

What is the *Life!* program?

The *Life!* program helps you take control of your life, teaching you how to adopt healthy behaviours and a more active lifestyle to reduce your risk of type 2 diabetes, heart disease and stroke. Funded by the State Government and provided by Diabetes Australia – Victoria, *Life!* works with you to provide a free tailored plan to help you achieve your goals and live a healthier life.

The *Life!* approach is accessible, practical and proven to work

Healthy eating and regular physical activity can delay or prevent the onset of type 2 diabetes and greatly reduces your risk of heart disease and stroke. However changing your lifestyle is not easy to do on your own. The *Life!* program will give you the support to achieve and maintain lifestyle changes to reduce your risk of developing these three conditions. The *Life!* program provides a Group course as well as a flexible Telephone Health Coaching service to work around your life and work commitments.

Are you at risk?

The Risk Assessment Tool, which appears on the rear of this leaflet, is a quick standardised test which can help you determine if you are at risk of developing type 2 diabetes and is a good indicator of your risk of heart disease and stroke.

If you score 12 or more you are at high risk of developing diabetes in the next five years.



For scores of 12–15, approximately one person in every fourteen will develop diabetes.



For scores of 16–19, approximately one person in every seven will develop diabetes.



For scores of 20+, approximately one person in every three will develop diabetes.

What are these conditions?

Type 2 diabetes: This is a chronic condition marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin.

Heart Disease: This is caused by a clogging of the arteries which reduces the flow of blood to the heart. There is no single cause for coronary heart disease, but there are 'risk factors' that increase your chance of developing it.

Stroke: This occurs when an artery supplying blood to a part of the brain becomes blocked or bursts. As a result, that part of the brain is damaged because it is deprived of its blood supply which normally carries oxygen and nutrients to the brain, allowing it to function.

For all three of these diseases there are some risk factors you can not change - but the good news is that there are many things you can change about your lifestyle that can reduce your risk of developing all three. The *Life!* program teaches you how.

What can I do now?

If you score 12 or above on the AUSDRISK tool, you may be eligible to enter the *Life!* program.

Here's how:

1. Visit *Life!* – www.lifeprogram.org.au
2. Visit your doctor or pharmacist

Call us on:

13 RISK (13 7475)

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group:

- Under 35 years 0 points
 35 – 44 years 2 points
 45 – 54 years 4 points
 55 – 64 years 6 points
 65 years or over 8 points

2. Your gender

- Female 0 points
 Male 3 points

3. Your ethnicity/country of birth:

a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
 Yes 2 points

b. Where were you born?

- Australia 0 points
 Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
 Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
 Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
 Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
 Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
 Yes 2 points

8. How often do you eat vegetables or fruit?

- Everyday 0 points
 Not everyday 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
 No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing):

Waist measurement (cm) _____

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<input type="checkbox"/> 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6 – 11: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12–15, approximately one person in every 14 will develop diabetes. For scores of 16–19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

What can I do now?

If you scored 12 or higher on the above test you may be eligible to enter the *Life!* program, a program that shows you how to adopt a healthier lifestyle to decrease your risk of developing type 2 diabetes, heart disease and stroke. Please see overleaf for more information on the *Life!* program, call us on 13 RISK (13 7475) or visit www.lifeprogram.org.au.