

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）。

欲知詳情，請聯絡：

原住民和多元文化健康推廣專員

Mady Griffith

聯絡電話：9667 1703

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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 ≥ 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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