

Life! Champions

Taking Action on Diabetes

A booklet of success stories to be celebrated and shared.



Course participant
Noel Leslie

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Course participant
Bob Evans

35



Course participant
Kerrie Beitzel

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Course participant
Melita

40



Course participant
Tania Robinson

11



Course participant
Tom Munro

47



Course participant
Colleen Price

16



Course participant
Sue

53



Course participant
Colleen Hartland

22



Telephone Health
Coaching participant

Bob Richardson

54



Course participant
Gwen Arcaro

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Telephone Health
Coaching participant

Brenda Davenport

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Introduction



Facilitator Trent, takes a Life! class in Hampton

The Life! *Taking Action on Diabetes* prevention program is a Victorian State Government funded initiative to prevent type 2 diabetes in the 25,000 Victorians aged 50+ who are at high risk of developing the disease.

Diabetes is serious – and there is no cure. It is the fastest growing chronic disease in Australia, currently affecting about 1.5 million Australians.

The Life! program includes a mass media campaign, the development and promotion of a diabetes risk test to identify Victorians at high risk of developing type 2 diabetes, and the delivery of a lifestyle behaviour change course and telephone health coaching service to those at high risk of developing the disease.

The Life! *Taking Action on Diabetes* course teaches participants to make sensible, sustainable healthy lifestyle changes. It focuses on changing eating habits, setting goals and increasing physical activity. It is run by trained health professionals over six sessions and is free for most people.

This booklet showcases Life! Champions — Victorians who assessed their risk of developing type 2 diabetes and decided to do something about it. These people have all completed the Life! *Taking Action on Diabetes* course or used the telephone health coaching service. They have chosen action and life, over unhealthy habits and inactivity.

The quotes and editorials from these Life! Champions provide real life case studies that Life! facilitators can use to motivate their course participants. The content can also be used when writing about the Life! *Taking Action on Diabetes* course or telephone health coaching service. Giving a name and a human face to participants who have achieved positive outcomes, makes the benefits of the program more real.

The success stories contained in this booklet are to be celebrated and shared.

Type 2 diabetes is one of the major health problems facing Australia in the 21st century, but the rate of escalation can be halted. The Life! champions in this booklet have shown that achieving and maintaining a healthy weight, being physically active and following a healthy balanced eating plan is within everyone's reach, and that anyone at risk can do the Life! course or use the telephone health coaching service and reduce their chances of developing type 2 diabetes.

Life! Champion Noel Leslie



Quotes

“ My doctor thought I could be pre-diabetic and referred me to the course. It’s not been an easy task but it was the right time for me to take action. The course was terrific and it clarified a lot of things for me.”

Noel Leslie

“ I have dropped from 113kg to 100kg; I have tightened five belt notches and lost 10cm from my waist. I have noticed a huge change in my body and am keen to reach my goal weight of 88kg. I have my goal and am sticking to it.”

Noel Leslie

“ Diabetes is serious and can have serious consequences such as heart attacks, blindness, amputation and kidney failure.”

Dr Ralph Audehm

“ We see 375 Victorians diagnosed with diabetes every week. There is no cure for type 2 diabetes and no escape once you have been diagnosed.”

Dr Ralph Audehm

“ Type 2 diabetes is the most common cause of limb amputation in Victoria resulting in 847 lower limb amputations in 2007/08.”

Dr Ralph Audehm

“ I wish someone had alerted me to the risk before it was too late. Others must act and make changes to reduce their risk. Living with an amputation reduces your quality of life.”

Fiona Sheedy

Fiona is an amputee with type 2 diabetes, she previously had gestational diabetes.

Editorial

Noel Leslie • (535 words)

Every New Year the most common resolutions are to lose weight, implement a healthy eating plan and increase physical activity. But by April many people's resolve is slipping.

Diabetes Australia – Vic Director of Programs and Services Dr Ralph Audehm says many people start the year with good intentions but as the year progresses their resolve weakens and they revert to life-long bad habits which can lead to life threatening diseases. These people need help!

“Being overweight is closely linked with developing type 2 diabetes which is something people can avoid. Dr Audehm says. “Diabetes is serious and can have serious consequences such as heart attacks, blindness, amputation and kidney failure.”

“We see 375 Victorians diagnosed with diabetes every week. There is no cure for type 2 diabetes and no escape once you have been diagnosed. People with type 2 diabetes need to check their blood glucose every day, require lots of tests, need to see their doctors more often and require regular medication.” Dr Audehm says.

Making changes in your life is often very difficult and research shows us that many people cannot do this alone.

Sixty-seven year old Noel Leslie from Lower Templestowe recently completed the Life! course and says he was inspired. “My doctor thought I could be pre-diabetic and referred me to the course. It's not been an easy task but it was the right time for me to take action. The course was terrific and it clarified a lot of things for me.”

“I have dropped from 113kg to 100kg; I have tightened five belt notches and lost 10cm from my waist. I have noticed a huge change in my body and am keen to reach my goal weight of 88kg. I have my goal and am sticking to it,” Noel says.

A Life! course can help you prevent or delay the onset of type 2 diabetes. It is free for 25,000 high risk Victorians over 50 years of age and is available in your local area.

Life! course facilitator Virginia Audehm says a lifestyle course can reduce the number of new cases of type 2 diabetes by up to 58 per cent in high risk individuals. “The tailored course helps people feel better and live longer. Ask your doctor for a referral.”

Virginia says the Life! course group dynamic worked well and the small changes that participants made led to significant results. “Most of them lost weight, improved their quality of life and reduced their risk of developing type 2 diabetes.”

There are Life courses coming up all over Victoria. To assess your risk take the FREE diabetes risk test by:

- Calling 13 RISK (13 7475)
- Visiting www.diabetesrisk.org.au
- Then visit your doctor and ask whether joining a local Life! course is right for you.

Diabetes Australia – Vic is coordinating the State Government funded program Life! *Taking Action on Diabetes*, a new evidence-based type 2 diabetes prevention program. It is a behavioural change course which involves six 90 minute group sessions over a period of eight months. Diabetes Australia – Vic is the peak consumer body and leading charity representing all people affected by diabetes and those at risk.

Life! Champion Kerrie Beitzel



Quotes

- “ I’m glad I didn’t wait to start the course because that would have been more of my life wasted.”
Kerrie Beitzel
- “ I’m amazed at just how much I learned in the first session.”
Kerrie Beitzel
- “ I don’t want to go blind, I don’t want to be an amputee and I want quality of life.”
Kerrie Beitzel
- “ I’m not interested in just losing weight ... I need a really serious lifestyle change.”
Kerrie Beitzel

Editorials

Kerrie Beitzel • Weight loss version (49 words)

After years of yo-yo dieting, Kerrie Beitzel thought herself an expert on weight loss strategies. But the Life! *Taking Action on Diabetes* course, taught her more than just the “tricks” of weight loss. After her very first session Kerrie said, “I didn’t realise just how little I did know.”

Kerrie Beitzel • Lifestyle version (53 words)

Signing up for the Life! *Taking Action on Diabetes* course was not simply about appearances for Kerrie Beitzel; it was about lack of energy, bad sleeping patterns and not feeling like herself any more.

“I’m desperate to improve my lifestyle,” Kerrie says, who was shocked into action after seeing the “Amputation” TV advert.

Kerrie Beitzel • Energy version (146 words)

Kerrie Beitzel is one of life's doers. She runs her own advertising company, has two grown children and a wide circle of friends. But the vibrant 50-something year old was "finding it hard just to get out of bed in the morning."

It was the Type 2 diabetes prevention TV advert that shocked Kerrie into doing something about her low energy levels. The ad shows a middle aged woman swimming laps in a pool; she emerges from the water to reveal that the lower half of her right leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Kerrie immediately made the call and booked into the Life! *Taking Action on Diabetes* course.

Signing up for the Life! course, has put Kerrie right on track for a longer and healthier life.

Kerrie Beitzel • Shock version (155 words)

After years of yo-yo dieting, Kerrie Beitzel thought herself something of an expert on weight loss strategies. But the Life! *Taking Action on Diabetes* course, taught her more than just the "tricks" of weight loss. After her first session Kerrie said, "I didn't realise just how little I did know."

Kerrie booked into the Life! course after seeing the new "Amputation" television advert, which features a woman swimming laps in a pool. She emerges from the water to reveal that the lower half of her right leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Research shows that the risk of amputation is 15 times higher for people with diabetes. Kerrie made the call and booked into the Life! course straight away.

"It gave me such a shock," Kerrie says about the advert, "I didn't eat for 24 hours!"

Kerrie Beitzel • Eat better version (155 words)

Are you over 50 and over weight?

There is a way to delay the onset of Type 2 diabetes ... or prevent it altogether.

Diabetes Australia – Vic is coordinating the State Government funded program Life! *Taking Action on Diabetes*, an evidence-based type 2 diabetes prevention course, targeting people like Kerrie Beitzel.

"It was not a matter of if, it was a matter of when," Kerrie says.

The course focuses on changing eating habits, setting goals and increasing physical activity, so you can feel better and live longer. It is run over six sessions by specially trained staff, and better still, it's free for most people.

Signing up for the Life! *Taking Action on Diabetes* course has put Kerrie right on track for a longer and healthier life.

"From the next day I started to eat better," Kerrie says.

For your free type 2 diabetes prevention kit call 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Kerrie Beitzel • Amputation version (172 words)

Don't be the type to leave it too late!

Are you over 50 and ignoring your risk? Type 2 diabetes can be prevented.

Just ask Kerrie Beitzel, who booked into the Life! *Taking Action on Diabetes* course after seeing the "Amputation" television advert. The advert features a woman swimming laps in a pool. When she emerges from the water we see that the lower half of one leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Kerrie made the call and booked into the Life! course straight away.

Research shows that the risk of amputation is 15 times higher for people with diabetes.

"I don't want to be an amputee," Kerrie says, "I want quality of life."

Signing up for the Life! *Taking Action on Diabetes* course has put Kerrie right on track for a longer and healthier life.

For more information about the Life! course, visit www.diabetesrisk.org.au email life@diabetesvic.org.au or call 13 RISK (13 7475).

Kerrie Beitzel • Quality of life version (174 words)

Don't be the type to leave it too late!

Are you over 50 and ignoring your risk? Type 2 diabetes can be prevented.

Diabetes Australia – Vic is coordinating the State Government funded program Life! *Taking Action on Diabetes*. It's an evidence-based prevention program for people 50 years of age and over that are at risk.

People like Kerrie Beitzel, who says "I'm desperate to improve my lifestyle."

Kerrie was shocked into action after seeing the "Amputation" TV advert. It features a middle aged woman swimming laps in a pool. The woman emerges from the water, to reveal that the lower half of her right leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK."

"I want quality of life," Kerrie says.

Signing up for the Life! *Taking Action on Diabetes* course has put Kerrie on track for a longer and healthier life.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Kerrie Beitzel • Blind version (204 words)

Close your eyes.

Imagine you were at risk of going blind and didn't even know about it.

Stop imagining. If you're over 50 and overweight you are at risk of developing type 2 diabetes, which can lead to blindness.

The good news is there is a way to delay the onset of type 2 diabetes or prevent it altogether ... and it's free for most people.

Feel better and live longer, so you can spend more time with your family and friends, just like Kerrie Beitzel, who booked into a Life! *Taking Action on Diabetes* course, after seeing the type 2 diabetes prevention advert on television.

"I don't want to go blind," says Kerrie, "I want quality of life."

Life! *Taking Action on Diabetes* is not just another weight loss program, but a proven lifestyle behavioural change course to help you achieve better general health and well being. It's run over six sessions by trained facilitators. The groups are informal and friendly.

Open your eyes and assess your risk.

"I'm a heck of a lot better off, than if I'd never started the course," Kerrie says.

For more information about the Life! course, visit www.diabetesrisk.org.au
email life@diabetesvic.org.au or call 13 RISK (13 7475).

Kerrie Beitzel • Family and friends • (248 words)

Prevent type 2 diabetes – don't be the type to leave it too late!

Did you know that type 2 diabetes runs in families? You can help prevent your family and friends from developing type 2 diabetes, by encouraging them to take the Diabetes Risk Test.

Kerrie Beitzel completed the simple 10-question test after calling 13 RISK. She found out that she was at risk of developing type 2 diabetes.

"It was not a matter of if, it was a matter of when," Kerrie says.

The good news for Kerrie and other at risk individuals is that they can delay the onset of type 2 diabetes or prevent it altogether by completing the Life! *Taking Action on Diabetes* course.

The course teaches people how to make sensible, sustainable healthy lifestyle changes.

Kerrie signed up the day she found out she was at high risk of developing type 2 diabetes, and she's glad she didn't wait. "That would have been more of my life wasted," she says.

Life! *Taking Action on Diabetes* is an evidence-based type 2 diabetes prevention program. It focuses on changing eating habits, setting goals and increasing physical activity. It is run by trained health professionals over six sessions and is free for most people. The program is state funded and coordinated by Diabetes Australia – Vic.

Don't wait any longer. Encourage your adult friends and family members to assess their type 2 diabetes risk today. Call 13 RISK (13 7475) or go to www.diabetesrisk.org.au for more information.

Kerrie Beitzel • Don't wait version (251 words)

Don't be the type to leave it too late!

Are you over 50 and ignoring your risk?
Type 2 diabetes can be prevented.

Diabetes Australia – Vic is coordinating the State Government funded program Life! *Taking Action on Diabetes*. It's an evidence-based prevention program for people 50 years of age and over that are at risk. People like Kerrie Beitzel, who in her own words was feeling "revolting and revolted" about herself, about her size, her sleeping patterns and her energy levels.

"When you're younger it's all about appearance, appearance, appearance. But it's gone beyond what I look like now – it's the way I feel."

Kerrie called the 13 RISK number after seeing the type 2 diabetes prevention advert on television. It features a middle aged woman swimming laps in a pool. The woman emerges from the water, to reveal that the lower half of her right leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Kerrie made the call and booked into a Life! *Taking Action on Diabetes* course straight away.

The course runs over six sessions and is run by specially trained staff, including dieticians and exercise professionals. It's not about lectures, but rather individual attention.

"I'm glad I didn't wait," Kerrie says about starting the course, "that would have been more of my life wasted."

For more information about the Life! course, visit www.diabetesrisk.org.au
email life@diabetesvic.org.au or call 13 RISK (13 7475).

Kerrie Beitzel • Sugar version (299 words)

More than "a little sugar"

Don't be the type to leave it too late!

Are you over 50 and ignoring your risk?
Type 2 diabetes can be prevented.

There's no way to sweeten the stats. If you're over 50 and overweight you are at risk of developing type 2 diabetes. This makes you:

- 4 x more likely to develop heart disease and have a stroke,
- 3 x more likely to experience kidney failure, and
- 15 x more likely to require amputation.

Not only that, but the most common form of blindness in adults aged 30–60 is as a result of having diabetes.

The good news is there is a way to delay the onset of type 2 diabetes or prevent it altogether ... and it's free for most people.

Diabetes Australia – Vic is coordinating the State Government funded program Life! *Taking Action on Diabetes*. It's a new evidence-based prevention program for people 50 years of age and over.

Kerrie Beitzel signed up for the Life! *Taking Action on Diabetes* course, after seeing the type 2 diabetes prevention advert on television. The advert features a woman swimming laps in a pool. When she emerges from the water we see that the lower half of one leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Kerrie made the call and booked into the Life! course straight away.

