

Life! – *Taking Action on Diabetes* Program Questions and Answers

<p>What is the Life! program?</p>	<p>This program is a new evidence-based type 2 diabetes prevention program. It includes a lifestyle behavioural change course of six group sessions of 90 minutes each, over an eight month period.</p> <p>For access to the course Victorians must complete a Type 2 Diabetes Risk Test and score 15 or over. All scores need to be validated by a general practitioner.</p> <p>This Victorian program has been developed based on the Finnish FinD2D program which utilises a FINDRISC tool to assess adults' risk of developing type 2 diabetes.</p>
<p>Who will coordinate the Life! program?</p>	<p>Diabetes Australia–Vic will be the lead agency coordinating the program across Victoria.</p> <p>The program is funded by the Victorian Government and will be available in early 2008. There will be a phased approach of implementation over four years across Victoria.</p> <p>This program will be available in North and Western Metropolitan Melbourne, Barwon South Western, and Gippsland Department of Human Services regions from March 2008.</p>
<p>Who will be eligible to participate in the Life! program?</p>	<ul style="list-style-type: none"> • Victorians aged 50 years and over • Aboriginal and Torres Strait Islander people <p>GPs will play a central role by determining patient's eligibility to participate in the program.</p>
<p>What are the goals of the Life! program?</p>	<ul style="list-style-type: none"> • To arrest the growth in type 2 diabetes • To contribute to earlier diagnosis in those who have undiagnosed type 2 diabetes.
<p>What are the key actions undertaken through the Life! program?</p>	<ul style="list-style-type: none"> • Provide community–based lifestyle behaviour change programs for the 25,000 eligible Victorians • Increase community awareness of the risk factors, seriousness and consequences of type 2 diabetes.
<p>How will the Life! program be delivered to the community?</p>	<p>Community based public and private sector providers must be accredited to deliver program courses using certified facilitators and approved materials.</p> <p>The program will operate from a variety of venues including community healthy centres, general practice clinics, local hospitals, ethnic specific community centres and recreational facilities.</p> <p>Each session has been carefully structured with a major emphasis on creating an interactive and supportive environment.</p>
<p>How do to get more information</p>	<ul style="list-style-type: none"> • Phone the Diabetes Helpline 1300 136 588 • Visit website www.dav.org.au • Visit website www.goforyourlife.vic.gov.au • Visit website www.diabetesaction.com.au • Ask your GP, pharmacist or health professional