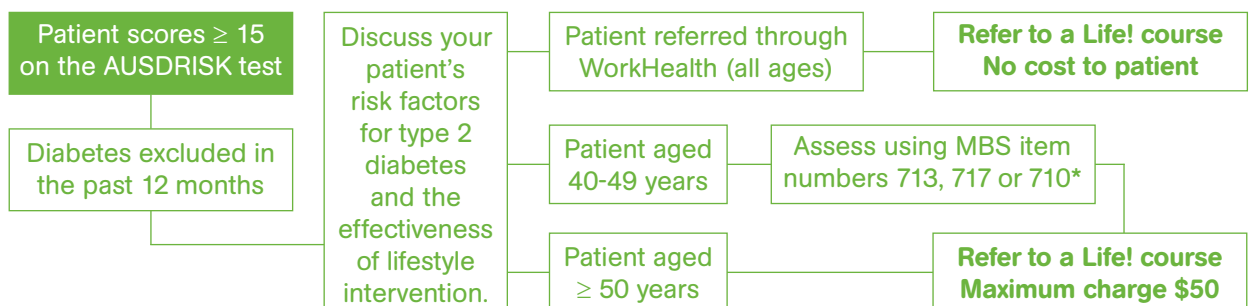
What is the AUSDRISK tool?

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) accurately predicts a person's risk of type 2 diabetes within the next five years. Call 13 RISK (13 7475) for copies or download from www.diabeteslife.org.au.

To be eligible for the Life! course, people must score 15 or more:

High	Scores of 15 – 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



* For patients of Aboriginal and Torres Strait Islander origin aged 15-54 years

Referral procedure

Complete the Life! referral form available from www.diabeteslife.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.diabeteslife.org.au > Life Courses > Course Locator) or to Diabetes Australia – Vic on 9667 1778.

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.

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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How long does a Life! course run for?

The courses run over six sessions, over a period of eight months. The first five sessions run fortnightly. The final session takes place eight months after the first to allow participants to put their new skills into practice.

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.

How do I find out my patient's progress?

You will receive patient feedback after sessions five and six. Information will include weight and waist loss, and other lifestyle improvements.

How many participant's in a Life! group?

Eight to 15 participants.
A support person may attend if required.

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)
- The course is free for people referred through WorkHealth

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

What is the new WorkHealth program?

People may be referred through a WorkHealth program in your area. People referred through the WorkHealth are eligible to attend the Life! course free of charge with no age restriction.

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.diabeteslife.org.au

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.

References

- Absetz P, Valke 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 goforyourlife.vic.gov.au/life