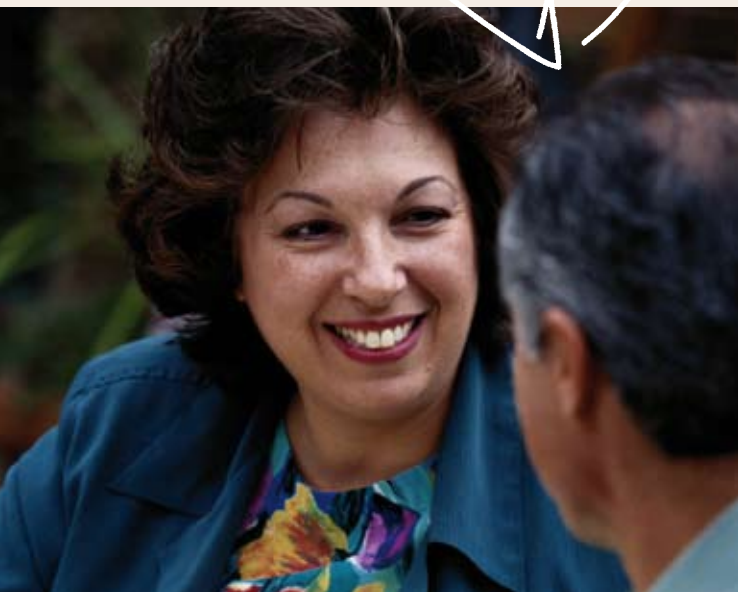
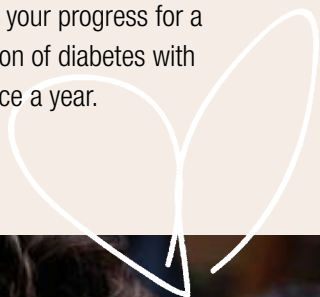


Who can help?

The Diabetes WA Information and Advice Line can put you in touch with services in your local area. Call **1300 136 588** for more information.

A GP, diabetes educator, dietitian or your local diabetes service can help you with changes towards a healthy lifestyle.

Your GP will help you assess your progress for a healthy lifestyle and prevention of diabetes with regular checkups at least once a year.



For More Information
dontignorediabetes.com.au

1300 136 588

Diabetes WA
Level 3, 322 Hay Street, Subiaco, WA 6008



For more information in your local area contact:



**You're at risk of
type 2 diabetes –
what now?**



Act Now
dontignorediabetes.com.au

1300 136 588

You're at risk, what now?

The progression to type 2 diabetes is not certain. However, you can reduce your risk by up to 60% by making small changes now to delay the onset or prevent type 2 diabetes. Changes include:

1. being a healthy weight
2. healthy eating
3. being physically active

1. Healthy weight

Even a small reduction (5% to 10%) in body weight can prevent or delay the onset of type 2 diabetes.

Set a goal for your ideal weight. Be honest with yourself about your weight and realistic with your goals. A dietitian or your GP will help to set you on the right track.

Being a healthy weight is not just about what you weigh, it is also important to look at where your weight is located on your body.

Additional weight around the waist area such as an apple shape, increases your risk of diabetes, more so than weight stored on the leg/hip/bottom area like a pear shape.



The best way to tell if you have too much centrally distributed weight than is healthy is by measuring your waist.

Measure your waist by placing a tape measure mid-way between your lowest rib and hip bone (approximately your belly button).

| | Ideal Healthy Waist |
|-------|---------------------|
| Men | Less than 94cm |
| Women | Less than 80cm |

If your waist measurement is higher than the ideal healthy waist measurement, you will need to make some lifestyle changes. The above measurements may seem hard to reach. Start off slow and set realistic goals.

Being a healthy weight is all about balance between the food you eat and the physical activity that you do.

2. Healthy eating

There is no one 'quick fix' diet. Follow the Australian Guide to Healthy Eating and enjoy:

- foods high in fibre
- foods low in fat—particularly saturated fat
- a variety of foods including vegetables, fruit, wholegrain bread, cereals, reduced fat dairy and legumes

If you are trying to lose weight, ensure that you choose smaller portion sizes for every meal.

Individuals at risk of developing type 2 diabetes should have their dietary intake assessed by a dietitian.



3. Physical activity

Any form of activity is good for you!

30 minutes of physical activity every day in combination with healthy eating will help you to delay or prevent the onset of type 2 diabetes.

Some ways to get more activity in your day are:

- go for a walk at lunch time
- walk or cycle to the local shop instead of driving
- take the stairs instead of using the lift

Tips to improve your lifestyle

- maintain healthy blood pressure, cholesterol and triglyceride levels – ask your GP for an assessment of these
- do not smoke
- limit your alcohol intake to no more than 4 standard alcoholic drinks per day for men and no more than 2 standard alcoholic drinks per day for women on no more than 5 days of the week
- Take steps to reduce stress.

More information and tips can be found at dontignorediabetes.com.au or by phoning 1300 136 588.

