Fear of food, food for thought for people with diabetes

Learning about food and what to eat is a top priority for a growing number of Sunshine Coast residents newly diagnosed with type 2 diabetes.

Healthy Lifestyle Officer Kerry Roach said people newly diagnosed with type 2 diabetes commonly shared a fear of food and were looking for a silver bullet approach to managing their diet.

The Sunshine Coast Hospital and Health Service delivers monthly “Type 2 Diabetes and Me” information sessions designed to alleviate food concerns and highlight that dietary choices should be tailored to the individual.

“What works for some, may not work for everyone, so there’s no silver bullet approach,” Ms Roach said.

“Our expert dietitian promotes ‘no-nonsense’ nutrition that encourages healthy eating for the whole family and discourages preparing separate meals and buying special foods,” she said.

The next information session is scheduled for Wednesday, 29 March 2017, 9am – 1pm at the Maroochy RSL Memorial Avenue, Maroochydore.

The information session gives local residents an opportunity to engage with health professionals and connect with others living with the disease.

Participants receive up-to-date information and resources about type 2 diabetes, nutrition, physical activity, emotional wellbeing, goal setting and communicating with health professionals.

A clinical nurse, dietitian, social worker and health promotion officer will speak on the day and be available to answer all of your questions.

To be eligible to attend this workshop, you must be diagnosed with type 2 diabetes or pre-diabetes (confirmed by your GP); be over 18 years of age; be able to attend group education for four hours; and be able to learn in the company of others.

If you meet the eligibility criteria above, please don’t delay, register your interest today by calling Central Intake on 5450 4747.

While a referral from your G.P. is not necessary, bookings are essential.

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