"I'm glad I didn't wait," Kerrie says about starting the course, "that would have been more of my life wasted."

Signing up for the Life! *Taking Action on Diabetes* course has certainly sweetened Kerrie's chances of a longer and healthier life.

For more information about the Life! course, visit www.diabetesrisk.org.au email life@diabetesvic.org.au or call 13 RISK (13 7475).

Kerrie Beitzel • Not if, when version (500 words)

Kerrie Beitzel says she's glad she didn't wait any longer to start the Life! *Taking Action on Diabetes* course, "because that would have been more of my life wasted." In her own words Kerrie was feeling "revolting and revolted" about herself, about her size, her sleeping patterns and her energy levels.

"When you're younger it's all about appearance, appearance, appearance. But it's gone beyond what I look like now – it's the way I feel."

Kerrie felt so low that she was thinking about missing a close friend's 50th birthday celebration, even though she had already booked her flight to Queensland. "It took so much courage just to get on the plane," she said later. "If I hadn't started the course, I would not have got to that party."

The Life! *Taking Action on Diabetes* course is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia. It affects about 1.5 million Australians.

Kerrie booked into the course after seeing the "Amputation" television advert. It features a middle aged woman swimming laps in a pool. The woman emerges from the water to reveal that the lower half of her right leg is missing. The voice over says "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." Kerrie made the call and booked into the Life! course straight away.

"I don't want to be an amputee," Kerrie says, "I want quality of life."

The course runs over six sessions and is run by specially trained staff, including dieticians and exercise professionals. It's not about lectures, but rather individual attention. Kerrie says of her Life! course facilitator "Trent has a great way about him...everyone's very encouraging." And she can't quite believe just how much she learned at her first session. After years of yo-yo dieting, Kerrie thought herself an expert on weight loss strategies, like using a smaller plate or reducing portion sizes. But the Life! course, taught her more than just the "tricks" of weight loss. After her very first session, Kerrie said, "I didn't realise just how little I did know."

"I'm a heck of a lot better off, than if I'd never started the course."

After calling 13 RISK, Kerrie took the Diabetes Risk Test. The test is available on the website www.diabetesrisk.org.au or can be sent free of charge. It involves answering 10 simple questions and takes a short time to complete. After doing the test Kerrie found out that she was at risk of developing type 2 diabetes, as she suspected.

"It was not a matter of if, it was a matter of when," Kerrie says.

A doctor's appointment confirmed the results. As it happened there was a Life! course starting that very day. "I'll take it, I'll take it!" Kerrie said, "From the next day I started to eat better."

Signing up for the Life! *Taking Action on Diabetes* course, has put Kerrie right on track for a longer and healthier life.

Life! Champion Tania Robinson



Quotes

“ A lot of people have said to me, ‘oh you’re on a diet’ and I say ‘no, I’m on a lifestyle.’ It’s not a diet, it’s a lifestyle.”

Tania Robinson

“ I walk down the street and people say hello to me. Where I’d walk down the street when I was bigger, nobody would say hello to me.”

Tania Robinson

“ I’ve got a daughter, I want to see her go down the aisle. I want to nurse my grandkids.”

Tania Robinson

Editorials

Tania Robinson • Daughter version (51 words)

When Tania Robinson was told by her doctor that she was at risk of developing type 2 diabetes, the first person she thought of was her daughter.

“I want to see her go down the aisle. I want to nurse my grandkids.”

Tania signed up for the Life! course right away.

Tania Robinson • Hello version (51 words)

Apart from losing weight and gaining energy, signing up for the Life! *Taking Action on Diabetes* course has brought Tania Robinson an unexpected benefit.

“I walk down the street and people say hello to me. Where I’d walk down the street when I was bigger, nobody would say hello to me.”

Tania Robinson • Hello version (151 words)

“Tania you’re looking good,” friends are telling the friendly 41 year old from country Victoria.

A year ago Tania Robinson was a size 22 and had no energy. Now she walks everywhere, drinks lots of water and says it feels great when people say hello to her.

The changes in Tania have come since completing the Life! *Taking Action on Diabetes* course, an evidence based type 2 diabetes prevention course, which focuses on changing eating habits, setting goals and increasing physical activity.

Tania is living proof of how effective the Life! course can be. She is 24 kg lighter, her cholesterol levels are down and her risk of developing type 2 diabetes has been greatly reduced.

“When I walk down the street (now)...I feel like I have a glow of self confidence,” Tania says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Tania Robinson • Diet/Health version (154 words)

“I didn’t think I was (overweight),” says Tania, a friendly 41 year old from country Victoria.

Nevertheless a year ago Tania was 118kg and a size 22, but that was before she signed up to do the Life! *Taking Action on Diabetes* course.

“Where I was before, I knew there was fat in what I ate but I thought I can jump on the bike and go for a ride and I’ll lose it. It was more of a wake up call when they said you’re at this high of a risk of getting diabetes.”

Since completing the six session Life! course Tania has lost more than 24kg and feels “fighting fit.” Better still, her risk of developing type 2 diabetes has been significantly reduced.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

The course is free for most people.

Tania Robinson • Daughter version (155 words)

The Life! *Taking Action on Diabetes* course is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia.

Tania Robinson signed up for the Life! course at the suggestion of her doctor, she was overweight and always tired.

“It was a wake up call when they said you’re at this high of a risk of getting diabetes.”

Type 2 diabetes is serious. People with diabetes have a greater risk of developing heart disease, stroke, kidney failure, blindness and amputation.

“I’ve got a daughter,” Tania says, “I want to see her go down the aisle. I want to nurse my grandkids.”

Tania has since completed the six session course and has lost over 24kg. Her risk of developing type 2 diabetes has been greatly reduced.

Tania says of the Life! course, “I’d recommend it to everybody.”

For more information about the Life! course visit, www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Tania Robinson • Diet/Health version (207 words)

Tania Robinson has never believed in diets. “You can break a diet,” Tania says, “where I’ve changed my lifestyle.”

A year ago Tania was a size 22 and had no energy, now days Tania is a totally different person. And it’s thanks to the Life! *Taking Action on Diabetes* course.

The course is an evidence based type 2 diabetes prevention course which focuses on changing eating habits, setting goals and increasing physical activity. The program is State Government funded, and is coordinated by Diabetes Australia – Vic. It is free for most people.



Tania's doctor recommended she do the Life! course when tests revealed that she was at risk of developing type 2 diabetes. Now she's 24 kg lighter and fits into size 16 jeans, but Tania still doesn't believe in diets.

"A lot of people have said to me, 'oh you're on a diet' and I say 'no, I'm on a lifestyle'."

Others are saying "Will you stop losing weight, you're thinning away." Comments like that, Tania says are "a really good feeling."

Assessing your type 2 diabetes risk is as easy as answering 10 simple questions. The test is available online at www.diabetesrisk.org.au or can be sent free of charge by calling 13 RISK (13 7475).

Tania Robinson • Daughter version (364 words)

Tania Robinson signed up for the Life! *Taking Action on Diabetes* course at the suggestion of her doctor.

She says "it was a wake up call when they said you're at this high of a risk of getting diabetes."

Type 2 diabetes is the fastest growing chronic disease in Australia, and it's serious. People with diabetes are at risk of developing a range of severe complications including heart disease, stroke, kidney failure, blindness and amputation.

"I've got a daughter," Tania says, "I want to see her go down the aisle. I want to nurse my grandkids."

Now Tania is setting a good example of healthy eating and regular exercise, not only for her teenage daughter, but also her mother.

“It’s funny, I can see that mum is copying what I’ve been doing.”

The strategies and choices that are taught in the Life! course are simple to follow. There’s no calorie counting, instead participants are guided into changing their eating habits, setting goals and increasing physical activity.

“I’m smaller than my mum now,” Tania says. “I was always the heavy one.”

Everyone in the regional Victorian town where Tania lives, seems to have noticed the changes in Tania. “People have said to me ‘what diet are you on?’ and I keep saying ‘I’m not on a diet, I’m on a lifestyle’.”

The Life! *Taking Action on Diabetes* course is an evidence based type 2 diabetes prevention course, run by trained health professionals. The program is State Government funded, and is coordinated by Diabetes Australia – Vic. It is free for most people.

Since completing the six session course, Tania has lost over 24kg and her risk of developing type 2 diabetes has been greatly reduced.

Better still, Tania will have the energy and the opportunity to keep up with her grandchildren, when they do come along. Tania says that the only downside is that “If I lose another 10 kilos my daughter won’t like it, because then I’ll fit into her clothes!”

Assessing your type 2 diabetes risk is as easy as answering 10 simple questions. The test is available online at www.diabetesrisk.org.au or can be sent free of charge by calling 13 RISK (13 7475).

Tania Robinson • Diet/Health version (495 words)

Tania Robinson has never believed in diets. Even a year ago when she was a size 22 verging on 24 she thought calorie counting was “more hassle than anything.” But she was feeling tired and was falling asleep every night in her armchair while watching the six o’clock news, and so she decided to see her doctor.

Tests revealed that Tania’s blood glucose levels, blood pressure and cholesterol were all very high. Her GP recommended that Tania sign up for the Life! *Taking Action on Diabetes* course. The course is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia. It affects about 1.5 million Australians.

“I thought I’ll listen to what they say. If it’s going to be ‘you’ve got to lose this amount of weight by this date’, I was going to go, ‘no way known’. But it wasn’t like that.” In fact Tania bristles when people ask her if she’s been on a diet.

“A lot of people have said to me, ‘oh you’re on a diet,’ and I say ‘no, I’m on a lifestyle’. It’s not a diet, it’s a lifestyle.”

Whatever you choose to call it, the results are remarkable. In a year Tania has lost 24kg of weight and her energy levels are way up.

The Life! course is coordinated by Diabetes Australia – Vic and is funded by the State Government. It is a proven lifestyle behavioural change course to help people at risk of developing type 2 diabetes achieve better general health and well being. The course focuses on changing eating habits, setting goals and increasing physical activity.

Tania says that the thing about diets is that they can be broken, unlike a lifestyle change which is for good.

“I jump on the exercise bike. I do that for half an hour. I walk everywhere. I drink one or two of these a day (1.25 litres bottles of water)...it’s easy now.”

The Life! *Taking Action on Diabetes* course runs over six sessions and is run by specially trained staff, including dietitians and exercise professionals. The groups are small and there is lots of individual attention. Together with a facilitator, participants develop a plan for physical activity and healthy eating.

“People are saying (to me): slow down!” she laughs, clearly enjoying the reaction she’s getting from friends and family.

Tania’s lifestyle changes have made a big difference to her life and well being. She is now between sizes 14 and 16, her cholesterol levels are way down and her risk of developing type 2 diabetes is much, much lower. Not only that but she’s wide awake every night at the end of the six o’clock news.

“I’d recommend the course to everybody,” Tania says, as she puts on her runners to go for another walk, “I’m fighting fit.”

The Life! *Taking Action on Diabetes* course is free for most people. For more information, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Tania Robinson • Hello version (497 words)

Quite apart from losing weight and feeling healthier, an unexpected benefit of doing the Life! *Taking Action on Diabetes* course, has been that people say hello to Tania Robinson now.

“I walk down the street and people say hello to me. Where I’d walk down the street when I was bigger, nobody would say hello to me.”

This must have been demoralising for Tania, who lives in country Victoria and is a naturally outgoing and friendly person.

Tania signed up for the Life! *Taking Action on Diabetes* course at her doctor’s suggestion. Surprisingly even though she was a size 22, it wasn’t her weight that bothered Tania, that was something she thought she could do something about, if she put her mind to it.

Tania says “It was more of a wake up call when they said you’re at this high of a risk of getting diabetes.”

Type 2 diabetes is serious. People with diabetes are at risk of developing a range of severe complications including heart disease, stroke, kidney failure, blindness and amputation. It is the fastest growing chronic disease in Australia, affecting about 1.5 million Australians.

The Life! *Taking Action on Diabetes* course is an evidence based type 2 diabetes prevention course which focuses on changing eating habits, setting goals and increasing physical activity. It is run by trained health professionals, over six sessions, and better still it’s free for most people. The program is State Government funded, and is coordinated by Diabetes Australia – Vic.

Because the groups are kept small, there is lots of individual attention. “The ladies were so helpful, they listened to you,” says Tania of the Life! course staff. A facilitator helps participants to develop individual plans for physical activity and healthy eating.

Tania is living proof of how effective the course can be. She is 24 kg lighter than she was before starting the Life! *Taking Action on Diabetes* course. She has a lot more energy than she used to, she walks everywhere, drinks lots of water and says it feels great when people say hello to her. Not only that, but Tania’s cholesterol levels are down and her risk of developing type 2 diabetes has been greatly reduced.

“When I walk down the street, I don’t walk down the street, I’m on a cloud.”

If you’re overweight and over 50, and suspect you may be at risk of developing type 2 diabetes, take heart from Tania’s story and call 13 RISK (13 7475) for a free type 2 diabetes prevention kit. The kit contains a simple 10 question Diabetes Risk Test. If you score 15 or more on the test, visit your doctor for confirmation of your results. Your doctor will then refer you to a course in your area. People who already have diabetes are not eligible to participate.

“I feel like I have a glow of self confidence,” Tania says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Life! Champion Colleen Price



Quotes

“ It’s easier to be a martyr and look after everyone around you: the people at work, family, friends, than to take the time that you need to look after yourself.”

Colleen Price

“ Ultimately you have to drive it (weight loss), I think we all have to be responsible for ourselves.”

Colleen Price

“ It’s not about the food on the table, it’s about the people around the table.”

Colleen Price

“ Do you want another ten years with your grandchildren? my general physician asked. For me it was a pivotal moment ... children and grandchildren are what life is about.”

Colleen Price

Editorials

Colleen Price • Grandchildren version (51 words)

A year ago, Colleen Price’s general physician asked, “Do you want another ten years with your grandchildren?”

Colleen immediately signed up for Diabetes Australia – Vic’s Life! *Taking action on Diabetes* course. Today her weight, blood pressure and cholesterol are all down.

“Children and grandchildren are what life is about,” Colleen says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Clinic version (67 words)

When practice manager Colleen Price heard about the Life! *Taking Action on Diabetes* course, she thought about the clinic's patients.

"It's easier to be a martyr and look after everyone around you," Colleen says.

After doing the Life! course Colleen's weight, blood pressure and cholesterol were all down, as was her risk of developing type 2 diabetes.

You can't look after others without first looking after yourself.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Advice version (150 words)

"Never tell yourself that you're on a diet," advises Colleen Price.

Anyone concerned about their risk of developing type 2 diabetes could do a lot worse that take advice from Colleen. A year ago she was overweight and not exercising at all, and her blood sugar levels, blood pressure and cholesterol were all high.

Now, a year after completing Diabetes Australia – Vic's Life! *Taking action on Diabetes* prevention course, Colleen is 15kg lighter. Not only that but her blood sugar levels are in the normal range, and her blood pressure and cholesterol are way down.

These days Colleen swims almost every day and her risk of developing type 2 diabetes is greatly reduced.

Lots of people have noticed the changes in Colleen and have commented on her weight loss, "which is nice" she says, "but ultimately ... we all have to be responsible for ourselves." More good advice from Colleen.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Entertaining version (150 words)

Colleen Price is a fun loving, generous person who enjoys hosting dinner parties.

But a year ago Colleen discovered that she was at risk of developing type 2 diabetes. She was overweight, had high blood pressure, high cholesterol and high blood glucose levels.

