

## 針對華裔社區的 **Life!** 計劃

華裔社區 **Life!** 計劃可以幫助您在生活裏作出小小改變，從而改善健康，積極地生活。**Life!** 計劃可以有效預防 2 型糖尿病、心臟病和中風。

華裔社區 **Life!** 計劃備有中文版和英文版。

**Life!** 計劃由專業醫護人員舉辦，他們在疾病預防領域受過專業訓練。這些醫護專業人員可能講英語，由口譯人員協助溝通，又或者他們本身會講中文。

### 您所在的社區是否符合條件開展華裔社區 **Life!** 計劃？

**Life!** 計畫是由維多利亞州政府資助、由 Diabetes Victoria。

如果您符合以下條件，您可以參加 **Life!** 計劃：

- 沒有確診糖尿病
- 年滿 18 歲或以上；並且
- 在《澳大利亞 2 型糖尿病風險評估工具》中得到 12 分或以上（可提供中文表格）而身高體重指數 (BMI) 大于 25；或在由全科醫生轉介時，得到了 10 分或以上的心臟病絕對風險分數
- 或以上並且先前診斷患有以下的一種或多種疾病：
  - 心血管疾病史
  - 妊娠糖尿病
  - 中度或嚴重的慢性腎臟疾病
  - 家族性高膽固醇血症
  - 超過 7.5 毫摩爾/升的血清總膽固醇
  - 180 毫米汞柱或以上的舒張壓，或 110 毫米汞柱或以上的收縮壓
  - 葡萄糖耐受不良
  - 多囊性卵巢症候群

如果您不確定您是否符合資格，請聯絡您的家庭醫生，或致電 13 RISK（137475）。

## The *Life!* program for the Chinese community

The Chinese *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.

The Chinese *Life!* program has information in both Chinese and English.

*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, or Chinese-speaking.

### Is your community eligible for the Chinese *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 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).