

## Life! Program Overview

The Life! Program is a new Victorian Government 'Go for your life' evidence based type 2 diabetes prevention program. It involves a risk assessment tool called The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK). The Life! program also includes a lifestyle behaviour change course of six group session for 90 minutes, over a period of eight months.

People can be referred to a course if the person:

- Has completed the AUSDRISK and is found to be at increased risk of developing diabetes
- Does not have diabetes
- Has a family history of diabetes
- Is overweight and/or has high blood pressure and/or has pre-diabetes
- Has heart disease and/or has had a heart attack
- Does little or no physical activity

The aim of the program is to help you work towards a weight loss goal of 5% of your total body weight through healthy eating and moderate daily physical activity.

The Life! Course will give you tools to help make lasting lifestyle changes and achieve goals in:

- Loosing weight
- Increasing physical activity
- Healthy eating

**For more information please contact the Numurkah Community Health Centre on 58620560.**

# Life!

Taking Action on Diabetes