That's when she signed up to do Diabetes Australia – Vic's Life! *Taking Action on Diabetes* course. This behavioural change course teaches participants to make what Colleen calls "whole of life changes" that can delay or even prevent the onset of the disease.

To date Colleen has lost 15kg; not only that but her blood sugar levels are back in the normal range, her blood pressure is down and her cholesterol has plummeted.

Colleen still enjoys entertaining, but has simplified things and now focuses on her guests rather than the food.

"It's not about the food on the table, it's about the people around the table," she says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Grandchildren version (151 words)

A year ago, Colleen Price's general physician asked, "Do you want another ten years with your grandchildren?"

Colleen's cholesterol, blood pressure and blood sugar count were all high, and she was overweight. It was only a matter of time before Colleen would be diagnosed with type 2 diabetes.

The good news was that there is a proven way to delay or even prevent the onset of type 2 diabetes ... and it's free for most people.

Diabetes Australia – Vic's Life! *Taking action on Diabetes* course focuses on changing eating habits, setting goals and increasing physical activity to reduce the risk of developing type 2 diabetes.

Today, Colleen's blood sugar levels are in the normal range, her weight and blood pressure are down and her cholesterol has plummeted. And most importantly, Colleen should be around longer to enjoy time with her grandchildren.

"Children and grandchildren are what life is about," Colleen says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Clinic version (155 words)

When practice manager Colleen Price heard about Diabetes Australia – Vic's Life! *Taking Action on Diabetes* course, she immediately thought about the patients at her clinic. It was only after her own health check that Colleen considered the benefits she could gain.

"It's easier to be a martyr and look after everyone around you ... than to take the time ... to look after yourself," Colleen says.

The Life! course is an evidence based prevention course which focuses on changing eating habits, setting goals and increasing physical activity.

Three months after starting the course Colleen's blood sugar levels, blood pressure and cholesterol were all down.

A year on, Colleen has lost 15kg and her risk of developing type 2 diabetes is significantly reduced.

Having experienced the benefits of the Life! course, Colleen is enthusiastic about introducing it to patients at the clinic. She has learnt that you can't look after others without first looking after yourself.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Entertaining version (303 words)

Colleen Price is a fun loving, generous person who likes to entertain. She and her husband like nothing more than to host dinner parties and enjoy the company of their family and friends.

But a year ago Colleen discovered that she was at risk of developing type 2 diabetes. Colleen had a back injury which meant exercising was difficult, she was also overweight and had high blood pressure, high cholesterol and high blood glucose levels.

Through her work as practice manager at a North Eastern suburbs medical clinic, Colleen found out about Diabetes Australia – Vic's Life! *Taking Action on Diabetes* course, which teaches participants to make what Colleen calls "whole of life changes" that can delay or even prevent the onset of type 2 diabetes: the fastest growing chronic disease in Australia. Colleen signed up right away and completed the course in the first half of last year.

By the end of the year Colleen had lost 8kg and to date she has lost 15kg and counting.

"I'm a work in progress," Colleen says.

Not only that, but her blood sugar levels are back in the normal range, her blood pressure is down and Colleen's cholesterol has plummeted from 7.2 to 3.8.

And what about her love of entertaining? Colleen has simplified her hosting style, and now focuses on her guests rather than the food.

"It's not about the food on the table, it's about the people around the table," Colleen says.

In fact the Price's new dinner party style means that there is less pressure to present 80s style elaborate menus, so that Colleen and her husband can relax and spend more time with their guests.

With friends, family and a fulfilling job, life could not be better for Colleen. She has come a very long way since completing the Life! course.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Advice version (453 words)

"Never tell yourself that you're on a diet," advises Colleen Price, emphatically.

Anyone concerned about their risk of developing type 2 diabetes could do a lot worse than take advice from the 58 year old working mother and grandmother. A year ago Colleen was overweight and not exercising at all, not surprisingly her blood sugar levels, blood pressure and cholesterol were all high.

Now, a year after completing the Life! *Taking action on Diabetes* course, Colleen has lost 15kg and is still slowly losing weight. Not only that but her blood sugar levels are in the normal range, her blood pressure is down and her cholesterol has plummeted from 7.2 to 3.8.

Colleen says that the Life! course taught her to take small sustainable steps, like going from low fat milk to no fat milk, then from regular pasta to wholemeal.

"Small steps that you can cope with," she says. She calls these "whole of life changes" that a person can keep doing for the rest of their lives.

The Life! *Taking action on Diabetes* course is coordinated by Diabetes Australia – Vic and is funded by the State Government. It is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health and well being. The course focuses on changing eating habits, setting goals and increasing physical activity.

The Life! course is run over six sessions by trained health professionals and is free for most people; although those who already have diabetes are not eligible to participate.

Type 2 diabetes is the fastest growing chronic disease in Australia. It affects about 1.5 million people, and the effects are severe. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30–60 is a result of having diabetes.

These days Colleen has a lot more energy at work, at the clinic where she is practice manager. She swims for an hour, six to seven days a week and her risk of developing type 2 diabetes has been drastically reduced. In fact the number of new cases of type 2 diabetes can be halved in people at high risk, who have attended the Life! course.

The staff and patients at work have noticed the changes in Colleen and many have commented on her weight loss, “which is nice” she says, and helps her to stay focused, “but ultimately you have to drive it.”

“I think we all have to be responsible for ourselves,” she says – more good advice from Colleen Price.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Grandchildren version (491 words)

“Do you want another ten years with your grandchildren?” asked Colleen Price’s general physician. At that stage, a year ago, Colleen’s cholesterol, blood pressure and blood sugar count were all very high. She was overweight and not exercising at all. According to her physician it was only a matter of time before Colleen would be diagnosed with type 2 diabetes.

Type 2 diabetes is the fastest growing chronic disease in Australia. It affects about 1.5 million people, and the effects are severe. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30–60 is a result of having diabetes.

It was a pivotal moment for the 58 year old working mother and grandmother. The physician’s question “switched something on in my head” Colleen says. Of course she wanted as much time as possible with her children and grandchildren.

Luckily for Colleen, as well as so many other people like her, there is a way to delay the onset of type 2 diabetes or in some cases prevent it altogether. In fact the number of new cases of type 2 diabetes can be halved in people at high risk if they make some sensible lifestyle changes. The Life! *Taking action on Diabetes* course teaches people to do just that. It focuses on changing eating habits, setting goals and increasing physical activity.

The course is coordinated by Diabetes Australia – Vic and is funded by the State Government. It is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health and well being. The Life! course is run over six sessions by trained health professionals and is free for most people; although those who already have diabetes are not eligible to participate.

Colleen was offered a course that ran evenings in her local area, which suited her; and started the Life! course right away. At her next check up, three months after starting the course she was amazed at her results. Her blood sugar levels were back in the normal range, her blood pressure was down and her cholesterol had plummeted from 7.2 to 3.8. By the end of 2009 Colleen had lost 8kg; and to date she has lost 15kg and is still slowly losing weight.

Signing up for the Life! *Taking Action on Diabetes* course has certainly changed Colleen’s life for the better. These days Colleen has a lot more energy. She swims for an hour, six to seven days a week and her risk of developing type 2 diabetes has been drastically reduced. And most importantly Colleen should be around for a lot longer to enjoy time with her grandchildren.

“Children and grandchildren are what life is about,” Colleen says smiling, “the grounding of our lives.”

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Price • Clinic version (499 words)

When Colleen Price, practice manager at a North Eastern suburbs medical clinic first heard about Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course, she immediately thought of all the patients at the clinic who could benefit from the program.

Colleen has worked at the clinic for 26 years and has seen how patients can and do ignore weight issues for years. So she invited Dr Virginia Boyden (a Life! Facilitator from Diabetes Australia – Vic) to talk to the doctors and practice nurses at the clinic about the risks of developing type 2 diabetes, and how the Life! course could help delay or even prevent the onset of this disease: the fastest growing chronic disease in Australia.

But it was only much later, after her own annual health check that Colleen considered the benefits she herself could gain from doing the Life! course.

“It’s easier to be a martyr and look after everyone around you: the people at work, family, friends, than to take the time that you need to look after yourself,” Colleen says, having completed the six session behavioural change course a year ago.

The pivotal moment for Colleen came when her general physician asked, “Do you want another ten years with your grandchildren?” At that stage, a year ago, Colleen’s cholesterol, blood pressure and blood sugar count were all very high. She was overweight and not exercising at all. According to her physician it was only a matter of time before Colleen would be diagnosed with type 2 diabetes.

Colleen says that the question “switched something on in my head”. Of course she wanted as much time as possible with her children and grandchildren. Colleen suddenly thought “this is what I have to do”. She was offered a course that ran evenings in her local area, which suited her; and started the Life! course right away. At her next check up, 3 months after starting the course she was amazed at her results. Her blood sugar levels were back in the normal range, her blood pressure was down and her cholesterol had plummeted from 7.2 to 3.8. By the end of the year Colleen was swimming regularly and had lost 8kg; and to date she has lost 15kg and is still slowly losing weight.

“I’m a work in progress,” Colleen says.

Having experienced the benefits of the Life! course first hand, Colleen is all the more enthusiastic about introducing it to the patients where she works. She is on a mission to make the doctors, nurses and other health professionals at the clinic more aware, and to increase referrals to the Life! course, which focuses on changing eating habits, setting goals and increasing physical activity.

As far as works in progress go, Colleen Price is looking good. Many staff and patients have commented on her weight loss, “which is nice” she says, and helps her to stay focused, “but ultimately you have to drive it”. Colleen adds, “I think we all have to be responsible for ourselves.”

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Life! Champion Colleen Hartland



Quotes

“ I don't smoke, I don't drink, but food is a major comfort, especially after a long and difficult day – I reach for chocolate ice-cream, rather than a drink.”

Colleen Hartland

“ Food has always been the reward.”

Colleen Hartland

“ I don't think I realised how high my chances (of developing type 2 diabetes) were ... because of high blood pressure, age, size.”

Colleen Hartland

“ I've hit 50 and I want to be fit into my old age. And taking control of it now is actually quite important for me.”

Colleen Hartland

“ One thing I really liked about the course was the lack of emphasis on weighing in. So I could learn some lessons without being worried about whether I'd lost weight that week.”

Colleen Hartland

“ I think I've got myself into some good habits. (I like) the idea of having achievable goals.”

Colleen Hartland

“ It's not instant, it's steady as she goes. It's taken me 51 years to get to this, so ... I recognise that it's going to be a two year thing.”

Colleen Hartland

“ My blood pressure going down is a real motivator as well.”

Colleen Hartland

“ I realised I was giving myself several treats a week, instead of 'a' treat.”

Colleen Hartland

Editorials

Colleen Hartland • Advert version (51 words)

Greens MP Colleen Hartland is a busy woman, but when she saw Diabetes Australia – Vic’s “Amputation” advert on television, she stopped to listen.

“I’ve hit 50 and I want to be fit into my old age. Taking control of it now (her diabetes risk) is actually quite important for me.”

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Hartland • Community Health version (54 words)

When Colleen Hartland signed up to the Life! *Taking Action on Diabetes* course, she wasn’t the only one to benefit. As a Victorian Greens MP, Colleen wants to reduce the rate of diabetes in her electorate.

“One thing I really liked about the course was the lack of emphasis on weighing in,” Colleen says.

Colleen Hartland • Comfort version (150 words)

“Food is a major comfort,” says Colleen Hartland, Greens MP in Melbourne’s west, “especially after a long and difficult day – I reach for chocolate ice-cream.”

However since discovering that she is at risk of developing type 2 diabetes, Colleen is learning to change her eating habits, set goals and increase physical activity.

The key to this learning is Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course, an evidence based type 2 prevention course, which has been proven to delay, and in some cases prevent, the onset of this disease.

The Life! behavioural change course is not about lectures, but rather individual attention. The sessions are informal, friendly, and run by specially trained staff.

Colleen is only half way through the six session Life! course, but has already identified her trigger factors, and despite a “relatively full and stressful life,” is determined to reduce her risk factor by losing weight.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Hartland • Advert version (151 words)

Victorian Greens MP Colleen Hartland is a very busy woman, but when she saw the Diabetes Australia – Vic ‘Amputation’ advert on television, she stopped to listen.

“I don’t think I realised how high my chances (of developing type 2 diabetes) were,” Colleen says.

When Colleen’s GP confirmed that her risk of developing type 2 diabetes was indeed high, she booked into a Life! *Taking Action on Diabetes* course immediately. The Life! course is a proven behavioural change program which focuses on changing eating habits, setting goals and increasing physical activity.

With this being an election year, Colleen knows life will only get more hectic and she wants to be in the best possible shape to meet the demands of her busy schedule.

“I’ve hit 50 and I want to be fit into my old age. Taking control of it now (her diabetes risk) is actually quite important for me,” Colleen says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Hartland • Community Health version (153 words)

When Colleen Hartland signed up to do the Life! *Taking Action on Diabetes* course, she wasn't the only one to benefit. As a Victorian Greens MP, Colleen also wants to reduce the high rate of diabetes in her western suburbs electorate.

Colleen started the Life! course after seeing the Diabetes Australia – Vic “Amputation” advert on television. “Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK,” the voice over said.

Colleen was both of those, plus she had a family history of diabetes.

The Life! course is an evidence based prevention course which focuses on changing eating habits, setting goals and increasing physical activity.

“One thing I really liked about the course was the lack of emphasis on weighing in,” Colleen says.

“I think I've got myself into some good habits,” she says.

Colleen can now focus on improving the health outcomes of her constituents.

Colleen Hartland • Multicultural version (155 words)

In the 25 years Colleen Hartland has lived in the western suburbs, she has seen several waves of new migrants arriving into the area. One thing they all have in common is a focus on food to extend friendship and hospitality.

As a Victorian Greens MP, Colleen does not want to offend anyone by refusing food at the many community functions she attends, luckily then that they all understand the word ‘diabetes’.

Colleen may not have diabetes now but her risk of developing this chronic disease was extremely high: type 2 diabetes runs in her family, as well as that she was carrying extra weight and had high blood pressure.

However since starting Diabetes Australia Vic's Life! *Taking Action on Diabetes* course, Colleen's risk has been greatly reduced – she now watches what she eats and exercises regularly.

At community functions Colleen now exercises moderation. And if all else fails, she drops the ‘D’ word.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Hartland • Community Health version (249 words)

When Colleen Hartland decided to do something about her type 2 diabetes risk, she wasn't the only one to benefit. As a Victorian Greens member of parliament, Colleen is now committed to reducing the disproportionately high prevalence of diabetes in her electorate, in the western suburbs of Melbourne.

Colleen had her type 2 diabetes risk assessed after seeing the Diabetes Australia – Vic “Amputation” advert on television. The voice over in the advert said, “Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK.” Type 2 diabetes is serious. It can lead to blindness, heart disease, stroke, kidney failure and amputation.

Colleen was both over 50 and overweight, plus she had a family history; so she made an appointment with her GP, who confirmed her high type 2 diabetes risk, and booked her into a Life! *Taking Action on Diabetes* course.

The Life! course is an evidence based prevention course which focuses on changing eating habits, setting goals and increasing physical activity. It is free for most people.

Colleen says, “one thing I really liked about the course was the lack of emphasis on weighing in. So I could learn some lessons without being worried about whether I'd lost weight that week.”

With her own goals firmly in place, and her risk of developing type 2 diabetes greatly reduced; Colleen can now focus on improving the health outcomes of her constituents.

“I think I've got myself into some good habits,” she says.

