

***Life!* Program Overview**

Life! is a type 2 diabetes and cardiovascular disease (CVD) prevention program that is coordinated by Diabetes Australia – Victoria and funded by the Victorian Government. *Life!* aims to reduce the risk of developing type 2 diabetes and CVD by encouraging participants to set behavioural goals and make lifestyle changes based on the adoption of an active lifestyle and healthy diet.

The suite of *Life!* interventions comprises a group-based intervention (*Life!* course), individual *Life!* Telephone Health Coaching (THC) sessions, and the Aboriginal *Life!* program (Road to Good Health course).

The *Life!* program offers a group course or a telephone health coaching service, as well as a specialised Aboriginal and Torres Strait Islander *Life!* program, 'The Road to Good Health'. *Life!* providers deliver the group courses within their organisational setting, supporting staff and trained *Life!* facilitators to promote, recruit and deliver the *Life!* program.

The *Life!* course is the main intervention in the *Life!* program and is a community based lifestyle behaviour change program developed from the evidence-based Finnish Prevention Program, the Greater Green Triangle Diabetes Prevention Program (GGT DPP) and the Victorian Government Department of Health Healthy Living Course (HLC) randomised controlled trial.

With a focus on health psychology theories which focus on behaviour change, including the self-regulation theory, Health Action Process Approach (HAPA) model and SMART goals, participants are encouraged to work towards adopting a healthy diet and active lifestyle to reduce their risk of developing type 2 diabetes and CVD.

This knowledge and the support they receive from their facilitator and group, helps them achieve sustained lifestyle changes.

For more information about how to get involved please contact: mjones@diabetesvic.org.au or on 9667-1773