

## The *Life!* program for the Culturally and Linguistically Diverse community

The CALD English *Life!* program can help you to make small changes to live a healthier and active life. *The Life!* program can help prevent type 2 diabetes, heart disease and stroke.

*Life!* is delivered by facilitators, who are qualified health professionals trained in the area of prevention. The health professional may be English speaking supported with an interpreter.

The CALD *Life!* program has information in English, Chinese and Vietnamese.

### Is your community eligible for the CALD English *Life!* program?

The *Life!* program is funded by the Victorian Government, and managed by Diabetes Victoria.

You can take part in the *Life!* program if you:

- Do not have diabetes
- Are 18 years or over and
- scored 12 or more on the AUSDRISK tool with a BMI of  $\geq 25$  (or 23 if you are of Asian background); or scored 10% or more on the Absolute Risk score when referred by a GP
  
- Previously diagnosed with one or more of the following conditions:
  - history of cardiovascular disease
  - gestational diabetes
  - moderate or severe chronic kidney disease
  - familial hypercholesterolemia
  - serum total cholesterol of more than 7.5mmol/L
  - systolic blood pressure of 180mmHg or more or diastolic blood pressure of 110 mmHg or more
  - impaired glucose tolerance
  - polycystic ovary syndrome

If you are not sure if you are eligible contact your local GP or call 13 RISK (137475).