Colleen Hartland • Community Health version (497 words)

Don't be the type to leave it too late!

Are you over 50 and ignoring your risk?
Type 2 diabetes can be prevented.

When Colleen Hartland decided to do something about her type 2 diabetes risk, she wasn't the only one to benefit. As a Victorian Greens member of parliament, Colleen is now committed to reducing the rates and impact of diabetes in her electorate in the western suburbs of Melbourne, where she both lives and works.

The prevalence of diabetes in the west is truly shocking: up to one person in seven has the disease, compared to the Victorian average of one in thirty. In some areas, in the over 55 age group, the prevalence of diabetes is as high as one in three.

Colleen had always known diabetes could be in her future, as both her mother and brother had the disease, but she only had her type 2 diabetes risk assessed after seeing the Diabetes Australia – Vic "Amputation" advert on television.

The advert features a middle aged woman swimming laps in a pool. When she emerges from the water, the viewer sees that the lower half of one leg is missing. The voice over says, "Don't be the type to leave it too late. If you're over 50 and overweight call 13 RISK." In fact people with diabetes are 15 times more likely to require lower limb amputation. Type 2 diabetes can also lead to heart attack, stroke, kidney failure and blindness.

Colleen was both over 50 and overweight, plus she had a family history of the disease; so she made an appointment with her GP, who confirmed her extremely high type 2 diabetes risk, and booked her into a Life! *Taking Action on Diabetes* course.

"It was time to do something about this," Colleen says.

The Life! course is coordinated by Diabetes Australia – Vic and funded by the State Government. It is a proven lifestyle behavioural change course for people like Colleen who are at risk of developing type 2 diabetes. The course helps participants achieve better health and well being by focuses on changing eating habits, setting goals and increasing physical activity.

Colleen says, "one thing I really liked about the course was the lack of emphasis on weighing in. So I could learn some lessons without being worried about whether I'd lost weight that week."

"It's not instant, it's steady as she goes. It's taken me 51 years to get to this, so ... I recognise that it's going to be a two year thing."

With her own goals firmly in place, Colleen's focus now is on improving the health outcomes of her constituents, many of who are newly arrived immigrants. These days Colleen watches what she eats and exercises regularly, and her risk of developing type 2 diabetes is greatly reduced.

"I think I've got myself into some good habits," she says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Colleen Hartland • Advert version (495 words)

Victorian Greens MP Colleen Hartland is a dynamic and very busy woman who has never been concerned about her body size.

“I’ve always been big,” she says, “I don’t have a body image issue ... but I’ve hit 50 and I want to be fit into my old age.”

Colleen’s moment of change came when she saw the Diabetes Australia – Vic “Amputation” advert on television. Colleen noticed that: one, the woman in the advert swimming laps was more or less the same age as her, and two, she had half of one leg missing. The voice over said, “Don’t be the type to leave it too late. If you’re over 50 and overweight call 13 RISK.”

Colleen knew she was both these things. As well as that, type 2 diabetes ran in her family. She made an appointment with her GP who confirmed Colleen’s extremely high type 2 diabetes risk, and booked her into a Life! *Taking Action on Diabetes* course.

The Life! course is a proven lifestyle behavioural change course for people like Colleen who are at risk of developing type 2 diabetes. It helps participants achieve better health and well being by focuses on changing eating habits, setting goals and increasing physical activity.

In a way the news had been good – Colleen did not have diabetes ... yet. There was time to do something about it. Amazingly, and luckily for Colleen, the Life! *Taking Action on Diabetes* course can help delay or even prevent the onset of type 2 diabetes.

Type 2 diabetes is serious. It can lead to blindness, heart disease, stroke, kidney failure and amputation. It is the fastest growing chronic disease in Australia, affecting a staggering 1.5 million Australians.

“Taking control of it (her diabetes risk) now, is actually quite important for me,” Colleen says after her first Life! course session.

The Life! *Taking Action on Diabetes* course runs over six 90 minute sessions. The groups are informal and friendly, and are run by specially trained staff, including dieticians and exercise professionals. It’s not about lectures, but rather individual attention. Conveniently, courses are run all over Melbourne as well as in regional centres. Even time-poor Colleen was able to find a Life! course running in her local area, at a time that suited her.

With this year being an election year, Colleen know life will only get more hectic and she wants to be in the best possible shape to meet the demands of her busy schedule. These days Colleen walks for 45 minutes most mornings before starting her working day and brings her own breakfast and lunch into the office.

“I’m trying to eat one meal at the parliamentary dining room, rather than two,” Colleen adds with a smile; because of the “exceptionally good desserts.”

“I don’t think I realised how high my chances (of developing type 2 diabetes) were,” she says. Luckily for Colleen she assessed her risk early and is now doing something positive about it.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).Life! Champion

Life! Champion Gwen Arcaro



Quotes

“ My mother died as a result of her diabetes at 66 years old ... (Diabetes) restricted her lifestyle and restricted her enjoyment of her grandchildren.”

Gwen Arcaro

“ I was aware of diabetes. I was always worried that I'd get it, but I didn't do much about it.”

Gwen Arcaro

“ I was really looking for something that was a lifestyle, something that wasn't a seesaw, up-and-down thing – something that I could do for the rest of my life.”

Gwen Arcaro

“ It's hard to do it on your own; you need a support network around you. And that's why the Life! program is good, because it is a support network. It's good to do it in a group with other people.”

Gwen Arcaro

“ The supermarket tour with Tammy (facilitator and dietician) was absolutely brilliant.”

Gwen Arcaro

“ (The facilitator) honed in on lots of different food alternatives and lots of ways of changing your favourite food to being a lower fat version and a higher fibre version.”

Gwen Arcaro

“ And it really didn't matter what cultural background you had, you would still be able to adapt it to the way you ate.”

Gwen Arcaro

“ One of the mistakes I had made previously, before I did the course ... was that I used to cook what the family liked to eat, which wasn't always the healthy option ... But doing the course has changed my thinking, a lot. I'm important as well and I have to cook for what I have to eat.”

Gwen Arcaro

Life! Champions

“ My blood pressure has definitely gone down. I take tablets for that, but now the blood pressure is verging on the low side so I might need talk to my doctor about reducing the tablets, which would be really lovely.”

Gwen Arcaro

“ After a while your taste buds change and you don't like the same things. And you just get into a different habit.”

Gwen Arcaro

“ Now if I don't go for a walk in the morning I feel jittery.”

Gwen Arcaro

“ The other thing the program tells you is to put yourself as a priority. They emphasise healthy eating as being self-care, and putting yourself as number one – which is hard to do when you're a mother, because you always put everyone else first.”

Gwen Arcaro

“ You really do have to start being a little more selfish and thinking about yourself first.”

Gwen Arcaro

“ I have recommended the program to a lot of people.”

Gwen Arcaro

“ I was really scared of getting diabetes, and I knew I had to feel fitter and stronger.”

Gwen Arcaro

“ The increased fitness and the increased strength and the fact that I'm doing something about the fact that I might get diabetes, to me is more important than how many kilos I've lost or what dress size I fit into.”

Gwen Arcaro

“ Before, when I lost weight, it was about how I looked, whereas now it's not about that. Now it's about health and feeling strong and keeping that blood glucose organised with the diet.”

Gwen Arcaro

“ It's not about reaching a dress size and then forgetting about it.”

Gwen Arcaro

Editorials

Gwen Arcaro • Occasion version (52 words)

Before doing the Life! *Taking Action on Diabetes* prevention course, Gwen Arcaro went on diets for specific occasions.

“(Now) it's about health and feeling strong ... It's not about reaching a dress size,” says Gwen.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Self-care version (65 words)

Gwen Arcaro learnt a lot from doing Diabetes Australia – Vic's Life! *Taking Action on Diabetes* course.

“They emphasise healthy eating as being self-care, and putting yourself as number one.”

Now Gwen exercises every day and is eating much better.

“You really do have to start being a little more selfish,” Gwen says.

For more information visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Supermarket version (49 words)

A highlight of the Diabetes Australia – Vic prevention course, Life! *Taking Action on Diabetes*, for Gwen Arcaro, was the supermarket tour.

“It was absolutely brilliant,” says Gwen.

“(The facilitator) gave us masses of ideas for quick, easy lunches.”

For more information visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Occasion version (146 words)

Before doing the Life! *Taking Action on Diabetes* course and losing 23 kilos, Gwen Arcaro went on diets for specific occasions, like her son's wedding.

"(Now) it's about health and feeling strong ... It's not about reaching a dress size and then forgetting about it," says Gwen.

Life! *Taking Action on Diabetes* is an evidence-based type 2 diabetes prevention program, for people at risk of developing the disease. The course focuses on changing eating habits, setting goals and increasing physical activity, to achieve better general health and wellbeing.

"I was really looking for something that was a lifestyle, something that wasn't a seesaw, up-and-down thing – something that I could do for the rest of my life," says Gwen.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Gwen Arcaro • Supermarket version (147 words)

For Gwen Arcaro, the supermarket tour was one of the highlights of the Diabetes Australia – Vic course, Life! *Taking Action on Diabetes*.

"The supermarket tour with Tammy (facilitator and dietician) was absolutely brilliant," says 60-year-old Gwen.

The tour was an optional extra for those doing the Life! course, a proven lifestyle behavioural change course for people at risk of developing type 2 diabetes.

"(The facilitator) gave us masses of ideas for quick, easy lunches, if you go to work or if you're in a hurry."

Doing the Life! course has certainly worked for Gwen, who has lost 23 kilos and looks trim and fit. She exercises every day, her blood pressure has gone down and she feels terrific.

Best of all, Gwen's risk of developing type 2 diabetes is greatly reduced.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Mother version (143 words)

Gwen Arcaro has always understood the seriousness of type 2 diabetes.

"My mother died as a result of her diabetes," says Gwen.

After picking up a brochure about Diabetes Australia – Vic's Life! *Taking Action on Diabetes* course from her doctor's surgery, Gwen booked herself into a course.

Life! *Taking Action on Diabetes* is a proven lifestyle behavioural change course to help participants achieve better general health and wellbeing.

"It's hard to do it on your own; you need a support network around you. And that's why the Life! program is good, because it is a support network," Gwen says.

She now eats well, walks every day and is 23 kilos lighter. Gwen's blood pressure has improved and her risk of developing type 2 diabetes is greatly reduced.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Normal Eating version (152 words)

“You don’t have to go off your normal way of eating,” says Gwen Arcaro, about the Diabetes Australia – Vic course, Life! *Taking Action on Diabetes*.

“(The facilitator) honed in on lots of different food alternatives and lots of ways of changing your favourite food to being a lower fat version and a higher fibre version.”

The Life! course has certainly worked for Gwen. Since starting the course her blood pressure and weight have dropped, she’s exercising regularly and feels terrific.

Life! is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health. It focuses on changing eating habits and increasing physical activity.

“After a while your taste buds change and you don’t like the same things. And you just get into a different habit,” Gwen says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Aware version (166 words)

Are you over 50 and overweight? There is a way to delay the onset of type 2 diabetes ... or prevent it altogether.

Diabetes Australia – Vic is coordinating the State Government funded course Life! *Taking Action on Diabetes*, an evidence-based type 2 diabetes prevention course that targets people like Gwen Arcaro.

“I was aware of diabetes. I was always worried that I’d get it, but I didn’t do much about it,” Gwen says.

The course focuses on changing eating habits, setting goals and increasing physical activity, so you can feel better and live longer. It is run over six sessions by specially trained staff, and, better still, it’s free for most people.

Eventually, Gwen did do something: she signed up for the Life! course.

“I was really looking for something that was a lifestyle, something that wasn’t a seesaw, up-and-down thing – something that I could do for the rest of my life.”

For more information about the Life! course call 13 RISK (13 7475) visit www.diabetesrisk.org.au or email life@diabetesvic.org.au.

Gwen Arcaro • Occasion version (250 words)

Before doing the Life! *Taking Action on Diabetes* course and losing 23 kilos, Gwen Arcaro went on diets for specific occasions, like her son’s wedding. But now, the changes in her weight and wellbeing are for life, rather than just for an occasion.

“Before, when I lost weight, it was about how I looked, whereas now ... it’s about health and feeling strong ... It’s not about reaching a dress size and then forgetting about it,” says Gwen.

Life! *Taking Action on Diabetes* is an evidence-based type 2 diabetes prevention course, funded by the State Government and coordinated by Diabetes Australia – Vic. It is for people at risk of developing type 2 diabetes, the fastest-growing chronic disease in Australia.

By doing the Life! course, people at risk of developing the disease can delay and in some cases prevent getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and wellbeing.

“The increased fitness and the increased strength and the fact that I’m doing something about the fact that I might get diabetes, to me is more important than how many kilos I’ve lost, or what dress size I fit into.”

Having said that, it’s also true to say that Gwen is looking slim, trim and terrific.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Gwen Arcaro • Self-care version (254 words)

Gwen Arcaro has learnt a thing or two about caring for herself since doing Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course.

“They emphasise healthy eating as being self-care, and putting yourself as number one – which is hard to do when you’re a mother.”

Life! *Taking Action on Diabetes* is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health. It focuses on changing eating habits, setting goals and increasing physical activity – and is free for most people.

Sixty-year-old Gwen, a mother and grandmother, was indeed at risk, and looking for something that wouldn’t cost a lot of money, something different from the sort of courses advertised on television. She found her answer in the Life! course.

Gwen is now 23 kilos lighter, she walks every day, her blood pressure is down and she’s eating a lot better.

“One of the mistakes I had made previously, before I did the course, was that I used to cook what the family liked to eat, which wasn’t always the healthy option.”

This doesn’t mean that Gwen is neglecting her family. They’re all eating better now. And she’s still there for her family; she just makes sure to help out after she’s been to the gym.

“You really do have to start being a little more selfish and thinking about yourself first,” Gwen says.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Supermarket version (246 words)

For Gwen Arcaro, the supermarket tour was one of the highlights of the Diabetes Australia – Vic course, Life! *Taking Action on Diabetes*.

“The supermarket tour with Tammy (facilitator and dietician) was absolutely brilliant,” says 60-year-old Gwen, who has battled with her weight most of her life.

The supermarket tour was an optional extra for those doing the Life! course, a proven lifestyle behavioural change course for people at risk of developing type 2 diabetes. Life! *Taking Action on Diabetes* helps participants achieve better general health and wellbeing by focusing on changing eating habits, setting goals and increasing physical activity – and it’s free for most people.

“She (the facilitator) gave us masses of ideas for quick, easy lunches, if you go to work or if you’re in a hurry.”

“(The tour) honed in on lots of different food alternatives and lots of ways of changing your favourite food to being a lower fat version and a higher fibre version,” says Gwen.

Doing the Life! course has certainly worked for Gwen, who has lost 23 kilos and looks trim and fit. She exercises every day now, her blood pressure has gone down and she feels terrific.

Best of all, Gwen’s risk of developing type 2 diabetes is now drastically reduced.

“You’ve got to change your way of thinking, because it (your health) does matter,” Gwen says.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Mother version (248 words)

Gwen Arcaro has always understood the seriousness of type 2 diabetes.

“My mother died as a result of her diabetes,” says Gwen.

“I was aware of diabetes. I was always worried that I’d get it, but I didn’t do much about it.”

Eventually, Gwen did do something. She picked up a brochure about Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course from her doctor’s surgery, discovered that she was indeed at risk of developing type 2 diabetes and booked herself into a Life! course.

