

### Media statement

11 July 2017

#### Are you at risk of diabetes?

With an estimated 1.5 million Australian families affected by diabetes, National Diabetes Week (9-15 July) is the perfect time to check your risk and raise awareness among family and friends.

A higher than average number of Gympie residents are living with diabetes (6.7 per cent), compared to the rest of Queensland (5.1 per cent), but many are unaware they have the condition.

Healthy lifestyle coordinator Karen Roach said: "It takes less than two minutes to check your risk online."

Go to: [www.diabetesqld.org.au/healthy-living/who-is-at-risk/assess-your-risk.aspx](http://www.diabetesqld.org.au/healthy-living/who-is-at-risk/assess-your-risk.aspx)

"Many people believe diabetes only affects people who are overweight or old, but the reality is that type 2 diabetes affects people of all ages and size," she said.

"The good news is that up to 60 per cent of type 2 diabetes cases can be prevented with good nutrition and adequate physical activity, so practicing a healthy lifestyle can really swing the odds in your favour."

For persons diagnosed with type 2 diabetes or pre diabetes, the following support is available to help manage the condition.

**Information Session**—"Type 2 Diabetes & Me", Thursday, 10 August, 9.00am to 1.00pm at the Gympie Community Health Centre. The session is coordinated by Sunshine Coast Hospital and Health Service. Phone 5319 4834 or email: [Kerry.Roach@health.qld.gov.au](mailto:Kerry.Roach@health.qld.gov.au)

**Online education**—a "Type 2 Diabetes & Me" online video produced by the Sunshine Coast Hospital and Health Service, will soon be available. The online video is designed for people newly diagnosed with Type 2 Diabetes, or those wanting to refresh their knowledge, who cannot access face-to-face education. For more information phone 5319 4834 or email: [Kerry.Roach@health.qld.gov.au](mailto:Kerry.Roach@health.qld.gov.au)

Ends

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