

Media statement

14 January 2021

Helping people with type 2 diabetes stay focused on healthy habits

Health professionals at Sunshine Coast Hospital and Health Service are reminding people with type 2 diabetes not to lose focus of the importance of healthy lifestyle behaviours towards managing the condition.

Alongside our efforts to stay COVID-free, it is essential people with type 2 diabetes continue with healthy lifestyle behaviours including maintaining a healthy weight, ensuring a nutritious diet, engaging in regular physical activity and reducing the amount of stress in their lives.

SCHHS Health Promotion Officer Kerry Roach coordinates free community-based workshops, and says taking a focus on our health behaviours does not need to be a burden but can be a positive step towards managing chronic diseases such as type 2 diabetes.

“Type 2 diabetes is the most common form of diabetes. It affects 85-90% of all people with diabetes and can be largely prevented by leading a healthy lifestyle,” Ms Roach said.

“Our program has an experienced group of health professionals who are there to motivate and support people towards healthier behaviours that assist in managing type 2 diabetes.

“With easing of COVID-19 restrictions our workshops are scheduled to run regularly across the Sunshine Coast and Gympie region, giving people an opportunity to remain focused, stay updated with knowledge, and feel well supported.”

The workshops are open to anyone diagnosed with type 2 diabetes or pre-diabetes with family or carers also welcome to attend. They will run all year with the first block starting on February 11.

WORKSHOPS

- Maroochydore 11th February
- Gympie 18th February
- Caloundra 25th February.

All workshops run from 9.00am – 1.00pm and are free to attend. To register your interest phone 5479 9670.

ENDS

Media contact: Alexia Kelly | Nicky Moffat 5202 0083 | 0408 713 747

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