Life! *Taking Action on Diabetes* is a proven lifestyle behavioural change course to help participants achieve better general health and wellbeing. The course focuses on changing eating habits, setting goals and increasing physical activity, so people can feel better and live longer.

“It’s hard to do it on your own; you need a support network around you. And that’s why the Life! program is good, because it is a support network,” Gwen says.

She now eats well, walks every day and is 23 kilos lighter. Gwen’s blood pressure has also improved.

“My blood pressure ... is verging on the low side (now) so I might need talk to my doctor about reducing the tablets, which would be really lovely,” Gwen says.

Best of all, Gwen’s risk of developing type 2 diabetes is greatly reduced.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Gwen Arcaro • Occasion version (495 words)

Before doing the Life! *Taking Action on Diabetes* course and losing 23 kilos, Gwen Arcaro went on diets for specific occasions, like her son’s wedding. The difference now is that the changes in her weight and wellbeing are for life, rather than just for an occasion.

“Before, when, I lost weight it was about how I looked, whereas now it’s not about that. Now it’s about health and feeling strong and keeping that blood glucose organised with my diet. And that’s why it’s going to work and continue into the future, because it’s a health thing. It’s not about reaching a dress size and then forgetting about it,” says Gwen.

Life! *Taking Action on Diabetes* is an evidence-based type 2 diabetes prevention course, funded by the State Government and coordinated by Diabetes Australia – Vic. It is for people at risk of developing type 2 diabetes, the fastest-growing chronic disease in Australia.

“There is no cure for type 2 diabetes and no escape once you have been diagnosed,” says Diabetes Australia – Vic Director of Programs and Services, Dr Ralph Audehm. “Diabetes is serious and can have serious consequences such as heart attacks, blindness, amputation and kidney failure.”

By doing the Life! course, people at risk of developing the disease can delay and in some cases prevent getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and wellbeing. The Life! course runs over six 90-minute group sessions, over a period of eight months. Specially trained staff, including dietitians and exercise professionals, conduct the course, which offers lots of personal attention.

“I was really looking for something that was a lifestyle, something that wasn’t a seesaw, up-and-down thing – something that I could do for the rest of my life,” says Gwen.

With five children and two grandchildren, Gwen has many more special occasions to look forward to, in what promises to be a longer and healthier life. She now walks every day, does weight training twice a week and tai chi at least once a week.

“Now if I don’t go for a walk in the morning I feel jittery,” says Gwen.

“The weight has come off and I know that’s part of the health thing, but it’s not the main reason I did it (the course) the main reason I did it was the health issue, because I was really scared of getting diabetes.”

“The increased fitness and the increased strength and the fact that I’m doing something about the fact that I might get diabetes, to me is more important than how many kilos I’ve lost or what dress size I fit into.”

Having said that, it’s also true to say that Gwen is looking trim and well, and very happy.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Gwen Arcaro • Self-care version (496 words)

Gwen Arcaro has learnt a thing or two about caring for herself since doing Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course.

“They emphasise healthy eating as being self-care, and putting yourself as number one – which is hard to do when you’re a mother, because you always put everyone else first.”

Life! *Taking Action on Diabetes* is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health, so that they feel better and live longer.

Sixty-year-old Gwen, the mother of five adult children and grandmother to two preschoolers, was indeed at risk. Before starting the course she was on medication for high blood pressure, had a family history of the disease and was carrying extra weight. She says, “I’ve been overweight most of my life...It’s always been an up-and-down cycle (of gain and loss).”

Gwen was tired of seesawing diets and was looking for something that wouldn’t cost a lot of money, something different from the sort of programs that are advertised on television. She found her answer when she picked up a brochure about the Life! course at her doctor’s surgery.

The Life! *Taking Action on Diabetes* course focuses on changing eating habits, setting goals and increasing physical activity. It is run by trained health professionals and, best of all, is free for most people (those who already have diabetes are not eligible to participate).

“I was really scared of getting diabetes, and I knew I had to feel fitter and stronger,” Gwen says.

Type 2 diabetes is the fastest-growing chronic disease in Australia. It affects about 1.5 million people. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that, the most common form of blindness in adults aged 30–60 is a result of having diabetes.

Gwen has now completed five sessions of the six-session course, and has already lost 23 kilograms. She walks every day, her blood pressure is down and she’s eating a lot better.

“One of the mistakes I had made previously, before I did the course, was that I used to cook what the family liked to eat, which wasn’t always the healthy option... But doing the course has changed my thinking ... I’m important as well and I have to cook for what I have to eat.”

This doesn’t mean that Gwen is neglecting her family; on the contrary they’re all eating better now. And she has more energy for babysitting her grandkids and helping out all her children, as well as her husband – she just does it all after she’s been to the gym.

“You really do have to start being a little more selfish and thinking about yourself first,” Gwen says.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Gwen Arcaro • Mother version (500 words)

Gwen Arcaro has always understood the seriousness of type 2 diabetes.

“My mother died as a result of her diabetes at 66 years old.”

In fact Gwen, now 60, was with her mother when she died of a heart attack, due to complications related to having the disease.

“I know all about what happens when you’re going downhill and it’s not good,” says Gwen.

“I was aware of diabetes. I was always worried that I’d get it, but I didn’t do much about it.”

Eventually, Gwen did do something: she picked up a brochure about Diabetes Australia – Vic’s Life! *Taking Action on Diabetes* course from her doctor’s surgery. After answering 10 questions in the brochure, Gwen discovered that she was indeed at risk of developing type 2 diabetes. Risk factors include family history of the disease, high blood pressure, carrying extra weight and being over 50 years of age. Gwen then made an appointment with her doctor, who confirmed her risk and referred her to a Life! course running near her home in Melbourne’s South East.

Life! *Taking Action on Diabetes* is a proven lifestyle behavioural change course to help participants achieve better general health and wellbeing. It’s run over six sessions by trained facilitators. The course focuses on changing eating habits, setting goals and increasing physical activity, so people can feel better and live longer.

“It’s hard to do it on your own; you need a support network around you. And that’s why the Life! program is good, because it is a support network. It’s good to do it in a group with other people,” Gwen says.

Gwen started the course a little over six months ago and began making changes right away.

“I changed everything ... I cook exactly what I have to eat and feed it to everyone else,” she says. “Whenever I make food, I make healthy food.”

And where previously she walked a few days a week, she now walks every day.

“Forty minutes is my short walk. Every second day I walk for an hour or an hour and a quarter. And I always try and walk up hills.”

No surprise then, that Gwen is now 23 kilos lighter. Her blood pressure has also improved.

“My blood pressure has definitely gone down. I take tablets for that, but now the blood pressure is verging on the low side so I might need talk to my doctor about reducing the tablets, which would be really lovely,” Gwen says.

Best of all, Gwen’s risk of developing type 2 diabetes is greatly reduced. She says of her mother, “(Diabetes) restricted her lifestyle and restricted her enjoyment of her grandchildren.”

Thanks to her success with the Life! course, Gwen looks and feels terrific and always has the energy to keep up with and enjoy her grandchildren.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Life! Champion Bob Evans



Quotes

- “ We blokes look after our cars but we just ignore our bodies.”
Bob Evans
- “ I was floundering for a while trying to do it on my own.”
Bob Evans
- “ I've got a son and I've tried to talk him into it.”
Bob Evans
- “ I've had both my knees replaced (so) I'm restricted in my walking. But I bought an exercise bike for the days I don't do too much.”
Bob Evans
- “ It's a wonderful life to be on earth and you only have one chance at it. You should take the best advantage of the opportunity in front of you.”
Bob Evans
- “ Part of the learning curve is the questions people ask at the course It helps you understand what's going on.”
Bob Evans
- “ The main thing is you're on the way to getting healthy.”
Bob Evans
- “ It's a wonderful feeling to know you're on the right track.”
Bob Evans
- “ Everything's improved. I wake up brighter in the morning. You know, bushy tailed. Get out of bed and do the chores.”
Bob Evans
- “ The trap is, in our younger days we do anything we like to our body and we get away with it.”
Bob Evans

“With a hobby you tend to reflect how you stand in life, on how you can improve your well being. You must have a hobby where you can reflect.”

Bob Evans

“It’s been a wonderful boost for me.”

Bob Evans

“I think it’s absolutely essential, especially as you’re getting older, you must look after your body, because it’s getting worn out a bit.”

Bob Evans

Editorials

Bob Evans • Son version (68 words)

When Bob Evans took the Diabetes Risk Test and discovered he was at high risk of developing type 2 diabetes, he signed up for Diabetes Australia – Vic’s Life! Taking Action on Diabetes prevention course.

Keen to promote the course, Bob says, “I’ve got a son and I’ve tried to talk him into it.”

Encourage your family to assess their type 2 diabetes risk, visit www.diabetesrisk.org.au, or call 13 RISK (13 7475).

Bob Evans • Wonderful life version (62 words)

“It’s a wonderful life to be on earth and you only have one chance at it,” says Bob Evans, father, grandfather, and Life! course participant.

Life! Taking Action on Diabetes is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better health.

It’s never too late to reduce your risk, call 13 RISK (13 7475).

Bob Evans • Son version (150 words)

When 78 year old Bob Evans took the Diabetes Risk Test, he discovered he had a one in five chance of developing type 2 diabetes. That’s when he signed up to do Diabetes Australia – Vic’s Life! Taking Action on Diabetes course.

The Life! course is an evidence-based prevention course which focuses on changing eating habits, setting goals and increasing physical activity. It is free for most people.

Bob is now eating well, walking everyday, and his risk of developing type 2 diabetes is reduced.

Having experienced the benefits of the course, Bob is keen to promote it to his nearest and dearest.

“I’ve got a son and I’ve tried to talk him into it,” says Bob.

You can help prevent type 2 diabetes in your family, as well as your friends, by encouraging them to take the Diabetes Risk Test. Visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Bob Evans • Gardening version (152 words)

“With a hobby you tend to reflect on how you stand in life, on how you can improve your well being,” says Bob Evans about his gardening.

For some time Bob’s well-being wasn’t the best. The 78 year old had both his knees replaced and he was struggling to lose weight. But since completing the Life! Taking Action on Diabetes course, Bob has come good again.

“Everything’s improved,” says Bob, who has more energy for gardening now.

The Life! course is a proven lifestyle behavioural change course, that helps people at risk of developing type 2 diabetes achieve better general health and well being.

Quality of life, as well as orchids are blooming for Bob; who is living proof that it’s never too late to reduce your risk.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Bob Evans • Car version (150 words)

“We blokes look after our cars but we just ignore our bodies,” says 78 year old Bob Evans. However since completing Diabetes Australia – Vic’s Life! Taking Action on Diabetes prevention course you’re more likely to find Bob out walking rather than driving.

Bob’s new, active lifestyle has come about since discovering he was at risk of developing type 2 diabetes, and signing up to do the Life! course.

Over six 90 minute group sessions, together with his facilitator, Bob developed a personalised plan for physical activity and healthy eating.

“It’s been a wonderful boost for me,” Bob says.

“Everything’s improved. I wake up brighter in the morning.”

Best of all, having done the Life! course, Bob’s risk of developing type 2 diabetes is now greatly reduced.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Bob Evans • Wonderful life version (251 words)

“It’s a wonderful life to be on earth and you only have one chance at it.” Wise words from Bob Evans, father, grandfather, and Life! course participant.

Life! Taking Action on Diabetes is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health, so that they feel better and live longer.

Bob signed up for the Life! course after completing a Diabetes Risk Test which put his chances of developing the disease at one in five.

By doing the Life! course people at risk of developing the disease can delay, and in some cases prevented getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and well being. The Life! course runs over six 90 minute group sessions, over a period of eight months. It is run by specially trained staff, including dietitians and exercise professionals and offers lots of personal attention.

“It’s a wonderful feeling to know you’re on the right track,” says Bob, who now walks everyday, maintains a healthier diet and has lost 15 kilograms of excess weight. Bob’s even looking into joining an early morning walking group at the local shopping centre.

“All the doors are shut so you can’t buy anything,” Bob says with a laugh.

It’s never too late to reduce your risk, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Bob Evans • Son version (254 words)

If you have diabetes you know that type 2 diabetes is serious, but did you know that other members of your family have a higher risk of also developing this disease? You can help prevent type 2 diabetes in those you love, by encouraging them to take the Diabetes Risk Test.

Seventy-eight year old Bob Evans took the simple 10 question test and discovered he had a one in five chance of developing the disease.

"I'm surprised I've lasted this long," says Bob, who was carrying extra weight.

The good news for Bob, as well as your friends and family members, is that new cases of type 2 diabetes can be halved if people at risk make some sensible lifestyle changes. The Life! Taking Action on Diabetes course teaches people to do just that.

The course is an evidence-based type 2 diabetes prevention course which focuses on changing eating habits, setting goals and increasing physical activity, and it's free for most people.

Bob is now 15 kilograms lighter, he's eating better, walking everyday and his risk of developing type 2 diabetes is reduced. Having seen the benefits of the Life! course first hand, Bob is keen to promote it to his nearest and dearest.

"I've got a (55 year-old) son and I've tried to talk him into it," says Bob. In fact Bob's son has now signed up to do the course.

Encourage your friends and family to assess their type 2 diabetes risk, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Bob Evans • Gardening version (248 words)

"With a hobby you tend to reflect on how you stand in life, on how you can improve your well being," says Bob Evans about his gardening.

For some time Bob's well-being wasn't the best. The 78 year old had both his knees replaced and was feeling very restricted when it came to walking. He was also struggling to lose weight.

But since completing the Life! Taking Action on Diabetes course, Bob has come good again. Bob says, "I was floundering for a while trying to do it on my own."

The Life! course is a proven lifestyle behavioural change course, that helps people at risk of developing type 2 diabetes, achieve better general health and well being. The course focuses on changing eating habits, setting goals and increasing physical activity. It is run over six sessions by trained health professionals, and is free for most people. The program is State Government funded and is coordinated by Diabetes Australia – Vic.

"Everything's improved. I wake up brighter in the morning. You know, bushy tailed," says Bob, who has more energy for gardening now.

"I get a lot of pleasure out of it...I grow a few orchids. I've been growing them since 1960," then adds modestly, "I won a blue ribbon in 1969."

Quality of life, as well as orchids are blooming for Bob; who is living proof that it's never too late to reduce your risk.

For more information visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Bob Evans • Car version (509 words)

“We blokes look after our cars but we just ignore our bodies,” says 78 year old Bob Evans from East Bentleigh. However since completing Diabetes Australia – Vic’s Life! Taking Action on Diabetes course you’re more likely to find Bob out walking rather than driving. And on the days he can’t get out, Bob’s on the exercise bike.

“I’ve had both my knees replaced (so) I’m restricted in my walking. But I bought an exercise bike for the days I don’t do too much.”

Bob’s new, more active lifestyle has come about since discovering he was at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia. That’s when Bob signed up to the Life! Taking Action on Diabetes prevention course. The course is for people at risk of developing the disease.

There is no cure for type 2 diabetes. Once you’ve been diagnosed you have to live with it for the rest of your life, and the consequences are frightening. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30-60 is a result of having diabetes.

In terms of maintaining a healthy diet, Bob says “I was floundering for a while trying to do it on my own.”

The beauty of the Life! course is that participants don’t have to do it alone, there’s support from the other participants, and lots of personal attention from the specially trained staff, which include dieticians and exercise professionals.

“Part of the learning curve is the questions people ask at the meeting. It helps you understand what’s going on,” Bob says.

