World Diabetes Day a family affair

This World Diabetes Day (November 14), the Sunshine Coast Hospital and Health Service (SCHHS) is helping to raise awareness that family support is key to healthy diabetes management, care, prevention and education for people with the disease.

Worldwide, 425 million people are living with diabetes, SCHHS Healthy Lifestyle Coordinator Kerry Roach says millions of family members also share that responsibility.

“Managing diabetes requires daily treatment, regular monitoring, a healthy lifestyle and ongoing education,” Ms Roach said.

“The role that family plays in understanding diabetes, supporting healthy eating and regular physical activity, providing love and care and managing complications, cannot be underestimated.

“Family support and understanding makes a world of difference to anyone managing diabetes, or any other health condition,” she said.

SCHHS provides monthly group education sessions for residents diagnosed with Type 2 Diabetes and family members and carers are welcome to attend.

In support of World Diabetes Day, Ms Roach would like to extend an invitation to family members and carers to attend the next “Type 2 Diabetes & Me” education session on Thursday 22nd November, at the Gympie Community Health Centre, Alfred Street, Gympie or Wednesday November 28th at the Maroochy RSL Sub Branch, Memorial Avenue, Maroochydore.

The session will provide a range of information and resources on self-management and healthy lifestyle behaviours to support people diagnosed with type 2 diabetes or pre-diabetes.

Guest speakers on the day include a Dietitian, Social Worker, Clinical Nurse and Health Promotion Officer.

Sessions are free of charge. Bookings are essential. Phone Central Intake on 5479 9670 to reserve seats for you and your family/carer.

For further information on World Diabetes Day [https://www.worlddiabetesday.org/](https://www.worlddiabetesday.org/)