

Life! Taking Action on Diabetes program eligibility criteria

Update 2010

The Life! program is provided to people who are at **high risk of developing type 2 diabetes**. High risk is identified as having a pre-existing condition specifically, **gestational diabetes mellitus (GDM) or Ischemic Heart Disease (ICD)** or is determined by a score of 12 or more on the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK).

What are the main changes to participant eligibility for the Life! program?

As of 1st July, 2010 the following changes will be applied to the entry criteria for the Life! program.

1. AUSDRISK score reduced from 15 to 12

This change has also been made by the Commonwealth National Program (LMP).

The Department of Health and Ageing recently reviewed the categorisation of high risk by the AUSDRISK tool, a AUSDRISK score of 12 or above is now considered at 'high risk' of developing diabetes in the next five years. See below for the new categorisation of risk according to AUSDRISK score:

Scores of 20 and above = high risk; approximately 1:3 will develop diabetes

Score of 12 - 15 = high risk; approximately 1:14 will develop diabetes

Score of 16 - 19 = High risk; approximately 1:7 will develop diabetes

Score of 8 -11 = intermediate risk; approximately 1:30 will develop diabetes

Score of 6 -8 =intermediate risk; approximately 1:50 will develop diabetes

Score of 5 or less = low risk; approximately 1:100 will develop diabetes

2. Simpler entry for adults with pre-existing ischemic heart disease (IHD)

Cardiovascular disease, particularly ischemic heart disease has been well established as an independent risk factor for type 2 diabetes. Therefore, adults with a history of ICD will now be eligible to take part in a Life! course regardless of their age* or AUSDRISK score.

The definition of pre-existing ICD suitable for entry into the Life! program will be any person with a self reported history of the following heart conditions:

- Myocardial infarction/ heart attack
- Angina
- Angioplasty

It is recommended that the initial experience/diagnosis of one of these heart conditions should not occur within 3 months of commencing the program.

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3. Easier entry for women who have been diagnosed with gestational diabetes mellitus

Women who have had a previous diagnosis of GDM have a 50% lifetime risk of developing type 2 diabetes placing them at high risk. All adult women who have experienced GDM and are not currently pregnant can be referred to the Life! program regardless of their age* or AUSDRISK score. This criteria will be based on self report of the GDM diagnosis.

What is the inclusion criteria for referring to the Life! program?

In summary, to determine a person's eligibility to be referred to the *Life! Taking Action on Diabetes* program, the criteria is now as follows:

- Diabetes excluded; AND
- History of a high risk condition, specifically a pre existing condition of either CVD/GDM (regardless of age* or AUSDRISK score;) OR
- AUSDRISK score of 12 or more and aged over 50 or over 18 if an Aboriginal or Torres Strait Islander

Are there any exclusions for referring into the Life! program?

Yes. People with any of the following conditions are not eligible to enrol in the *Life! Taking Action on Diabetes* program:

- Diabetes
- Pregnancy
- Recent angina diagnosis/angioplasty/myocardial infarction within the last 3 months

* All adults with history of CVD and GDM must be aged over 18.



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