Over the course of six sessions, and together with his facilitator, Mary Greene, Bob developed a personalised plan for physical activity and healthy eating.

“You don’t have to stop everything that’s nice,” Mary says, and Bob replies with a laugh, “It’s not jail food!”

But Bob is deadly serious when he says of the Life! course, “It’s been a wonderful boost for me.”

“Everything’s improved. I wake up brighter in the morning. You know, bushy tailed. Get out of bed and do the chores.”

Best of all, having done the Life! course, Bob’s risk of developing type 2 diabetes is now greatly reduced.

“The trap is, in our younger days we do anything we like to our body and we get away with it,” Bob says.

“I think it’s absolutely essential, especially as you’re getting older, you must look after your body, because it’s getting worn out a bit.”

To assess your risk, take the Diabetes Risk Test online at www.diabetesrisk.org.au, or call 13 RISK (13 7475) to have it sent out to you free of charge. Alternatively email life@diabetesvic.org.au. The test involves answering 10 simple questions and takes a short time to complete.

The course is free for most people, although those who already have diabetes are not eligible to participate.



Bob Evans with facilitator Mary Greene

Life! Champion Melita



“ Unless you have that mind set in that right place, at that time, it’s not going to happen. ... You can’t do it on your own.”

Melita

“ I just had no motivation. I wanted to and I knew what I could gain, but I just didn’t have the inner strength to do it. It was really really hard.”

Melita

“ I’ve been on such a high from the beginning of all this.”

Melita

“ With the course it taught you that 30 minutes, it’s just 30 minutes. How is it that we can’t find 30 minutes (a day to exercise)? You’ve got to absorb that and really comprehend it and understand that it’s only 30 minutes. Surely we can find 30 minutes for something so important.”

Melita

“ First it (walking) was for 30 minutes and then it gradually increased. And now anything less than an hour is not sufficient. It has to be at least an hour now.”

Melita

“ (My husband and I) just walk, and stop somewhere and have a light lunch and make a day of it.”

Melita

“ The kids are grown up and we can do what we want now.”

Melita

“ We’ve become really really close, since all this has happened.”

Melita

“ I had gestational diabetes, so I am more so at risk.”

Melita

“ I’m between a 12 and 14 now, depending on the style of the dress. And I’m actually wearing jeans now. I haven’t worn jeans for so long.”

Melita

“ I just feel (pause) young.”

Melita

“ Sometimes I probably don't act appropriately, but I don't care! ... “I'm happy.”

Melita

“ I was more reserved (before), hiding. Now I'm much more forward, forthcoming.”

Melita

“ This is the happiest I've been for years.”

Melita

“ I'm excited. I'm happy for myself and I'm proud of myself. I've done it eating normal food and not going to Jenny Craig or Weight Watchers or using meal replacements, and exercising.”

Melita

“ Now I chose the right food...I've incorporated (Life! lessons) into my normal daily eating habit, and my shopping. And it's just become normal.”

Melita

“ In the old days, Sunday mornings my husband would just be sitting there watching the footy show and I'd be cooking maybe or we'd go out shopping, whereas now, it's like 'are we going on our walk?'. It's much better.”

Melita

“ It's made me feel younger and happier, and my husband and I are closer now than we've ever been. We've reconnected, we really really have.”

Melita

“ (Exercise has) just got to be part of your normal life.”

Melita

“ I'm just a different person.”

Melita

“ I feel I can be me again. The real me.”

Melita

Melita • Proud version (49 words)

Since completing the Life! Taking Action on Diabetes course, Melita has lost over 17 kilos and looks terrific.

“I'm excited. I'm happy for myself and I'm proud of myself,” she says smiling.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).



Melita • Real Me version (52 words)

Melita did the Life! Taking Action on Diabetes course at her doctor's recommendation.

Now she eats well, walks every day and is 17 kilos lighter, and her risk of developing type 2 diabetes is reduced.

"I feel I can be me again," says Melita.

For more information visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Melita • Real Me version (152 words)

The Life! Taking Action on Diabetes course is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia. It affects about 1.5 million Australians.

Melita signed up for the Life! course at her doctor's recommendation. She had had gestational diabetes and type 2 diabetes runs in her family.

She now eats well, walks every day and is 17 kilos lighter. As well as that Melita's cholesterol is down and her risk of developing type 2 diabetes is greatly reduced.

"I feel I can be me again. The real me," says Melita, who looks terrific.

Signing up for the Life! Taking Action on Diabetes course, has put Melita on track for a longer and healthier life.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Melita • Old Days version (50 words)

Reconnecting with her husband has been an unexpected benefit of doing the Life! Taking Action on Diabetes course for Melita. They now go walking together and have both lost weight.

"It's made me feel younger and happier," Melita says.

For more information visit www.diabetesrisk.org.au, or call 13 RISK (13 7475).

Melita • Old Days version (152 words)

In the old days, before Melita did the Life! Taking Action on Diabetes course, she and her husband spent weekends at home doing their own separate things, now you're most likely to find them out walking together.

"My husband and I are closer now than we've ever been. We've reconnected, we really really have," Melita says.

The Life! course is part of an evidence-based type 2 diabetes prevention program, coordinated by Diabetes Australia – Victoria, for people at risk of developing type 2 diabetes.

Reconnecting with her husband has been an unexpected benefit of doing the course. As well as that, Melita's diet has improved, her cholesterol is lower, she's lost weight and best of all her risk of developing this deadly disease has been reduced.

"It's made me feel younger and happier," Melita says.

To assess your risk and for more information, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Melita • Old Days version (254 words)

“In the old days, Sunday mornings my husband would just be sitting there watching the footy show and I’d be cooking, whereas now, it’s like ‘are we going on our walk?’”

“The old days” refers to the time before Melita completed the Life! Taking Action on Diabetes course. Now, with her weight down and her energy levels up Melita says, “I’m a different person.”

The Life! course is part of an evidence-based type 2 diabetes prevention program, coordinated by Diabetes Australia – Victoria, for people at risk of developing type 2 diabetes.

By doing the Life! course people at risk of developing the disease can delay, and in some cases prevented getting type 2 diabetes. The course focuses on changing eating habits and increasing physical activity.

Melita knew she was at risk of developing type 2 diabetes, “I had gestational diabetes, so I am more so at risk,” she says. When her doctor suggested she sign up to the Life! course, she did.

You won’t find Melita and her husband sitting around the house on weekends any more. They’ll be out walking together.

Melita’s risk of developing type 2 diabetes is now greatly reduced, and both she and her husband have lost over 17 kilos. There have been other, unexpected benefits too.

“It’s made me feel younger and happier, and my husband and I are closer now than we’ve ever been. We’ve reconnected, we really really have.”

To assess your risk and for more information, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Melita • Old Days version (500 words)

“In the old days, Sunday mornings my husband would just be sitting there watching the footy show and I’d be cooking, or we’d go out shopping, whereas now, it’s like ‘are we going on our walk?’” So says working wife and mum, Melita.

“The old days” refers to the time before Melita completed the Life! Taking Action on Diabetes prevention course; and pictures show that she actually did look older. Now, with her weight down and her energy levels up Melita says, “I’m a different person.”

Life! Taking Action on Diabetes is an evidence-based type 2 diabetes prevention program, funded by the State Government and coordinated by Diabetes Australia – Victoria. It is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia.

By doing the Life! course people at risk of developing the disease can delay, and in some cases prevented getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and well being.

Melita knew she was at risk of developing type 2 diabetes, “I had gestational diabetes, so I am more so at risk,” Melita says. As well as that, diabetes runs in her family. Melita’s mother was diabetic and insulin dependent, and her younger sister has already been diagnosed with type 2 diabetes. So when Melita’s doctor suggested she sign up to the Life! course, she did.

“There is no cure for type 2 diabetes and no escape once you have been diagnosed,” says Diabetes Australia – Vic Director of Programs and Services Dr Ralph Audehm. “Diabetes is serious and can have serious consequences such as heart attacks, blindness, amputation and kidney failure.”

You won't find Melita and her husband sitting around the house on weekends any more. Even if he's already played golf, Melita's husband will come home and say "Are we still going to go for our walk?"

"First it was for 30 minutes and then it gradually increased. And now anything less than an hour is not sufficient. It has to be at least an hour now," Melita says with a smile.

Together Melita and her husband have been exploring their own neighbourhood and local walking tracks as well as wandering further afield. Melita's risk of developing type 2 diabetes is now greatly reduced, her cholesterol has dropped, and both she and her husband have lost over 17 kilos. As well as that, there have been other, unexpected benefits.

"It's made me feel younger and happier, and my husband and I are closer now than we've ever been. We've reconnected, we really really have."

"I'm excited. I'm happy for myself and I'm proud of myself. I've done it eating normal food and not going to (diet centres) or using meal replacements."

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Melita • Motivation version (55 words)

Melita knew she had to lose weight and start exercising.

"I just had no motivation," she says,

That was before she did Diabetes Australia – Vic's Life! Taking Action on Diabetes course.

Melita now walks everyday and is eating well.

"This is the happiest I've been for years."

For more information call 13 RISK (13 7475).

Melita • Motivation version (249 words)

Melita knew she had to lose some weight and start exercising. Type 2 diabetes ran in her family, and she had had gestational diabetes, so she knew she was at risk of developing this deadly disease.

"I just had no motivation," she says, "I wanted to and I knew what I could gain, but I just didn't have the inner strength to do it. It was really really hard."

So when Melita's doctor suggested she sign up to do Diabetes Australia – Vic's Life! Taking Action on Diabetes course, she did.

Life! is an evidence-based type 2 diabetes prevention program, funded by the State Government and coordinated by Diabetes Australia – Vic. It is for people like Melita, who are at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia.

The Life! course helps motivate participants to change their eating habits, and to start exercising regularly, so as to achieve better general health and well being.

Melita now walks for at least 30 minutes everyday and is eating well. Her cholesterol is down and she has dropped over 17 kilos of excess weight. The only thing up, is Melita's mood and well being.

"This is the happiest I've been for years," Melita says with a wide smile.

Are you over 50 and overweight? To assess your risk of developing type 2 diabetes, and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Melita • Motivation version (500 words)

Melita knew she had to lose some weight and start exercising. Type 2 diabetes ran in her family, and she herself had gestational diabetes when she was pregnant, so she knew she was at risk of developing this deadly disease.

“I just had no motivation,” she says, “I wanted to and I knew what I could gain, but I just didn’t have the inner strength to do it. It was really really hard.”

So when Melita’s doctor suggested she sign up to do Diabetes Australia – Vic’s Life! Taking Action on Diabetes course, she did.

Life! is an evidence-based type 2 diabetes prevention program, funded by the State Government and coordinated by Diabetes Australia – Vic. It is for people like Melita, who are at risk of developing type 2 diabetes.

Type 2 diabetes is the fastest growing chronic disease in Australia. It affects about 1.5 million people. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30–60 is a result of having diabetes.

But by doing the Life! course, people at risk of developing the disease can delay, and in some cases prevented getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants are motivated to make changes in their lives and achieve better general health and well being.

Melita now walks for at least 30 minutes everyday and is eating well. Her cholesterol is down and she has dropped over 17 kilos of excess weight. The only thing up, is Melita’s mood and well being.

“I’ve been on such a high from the beginning of all this,” she says.

“I’m between a size 12 and 14 now, depending on the style of the dress. And I’m actually wearing jeans now. I haven’t worn jeans for so long.”

Since completing the Life! course, Melita has continued to lose weight and is still making healthy changes in her life. Just recently she weaned herself off sugar in her tea.

“Now I chose the right food...I’ve incorporated (Life! lessons) into my normal daily eating habit, and my shopping. And it’s just become normal.”

“This is the happiest I’ve been for years,” she says with a wide smile.

Are you over 50 and overweight? To assess your risk of developing type 2 diabetes, and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Melita • Guilt version (66 words)

“When I was trying to lose weight on my own, I’d think ‘oh no I can’t have that ... and then I’d have a little bit ... but I’d feel so guilty,” says Melita.

But since completing the Life! Taking action on Diabetes course, Melita has let go of guilt; instead she eats well and walks every day.

For more information call 13 RISK (13 7475).

Melita • Guilt version (151 words)

Melita knows all about dieter's guilt, "before when I was trying to lose weight on my own, I'd think 'oh no I can't have that ... and then I'd have a little bit and maybe I'd have a lot, but I'd feel so guilty."

But since completing the Life! Taking action on Diabetes course, Melita has let go of the guilt.

Life! Taking Action on Diabetes is an evidence-based type 2 diabetes prevention program, for people at risk of developing the disease. The course, coordinated by Diabetes Australia – Victoria, focuses on changing eating habits, setting goals and increasing physical activity, to achieve better health and well being.

Dieter's guilt is now a thing of the past for Melita. She eats well, walks every day and her risk of developing type 2 diabetes is greatly reduced.

Don't do it on your own. Visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Melita • Guilt version (250 words)

Forty-nine year old Melita knows all about dieter's guilt, "before when I was trying to lose weight on my own, I'd think 'oh no I can't have that ... I'll just have a little bit' and then I'd have a little bit and maybe I'd have a lot, but I'd feel so guilty."

But since completing the Life! Taking action on Diabetes course, Melita has let go of the guilt. "Now I can eat it if I want to and not feel guilty. But if I don't want to ... I'm happy not to eat it, because I've chosen not to."

Life! Taking Action on Diabetes is an evidence-based type 2 diabetes prevention program, for people at risk of developing the disease. The group course, coordinated by Diabetes Australia – Victoria, offers lots of individual attention and focuses on changing eating habits, setting goals and increasing physical activity, to achieve better health and well being. It is run by trained staff, including dieticians and exercise professional, and is free for most people; although those who already have diabetes are not eligible to participate.

Dieter's guilt is now a thing of the past for Melita. She eats well, walks every day and is 17 kilos lighter; her cholesterol is down, and best of all her risk of developing type 2 diabetes is greatly reduced.

Don't do it on your own. For advice and support, and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Life! Champion Tom Munro



“ Kim made some suggestions in regard to dietary things which I'd been unaware of. She suggested strategies like eating higher fibre breakfast and lunch, as a way of moving oneself from hunger cravings; something I hadn't really thought about.”

“ I was able to modify my eating habits, getting muesli and rye bread and that sort of stuff, for breakfast, and changing my lunch patterns.”

“ I was having things like donuts and muffins for a mid morning snack, which was more reflective of boredom rather than actual desire for food. She (Kim) suggested a strategy of maybe going for a walk in the morning, at say eleven, to clear my head a bit so I can get back to work and feel invigorated, or otherwise to have some fruit.”

“ The first session was about the horrors of diabetes, and I didn't actually realise the reason I was doing it was because I was potentially pre-diabetic.”

“ I hadn't any awareness of what a difficult to treat disease it is, how serious it is, how it impacts on all aspects of the body, that was like going through a horror movie, to realise how that all worked.”

“ I found it (the program) great.”

“ I've found the main benefit, apart from the weight loss, is that I feel a lot more alert and able to concentrate more, more interested in things, so that my work productivity has doubled since I've been doing it. (That could be an exaggeration), and there's been a big improvement in the way I feel.”

“ I used to drink (alcohol) most days of the week, I've now cut that down to two days.”

“ I didn't expect those things at all (increased concentration and productivity).”

“ I didn't realise there'd be such an increase in the feeling of well being, and the ability to concentrate and do things.”

Tom Munro • Blood pressure version (50 words)

Tom Munro did the Life! Taking Action on Diabetes course at his doctor's recommendation.

