

## Media statement

23 October 2019

### Local Health Professionals Helping Those with type 2 diabetes

A free Sunshine Coast Hospital and Health Service (SCHHS) workshop for people with type 2 diabetes is helping locals to live a healthy and active lifestyle while managing the disease.

SCHHS Healthy Lifestyle Coordinator Kerry Roach, said people with type 2 diabetes who follow the general population guidelines for physical activity and healthy balanced eating are on the right track to good diabetes management.

“Although some people will go on to become insulin dependent, up to 60% of type 2 diabetes can be largely managed through healthy lifestyle behaviours. Practicing a healthy lifestyle can really swing the odds in your favour,” she said

“Our workshops are delivered by a multi-disciplinary team, bringing together a range of allied health staff including a diabetes educator, dietician, social worker and health promotion officer. Participants receive a well-rounded view of managing their condition.”

The final sessions for 2019, will be held at **Maroochydore 6<sup>th</sup> November, and Caloundra 4<sup>th</sup> December** with the morning providing information, resources and links to further support in the community.

To be eligible to attend the workshop, you must be diagnosed with type 2 diabetes or pre-diabetes, 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. Family members are also welcome to attend.

**Bookings are essential, please phone Central Intake on 54799670.**



Photo: SCHHS Dietitian Mitch King with SCHHS Health Promotion Officer Kerry Roach.