

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 ≥ 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).

For more information please contact:

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