Now his high blood pressure is under control, and his risk of developing type 2 diabetes is reduced.

"I found it great," Tom says about the Life! course.

For more information call 13 RISK (13 7475).

Tom Munro • Unaware version (53 words)

Life! Taking Action on Diabetes is a type 2 diabetes prevention program, for people at risk of developing the disease.

"I wasn't even aware there was a problem," says 59 year old Tom Munro when his doctor recommended he do the course.

For more information visit www.diabetesrisk.org.au, or call 13 RISK (13 7475).

Tom Munro • Productivity version (51 words)

Apart from losing weight, doing the Life! Taking Action on Diabetes course has brought Tom Munro other benefits.

"I didn't realise there'd be such an increase in the feeling of well being, and the ability to concentrate and do things."

For more information visit www.diabetesrisk.org.au, or call 13 RISK (13 7475).

Tom Munro • Blood pressure version (152 words)

The Life! Taking Action on Diabetes course is for people at risk of developing type 2 diabetes, the fastest growing chronic disease in Australia.

Tom Munro signed up for the Life! course at his doctor's recommendation. Although he was concerned about his high blood pressure, he had been unaware of his diabetes risk. He says, "I hadn't any awareness of what a difficult to treat disease it is, how serious it is, how it impacts on all aspects of the body."

Tom now eats well, exercises every day and is 10 kilos lighter. As well as that his blood pressure has fallen and his risk of developing type 2 diabetes is greatly reduced.

"I found it great," Tom says about the Life! course.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Tom Munro • Unaware version (150 words)

Life! Taking Action on Diabetes is an evidence-based type 2 diabetes prevention program, for people at risk of developing this deadly disease. The program is coordinated by Diabetes Australia – Victoria.

“I wasn’t even aware there was a problem,” says 59 year old Tom Munro when his doctor recommended that he sign up to do the course.

By doing this proven lifestyle behavioural change course, people at risk of developing the disease can delay, and in some cases prevented getting type 2 diabetes.

Since completing the Life! course, Tom has successfully modified his diet and lost 10 kilograms. These days he drinks less alcohol, exercises every day, and has brought his blood pressure right down. And best of all, his risk of developing type 2 diabetes is now greatly reduced.

Are you unaware of your type 2 diabetes risk? For more information go to www.diabetesrisk.org.au, or call 13 RISK (13 7475).

Tom Munro • Productivity version (153 words)

“I didn’t realise there’d be such an increase in the feeling of well being, and the ability to concentrate and do things,” says 59 year old lawyer, Tom Munro.

Apart from losing weight and feeling healthier, these are the extra, unexpected benefit of doing the Life! Taking Action on Diabetes course, that Tom has completed.

Life! Taking Action on Diabetes, is an evidence-based type 2 diabetes prevention program, which focuses on changing eating habits, setting goals and increasing physical activity.

Tom is living proof of how effective the Life! course can be. He is 10 kg lighter, his blood pressure is down and his risk of developing type 2 diabetes has been greatly reduced.

“I found it great,” Tom says about the Life! course.

To assess your risk and for more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475). The course is free for most people.

Tom Munro • Unaware version (251 words)

For every person diagnosed with type 2 diabetes there is another who is unaware that they have the disease. Tom Munro was lucky; although he was at risk of developing this deadly disease he did not have it, yet.

“There is no cure for type 2 diabetes and no escape once you have been diagnosed,” says Diabetes Australia – Vic Director of Programs and Services Dr Ralph Audehm. “Diabetes is serious and can have serious consequences such as heart attacks, blindness, amputation and kidney failure.”

Life! Taking Action on Diabetes is an evidence-based type 2 diabetes prevention program, for people at risk of developing the disease. The program is coordinated by Diabetes Australia – Victoria.

By doing the Life! course people like Tom can delay, and in some cases prevented getting type 2 diabetes. The course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and well being.

Tom says, “I didn’t actually realise the reason I was doing it (the Life! course) was because I was potentially pre-diabetic.”

Now, Tom knows better. He has modified his diet, drinks less alcohol, exercises every day, and feels great. Most importantly, his blood pressure and cholesterol are down, as is his risk of developing type 2 diabetes.

Are you unaware of your type 2 diabetes risk? Take the Diabetes Risk Test. It is available on the website at www.diabetesrisk.org.au, or call 13 RISK (13 7475) to have the test sent to you free of charge.

Tom Munro • Blood pressure version (501 words)

When Tom Munro’s doctor measured his blood pressure, after he completed the Life! Taking Action on Diabetes course, he thought there was something wrong with the machine and re-did it. “He was so surprised,” Tom says.

The Life! course is coordinated by Diabetes Australia – Vic and is funded by the State Government. It is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health, so that they feel better and live longer.

Tom was very concerned about his high blood pressure, but had been unaware of his diabetes risk and of how serious the consequences were. He says, “I hadn’t any awareness of what a difficult to treat disease it is, how serious it is, how it impacts on all aspects of the body.”

He describes learning about the disease and its effects, “like going through a horror movie.”

Type 2 diabetes is the fastest growing chronic disease in Australia. It affects about 1.5 million people, and the effects are severe. People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30-60 is a result of having diabetes.

“There is no cure for type 2 diabetes and no escape once you have been diagnosed,” says Diabetes Australia – Vic Director of Programs and Services Dr Ralph Audehm.

Tom’s doctor suggested he sign up to do the Life! course, because he was concerned about Tom’s high type 2 diabetes risk, due to his high blood pressure and the extra weight he was carrying.

The Life! Taking Action on Diabetes course focuses on changing eating habits, setting goals and increasing physical activity, so that participants can achieve better general health and well being. The course runs over six 90 minute group sessions, over a period of eight months. Specially trained staff, including dieticians and exercise professionals take the course, which is not about lectures, but rather individual attention.

By doing the Life! course Tom has greatly reduced his risk of developing type 2 diabetes. Not only that, but his blood pressure is down by ten units, his cholesterol has been reduced, his diet has improved, he's lost about four inches around his waist and he feels better than he has in a long time.

"I've lost a significant amount of weight, but the main thing is I've kept up the exercise ... at least 35 minutes of exercise each day, but often, every second day I'll do another walk for 40 minutes."

"Things are going well," Tom says.

Are you unaware of your type 2 diabetes risk? Take the Diabetes Risk Test. It is available on the website at www.diabetesrisk.org.au, or call 13 RISK (13 7475) to have the test sent to you free of charge. It involves answering 10 simple questions and takes a short time to complete.

Tom Munro • Productivity version (496 words)

Apart from losing weight and feeling healthier, an unexpected benefit of doing the Life! Taking Action on Diabetes course, has been increased concentration and productivity at work, for Tom Munro.

"I didn't realise there'd be such an increase in the feeling of well being, and the ability to concentrate and do things," says the 59 year old lawyer.

Tom signed up for the Life! Taking Action on Diabetes course at his doctor's suggestion. Not only was he carrying extra weight and feeling sluggish, but his blood pressure was high, as was his risk of developing type 2 diabetes.

Type 2 diabetes is serious. People with diabetes are at risk of developing a range of severe complications including heart disease, stroke, kidney failure, blindness and amputation. It is the fastest growing chronic disease in Australia, affecting about 1.5 million Australians.

The Life! Taking Action on Diabetes course is an evidence-based type 2 diabetes prevention course which focuses on changing eating habits, setting goals and increasing physical activity. It is run by trained health professionals, over six sessions, and better still it's free for most people. The program is State Government funded, and is coordinated by Diabetes Australia – Victoria.

Because the groups are kept small, there is lots of individual attention. Tom was able to work with his facilitator Kim, to make changes to his diet and lifestyle.

"I was having things like donuts and muffins for a mid morning snack, which was more reflective of boredom rather than actual desire for food. She (Kim) suggested a strategy of maybe going for a walk in the morning, at say eleven, to clear my head a bit so I can get back to work and feel invigorated," Tom says.

Tom is living proof of how effective the course can be. He is 10 kg lighter than he was before starting the Life! Taking Action on Diabetes course, his blood pressure is down, as is his risk of developing type 2 diabetes.

“I’ve found the main benefit apart from the weight loss, is that I feel a lot more alert and able to concentrate more, more interested in things, so that my work productivity has doubled since I’ve been doing it,” Tom says, although he admits with a smile, that that is a slight exaggeration.

If you’re overweight and over fifty, and suspect you may be at risk of developing type 2 diabetes, take heart from Tom’s story and call 13 RISK (13 7475) for a free type 2 diabetes prevention kit. The kit contains a simple 10 question Diabetes Risk Test. If you score 15 or more on the test, visit your doctor for confirmation of your results. Your doctor will then refer you to a course in your area. People who already have diabetes are not eligible to participate.

“There’s been a big improvement in the way I feel,” Tom says.

For more information about the Life! course, visit www.diabetesrisk.org.au, email life@diabetesvic.org.au or call 13 RISK (13 7475).

Life! Champion Sue



- “ It was a bit of a shock,” to be told you’re pre-diabetic.”
- “ Because we’ve always tried to live very healthily, we don’t eat lots of junk food or garbage.”
- “ I don’t want to fall over the ledge and develop diabetes. You’re really stuck then, aren’t you?”
- “ It (THC) was terrific.”
- “ I always tried to make sure that I did the goals. Not just for myself, but because I knew I had to tell him (the phone coach) something!”
- “ It was being realistic about what you can do,”
- “ I think the coaching made me more aware of the amount of physical activity and to include extra stuff during the day ... (like) pushing the wheelbarrow with a load of wood in, anything like that.”
- “ Rather than get on a motorbike to go somewhere, you walk.”
- “ They often say that stress will bring diabetes on. I’m really, really thinking that I was on the way.”
- “ My friend has got a coach as well.”
- “ We organise to have a walk together, or have a talk about it.”

Re the local community:

- “ We still see one another and talk about how we’re all going.”
- “ We’re looking after one another, health-wise as well.”
- “ it’s not like we don’t have networks.”
- “ One of the members of our dairy discussion group applied for money for gym equipment, that’s going into the local footy club shed.”
- “ A friend and I applied for money and have set up a 1.5 km walking track around the football oval in town... It’s something locals, as well as tourists to the town, can use to stretch their legs.”

Re food:

- “ I’ve become more aware of low GI food, and how that’s really important.”
- “ I’ve become a label reader.”
- “ I’m also more aware of how much sugar is in food. Hidden sugar I mean, such as in yogurt.”
- “ We still eat a lot of fruit and veg. With a husband who likes his meat and mash potato, and you serve up the same size for yourself as well. That’s one of the goals I had (from Mark), to really cut down on the size of the mash potato and maybe to miss out a few times a week as well; and also to cut down on the size of the meat portions.”
- “ Cut down on portion sizes, and topping up with lots of veggies.”

Life! Champion Bob Richardson



- “ My doctor said, ‘You don’t have diabetes right now, but you’re getting there.’”
- “ I needed to take some action to prevent it happening.”
- “ Because I couldn’t get in anywhere close, I had to go to either Frankston or Emerald. They said, we’ll do it over the phone. So a week or so later Mark rang me. Every month he rang me up and recommended things I could do, that would improve things.”
- “ I don’t think I would have done it (the course). I hate driving up those mountains (to Emerald) and Frankston is a long, long way away...It really wasn’t an option.”
- “ After the first phone call he said, Well what can you do? And I said, I’ve been thinking about walking. Which doesn’t help – thinking about it. I said I’d do half an hour a day.”
- “ I’ve got a bit of a sweet tooth, and he said you can enjoy your chocolates and your biscuits but knock them down a bit. He said reduce the smokes.”
- “ I’d like to give away the cigarettes all together. We probably will, over time.”
- “ When you get to my age you start to think about what you should be doing...I’d been thinking about walking and giving up the smokes and I’m conscious of the fact that I should be drinking more water, but this sort of thing highlighted the need to start doing it. It’s not that difficult.”
- “ We walk at least half an hour a day.”
- “ I get gratified when I get these sort of things (medical results).”
- “ I feel gratified that I’m actually doing it.”
- “ I found the phone calls quite convenient. He was good.”
- “ If he had’ve said, you have to walk two hours a day, that just wouldn’t have happened. But half an hour a day suited me right down to the ground.”

Bob Richardson • Getting there version (55 words)

“You don’t have diabetes right now, but you’re getting there,” said Bob Richardson’s new doctor.

Bob immediately signed up for Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching.

“I needed to take some action to prevent it happening,” says Bob.

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Bob Richardson • Convenient version (53 words)

Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching was exactly what Bob Richardson needed to help him reduced his type 2 diabetes risk.

“I found the phone calls quite convenient,” says Bob, who lives in Melbourne’s outer fringe.

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Bob Richardson • From thinking to doing version (56 words)

Bob Richardson’s Telephone Health Coach asked him what he could do to reduce his type 2 diabetes risk.

“I said, I’ve been thinking about walking...(then) I said I’d do half an hour a day.”

Right there and then, Bob went from thinking to doing.

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Bob Richardson • Option version (50 words)

Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching suited Bob, who lives on Melbourne’s south-east fringe. The nearest regular Life! course was well over an hour’s drive away. “It really wasn’t an option,” he says.

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Bob Richardson • Getting there version (250 words)

“You don’t have diabetes right now, but you’re getting there,” said Bob Richardson’s new doctor.

Bob knew he had high blood pressure, he had been on medication for it for many years. But what Bob hadn’t know, was that he was at risk of developing type 2 diabetes. Tests showed that Bob had high blood glucose and cholesterol levels, and that he was carrying extra weight.

Bob immediately signed up for Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching. The service is a type 2 diabetes prevention program conducted via the phone, for people who can’t get to a regular Life! course. The program helps participants develop specific goals and plans for physical activity and healthy eating, to reduce their risk of developing the disease.

“Because I couldn’t get in anywhere close...they said, ‘we’ll do it over the phone’. So a week or so later Mark (the phone coach) rang me. Every month he rang me up and recommended things I could do, that would improve things.”

Bob was very lucky not to have been diagnosed with diabetes. There was still a chance to delay or even prevent the disease.

Bob now walks regularly and eats well. His blood glucose levels, cholesterol and weight are all down, and his risk of developing type 2 diabetes has been greatly reduced.

“I needed to take some action to prevent it happening,” Bob says.

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Bob Richardson • From thinking to doing version (255 words)

Sixty-seven year old Bob Richardson signed up for Diabetes Australia – Victoria's Life! Taking Action on Diabetes Telephone Health Coaching after discovering he was at risk of developing type 2 diabetes.

"When you get to my age you start to think about what you should be doing," says Bob. "I'd been thinking about walking and thinking about giving up the smokes...but (the telephone coach) highlighted the need to start doing it."

Life! Taking Action on Diabetes Telephone Home Coaching is a type 2 diabetes prevention program conducted via the phone, for people like Bob, who are unable to attend a regular Life! course. The program helps participants develop specific goals and plans for physical activity and healthy eating, to reduce their risk of developing this incurable disease.

A health coach calls the participant at home, at a time that suits them, and works with them to achieve their goals and stay motivated.

"After the first phone call he (the health coach) said, well what can you do? And I said, I've been thinking about walking. Which doesn't help – thinking about it," says Bob with a smile. "I said I'd do half an hour a day."

Right there and then, Bob went from thinking to doing.

Now Bob's weight, cholesterol and blood glucose levels are all lower. And best of all, Bob's risk of developing type 2 diabetes has been greatly reduced.

