

Health & Wellbeing

July – Diabetes



Prevention

There are different types of diabetes; the three most common types of diabetes are type 1, type 2 and gestational diabetes. Evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58% of cases. You can do a lot to reduce your risk of type 2 diabetes by maintaining a healthy weight, being physically active and eating a balanced and nutritious diet.

Making physical activity a regular part of your life

o Think “move more”

Scheduling in exercise is fantastic, but it's also helpful to think about how you can move more in your everyday life. Instead of getting the closest car park at the shops or hitting the couch as soon as you get home, change your mindset to move more. Physical activity can be accumulated in small amounts.



o Be realistic

Hate running? Then don't sign up for a half marathon – try walking instead. When setting exercise goals, take an honest view of what will work for you and you're more likely to succeed.

o Exercise with a group

There are plenty of benefits to exercising in a group or with family and friends. Aside from the physical benefits, you can socialise and feel more motivated. Accountability is a great motivator too. If you don't show up, you'll be letting someone else down.

- o ***Focus on health and strength***

It's easy to get discouraged if results don't happen immediately, for example if you're concentrating on weight loss. It helps to focus on the other positives too. Perhaps you feel stronger and healthier, have more energy or sleep better.

- o ***Celebrate your achievements***

Be kind in your self-talk and praise yourself for moving forward with your actions. Celebrate small achievements. Small changes lead to big outcomes so make sure you are recognising and rewarding yourself along the way.

Eating healthy

- o Drink plenty of water.
- o Eat more fruit and vegetables (at least two servings of fruit and five servings of vegetables every day).
- o Manage your portion sizes.
- o Eat less processed food.
- o Eat regular meals – don't skip meals.
- o Restrict your alcohol intake.
- o Limit your intake of extra food. These foods are not essential to provide the nutrients the body needs and some contain too much added fat, sugar and salt. Examples include lollies, chocolate, biscuits, cakes, pastries, soft drinks and chips. Choose these foods sometimes or in small amounts.



Are you at risk? (Type 2)

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with.

An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies.

Diabetes Australia has developed a Risk Calculator based on the Australian type 2 diabetes risk test. Click on the link below 'What's my risk' and answer the 11 short questions:

What's my risk?

TMHS are offering free diabetes and dietetic consultations in July!

To help raise awareness of 'diabetes risk' for the month of July all TMHS staff can access free diabetes and dietitian appointments. Call the Josie Black Community Centre on 5592 0300 or the Mortlake Community Health Centre on 5558 7000 to book your appointment.

What else is on?

Terang and Mortlake Health Service presents...



NATIONAL DIABETES WEEK 2018

Come and join us in learning about preventing diabetes!

Try some of our delicious, healthy snacks, while our Diabetes Educator, Dietitian and Health Promotion Officer will be on hand to provide healthy lifestyle tips.



All welcome

Monday 2nd of July 2018

**Come anytime between
9:00am - 3:00pm**

**Mortlake GP Clinic
waiting room**

**25 Boundary Road
Mortlake 3272**