

## Media statement

11 November 2019

### World Diabetes Day shines a light on families

Worldwide, 425 million people suffer from diabetes. This **World Diabetes Day (November 14)**, Sunshine Coast Hospital and Health Service (SCHHS) is urging families to get involved in the management, care, prevention and education of the disease.

SCHHS Healthy Lifestyle Coordinator Kerry Roach said: “Managing diabetes requires daily treatment, regular monitoring, a healthy lifestyle and ongoing education.

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

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

Ms Roach delivers monthly group education for people diagnosed with Type 2 Diabetes and family members and carers are encouraged to attend.

In support of [World Diabetes Day](#), she extends an invitation to family members and carers to attend one of the final “Type 2 Diabetes & Me” education sessions on **14<sup>th</sup> November at Gympie Community Centre, Alfred Street, or Wednesday 4<sup>th</sup> December at Caloundra Community Health, West Avenue, Caloundra.**

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

Presenters include a Dietician, Social Worker, Clinical Nurse and Health Promotion Officer.

Sessions are free of charge. Bookings are essential. Phone Central Intake on 54799670 to reserve seats for you and your family/carer.

For further information on World Diabetes Day <https://www.worlddiabetesday.org/>

**ENDS**

**Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747**

**Follow us!**  