"I feel gratified that I'm actually doing it," says Bob.

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Bob Richardson • Sweet biscuits and cigarettes version (254 words)

Diabetes Australia – Vic's Life! Taking Action on Diabetes Telephone Health Coaching is a type 2 diabetes prevention program conducted via the phone. The program helps participants develop goals and specific plans for physical activity and healthy eating, to reduce their risk of developing the disease. It's a great option for people like Bob Richardson, who are unable to attend a regular Life! course.

Sixty-seven year old Bob lives on Melbourne's south-east fringe. He says he would never have done a regular Life! course, as the nearest one was well over an hour's drive away. "It really wasn't an option," he says.

Bob's personal health coach identified smoking, and a fondness for sweet biscuits, as areas of focus.

"I've got a bit of a sweet tooth, and he (the phone coach) said you can enjoy your chocolates and your biscuits but knock them down a bit," says Bob.

The health coach also suggested that Bob "reduce the smokes," which he has also done. "I'd like to give away the cigarettes all together," says Bob.

Bob's latest medical tests show that his blood glucose levels, cholesterol and weight are all down, as is his risk of developing type 2 diabetes.

"I feel gratified when I get these (medical results)," says Bob.

The Life! Telephone Health Coaching Service is also a great option for people who work shifts or have other commitments that make it difficult for them to attend a course.

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Bob Richardson • Getting there version (504 words)

Sixty-seven year old Bob Richardson knew he had high blood pressure, he had been on medication for it for many years. But what Bob didn't know, was that he was at risk of developing type 2 diabetes. After moving house, routine blood tests through a new doctor revealed that Bob had raised blood glucose and cholesterol levels. He was also carrying some extra weight.

"You don't have diabetes right now, but you're getting there," said Bob Richardson's new doctor.

In metropolitan areas and rural centres, patients with a type 2 diabetes risk are referred by their doctor to a Life! Taking Action on Diabetes course. But the nearest place to Bob running a Life! course was over an hour's drive away. Thankfully, Diabetes Australia – Victoria have introduced the Life! Taking Action on Diabetes Telephone Health Coaching Service. It is a type 2 diabetes prevention program conducted via the phone.

"Because I couldn't get in anywhere close, I had to go to either Frankston or Emerald; they said, 'we'll do it over the phone'. So a week or so later Mark (the phone coach) rang me. Every month he rang me up and recommended things I could do, that would improve things."

Bob was very lucky not to have been diagnosed with diabetes. There was still a chance to delay or even prevent the disease.

"There is no cure for type 2 diabetes and no escape once you have been diagnosed," says Diabetes Australia – Vic Director of Programs and Services Dr Ralph Audehm. "Diabetes is serious and can have serious consequences."

People with diabetes are four times more likely to develop heart disease and have a stroke, three times more likely to experience kidney failure and 15 times more likely to require amputation. Not only that but the most common form of blindness in adults aged 30–60 is a result of having diabetes.

"I needed to take some action to prevent it happening," Bob says.

"When you get to my age you start to think about what you should be doing," says Bob. "I'd been thinking about walking and giving up the smokes and I'm conscious of the fact that I should be drinking more water, but (the telephone coach) highlighted the need to start doing it."

Bob says his health coach's suggestions were, "easy things".

"If he had of said, you have to walk two hours a day," says Bob, "that just wouldn't have happened. But half an hour a day suited me right down to the ground."

Bob now takes regular walks to the local shopping centre and back. He's cut down on sweet biscuits and cigarettes, with a view to stopping altogether; his blood glucose levels, cholesterol and weight are all down, and his risk of developing type 2 diabetes has been reduced.

"It's not that difficult," says Bob with a smile.

For more information about Life! Taking Action on Diabetes telephone health coaching, call the Diabetes Infoline on 13 RISK (13 7475), email life@diabetesvic.org.au or visit www.diabetesrisk.org.au

Life! Champion

Brenda Davenport



- “ I kept having problems with blood sugar. I was starving all the time and I’d get the shakes.”
- “ I felt like my blood sugar was going crazy.”
- “ While I don’t have it (diabetes) yet, I’m at great risk of developing it.”
- “ I’ve got to get on top of it.”
- “ I’m really busy, because I work in mental health and that’s an area of non stop busy-ness; so they said we can also arrange a health coach and that would be at my time.”
- “ It just suited me better.”
- “ I was highly motivated because I really, really, didn’t want to develop diabetes.”
- “ All the goals I set with Mark, I’ve achieved.”
- “ It’s probably stopped me from getting diabetes.”
- “ I can just feel it in myself, I just know, because I know how erratic my blood sugar was going, I just feel differently. I don’t feel like I’ve got that problem I had before.”
- “ Now I’d have one (biscuit) probably once every couple of months, if that.”
- “ You start to lose the cravings.”
- “ Once you lose the craving, it’s not as hard.”
- “ I’m always saying I’ll to do this, I’ll go swimming, I’ll go and do that, but I’m always tired by the end of the day, and I don’t feel like doing anything. Whereas I could just sit in my chair and talk to Mark.”
- “ I kind of knew what I needed to do, but it was a big muddle of trying to do it, and I think Mark just centred all of that. And redirected my focus to actually achieving it.”

Brenda Davenport • Busy version (50 words)

The convenience of Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching was exactly what Brenda Davenport needed to reduced her type 2 diabetes risk.

“I’m really busy,” says Brenda, “(so) it just suited me better.”

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Brenda Davenport • Focus version (51 words)

“I kind of knew what I needed to do, but (the health coach) redirected my focus to actually achieving it,” says 62 year old Brenda Davenport.

For more information about Diabetes Australia – Victoria’s Life! Taking Action on Diabetes Telephone Health Coaching, call the Diabetes Infoline on 13 RISK (13 7475).

Brenda Davenport • Motivate version (51 words)

“I really, really, didn’t want to develop diabetes,” says 62 year old Brenda Davenport, who signed up for Telephone Health Coaching to reduce her type 2 diabetes risk. But the telephone health coach, she says, “motivated me even more.”

For more information, call the Diabetes Infoline on 13 RISK (13 7475).

Brenda Davenport • Cravings version (150 words)

Diabetes Australia – Vic’s Life! Taking Action on Diabetes Telephone Health Coaching is a type 2 diabetes prevention program conducted via the phone. It’s a great option for people like Brenda Davenport, who is too busy to attend a regular Life! course.

A health coach called Brenda at home, at a time that suited her. Together they developed specific goals for physical activity and healthy eating. One of her goals was to cut down on chocolate biscuits.

“Once you lose the craving, it’s not as hard,” says Brenda, who used to eat six chocolate biscuits at a time.

“Now I’d have one (biscuit) probably once every couple of months, if that.”

Since completing the Life! Telephone Health Coaching course, Brenda’s blood glucose levels and weight are down, as is her risk of developing type 2 diabetes.

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Brenda Davenport • Busy version (251 words)

Diabetes Australia – Vic's Life! Taking Action on Diabetes Telephone Health Coaching is a type 2 diabetes prevention program conducted via the phone. It's a great option for people like Brenda Davenport, who are simply too busy and tired by the end of a working day, to attend a regular Life! course.

"I'm really busy...so they said we can also arrange a health coach and that would be at my time," says 62 year old Brenda.

Brenda understood the seriousness of type 2 diabetes and knew she had to act, to reduce her risk of developing the disease.

"I kind of knew what I needed to do, but it was a big muddle of trying to do it, and I think Mark (health coach) just centred all of that, and redirected my focus to actually achieving it," Brenda says.

Brenda's latest medical tests show that her blood glucose levels, blood pressure and weight are all down, as is her risk of developing type 2 diabetes.

It's true to say, that if not for the convenience of Telephone Health Coaching, Brenda may never have taken action to reduce her type 2 diabetes risk.

"I'm always saying I'll do this, I'll go swimming, I'll go and do that, but I'm always tired by the end of the day, and I don't feel like doing anything. Whereas I could just sit in my chair and talk to Mark."

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Brenda Davenport • Cravings version (251 words)

Diabetes Australia – Vic's Life! Taking Action on Diabetes Telephone Health Coaching is a type 2 diabetes prevention program conducted via the phone. The program helps participants develop goals for physical activity and healthy eating, to reduce their risk of developing the disease. It's a great option for people like Brenda Davenport, who was too busy to attend a regular Life! course.

Sixty-two year old Brenda says she would never have done a regular Life! course. "I couldn't see myself going to something like that," she says.

After signing up to the program, a health coach called Brenda at home, at a time that suited her. Together they developed specific goals and plans for physical activity and healthy eating. One of her goals was to cut down on chocolate biscuits.

"Once you lose the craving, it's not as hard," says Brenda, who used to eat six chocolate biscuits at a time.

"Now I'd have one (biscuit) probably once every couple of months."

Brenda adds, "you start to lose the cravings."

Since completing the Life! Telephone Health Coaching course, Brenda feels a lot better. Her blood glucose levels, weight and waist measurement are all down, as is her risk of developing type 2 diabetes.

The Life! Telephone Health Coaching Service is also a great option for people who live in rural areas, work shifts or have other commitments that make it difficult for them to attend a course.

For more information, call the Diabetes Infoline on 13 RISK (13 7475) or visit www.diabetesrisk.org.au

Brenda Davenport • Blood sugar version (254 words)

Brenda Davenport knew she wasn't in great shape.

"I kept having problems with blood sugar. I was starving all the time and I'd get the shakes...I felt like my blood sugar was going crazy," Brenda says.

It was therefore not a big surprise to Brenda, to be told she was at high risk of developing type 2 diabetes.

Because she has a demanding job, and is unable to attend a regular Life! course, Brenda signed up to Life! Taking Action on Diabetes Telephone Health Coaching. It's a type 2 diabetes prevention program conducted via the phone and coordinated by Diabetes Australia – Victoria.

One of the first things Brenda's coach suggested, was changing the way her meals were structured.

"I had goals about eating six small meals a day: meal, snack, meal, snack, meal, snack," says Brenda.

"Snacking between meals...means you never get that hungry," says Brenda.

Brenda is on the right track now. "I know how erratic my blood sugar was going, (and)...I don't feel like I've got that problem I had before," she says.

Now Brenda's weight and blood pressure are down, as is her risk of developing type 2 diabetes.

"I found it (telephone health coaching) very helpful," says Brenda.

The Life! Telephone Health Coaching Service is also a great option for people who live in rural areas, work shifts or have other commitments that make it difficult for them to attend a course.

For more information call the Diabetes Infoline on 13 RISK (13 7475), email life@diabetesvic.org.au or visit www.diabetesrisk.org.au

Brenda Davenport • Busy version (500 words)

Diabetes Australia – Vic's Life! Taking Action on Diabetes Telephone Health Coaching is a type 2 diabetes prevention program conducted via the phone. The program helps participants develop goals and specific plans for physical activity and healthy eating, to reduce their risk of developing the disease. It's a great option for people like Brenda Davenport, who are simply too busy and tired by the end of a working day, to attend a regular Life! course.

Sixty-two year old Brenda says Telephone Health Coaching, "just suited me better."

"I'm really busy, because I work in mental health and that's an area of non stop busy-ness," Brenda says. "So they said we can also arrange a health coach and that would be at my time."

"There is no cure for type 2 diabetes," says Diabetes Australia – Vic CEO Greg Johnson. "Diabetes can have serious consequences such as heart attacks, blindness, amputation and kidney failure." Not only that, but the most common form of blindness in adults aged 30–60 is a result of having diabetes.

Brenda understood the seriousness of type 2 diabetes and knew she had to act, to reduce her risk of developing the disease.

"While I don't have it (diabetes) yet, I'm at great risk of developing it," Brenda says. Her personal health coach, Mark, identified a few areas of focus and together with Brenda, set some manageable goals.

"I kind of knew what I needed to do, but it was a big muddle of trying to do it, and I think Mark just centred all of that, and redirected my focus to actually achieving it," Brenda says.

Before very long, and without too much trouble, Brenda cut back on lollies and chocolate biscuits and began exercising.

"A couple of little things at a time. Breaking it up into smaller goals, rather than me just thinking I know what I have to do, I'm going to change it all. Which doesn't work," Brenda says.

Brenda's latest medical tests show that her blood glucose levels, blood pressure and weight are all down; she's lost 12 cm off her waist measurement, and her risk of developing type 2 diabetes has been greatly reduced.

It's true to say, that if not for the convenience of Telephone Health Coaching, Brenda may never have taken action to reduce her type 2 diabetes risk.

"I'm always saying I'll do this, I'll go swimming, I'll go and do that, but I'm always tired by the end of the day, and I don't feel like doing anything. Whereas I could just sit in my chair and talk to Mark."

The Life! Telephone Health Coaching Service is also a great option for people who live in rural areas, work shifts or have other commitments that make it difficult for them to attend a course.

"It's probably stopped me from getting diabetes," says Brenda.

For more information about Life! Taking Action on Diabetes telephone health coaching, call the Diabetes Infoline on 13 RISK (13 7475), email life@diabetesvic.org.au or visit www.diabetesrisk.org.au

Brenda Davenport • Blood sugar version (502 words)

Sixty-two year old Brenda Davenport knew she wasn't in great shape. Her weight had been creeping up ever since she'd stopped nursing, and she couldn't exercise for long periods of time because of a back injury.

"I kept having problems with blood sugar. I was starving all the time and I'd get the shakes...I felt like my blood sugar was going crazy," Brenda says.

It was therefore not a big surprise to Brenda, to be told she was at high risk of developing type 2 diabetes.

Signing up to do a Life! Taking Action on Diabetes course was recommended for her. Life! is a proven lifestyle behavioural change course that helps people at risk of developing type 2 diabetes achieve better general health, so that they feel better and live longer. It's funded by the State Government and coordinated by Diabetes Australia – Victoria. But a busy work schedule made it difficult for Brenda to attend a course.

"I couldn't see myself going to something like that," says Brenda.

So Brenda was offered Diabetes Australia – Vic's Life! Taking Action on Diabetes Telephone Health Coaching. It's a type 2 diabetes prevention program conducted via the phone. A health coach calls the participant at home, at a time that suits them, and works with them to develop a plan for healthy eating and physical activity, to reduce their risk of developing the disease.

One of the first things Brenda's coach started her on was fat burning.

"Because I can't do much in the way of exercise without having constant pain, because of my back injury," says Brenda, Mark (her health coach) got me doing three to four minutes, of flat out, up and down the steps exercise."

Brenda says, "I find that intense few minutes makes a big difference."

Brenda's coach also change the way her meals were structured.

"Mark and I had goals about eating six small meals a day: meal, snack, meal, snack, meal, snack," says Brenda.

"Snacking between meals...means you never get that hungry." Which was great for Brenda, because as she says, "once I'm starving I'll eat anything, and it won't stop."

Brenda knows she's on the right track now. "I can just feel it in myself, I just know, because I know how erratic my blood sugar was going, I just feel differently. I don't feel like I've got that problem I had before," she says, and she's right. Brenda has lost several kilos of weight, as well as centimetres off her waist measurement; her blood pressure is down and she's feeling more clear headed. Best of all, her risk of developing type 2 diabetes has been reduced.

"I found it (telephone health coaching) very helpful," says Brenda.

The Life! Telephone Health Coaching Service is also a great option for people who live in rural areas, work shifts or have other commitments that make it difficult for them to attend a course.

For more information call the Diabetes Infoline on 13 RISK (13 7475), email life@diabetesvic.org.au or visit www.diabetesrisk.org.au