



Do you want to make positive changes to your health?

The Vietnamese *Life!* program can help you



The *Life!* program is supported by the Victorian Government



About the *Life!* program

What is Diabetes?

Diabetes is a condition that occurs when the level of glucose (sugar) in the blood is higher than normal. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes during pregnancy). If diabetes is not managed well it can lead to complications such as stroke, blindness, heart and kidney failure, nerve damage and amputation. In Australia, people from culturally and linguistically diverse backgrounds, including the Vietnamese community, have a higher risk of developing type 2 diabetes.

Can you prevent or delay getting diabetes?

Unlike type 1 diabetes, type 2 diabetes can often be delayed or prevented through making changes to your lifestyle such as doing more physical activity, eating well, and managing stress. Sometimes this can be difficult to do on your own and you may need some help from professionals, such as those that deliver the *Life!* program.

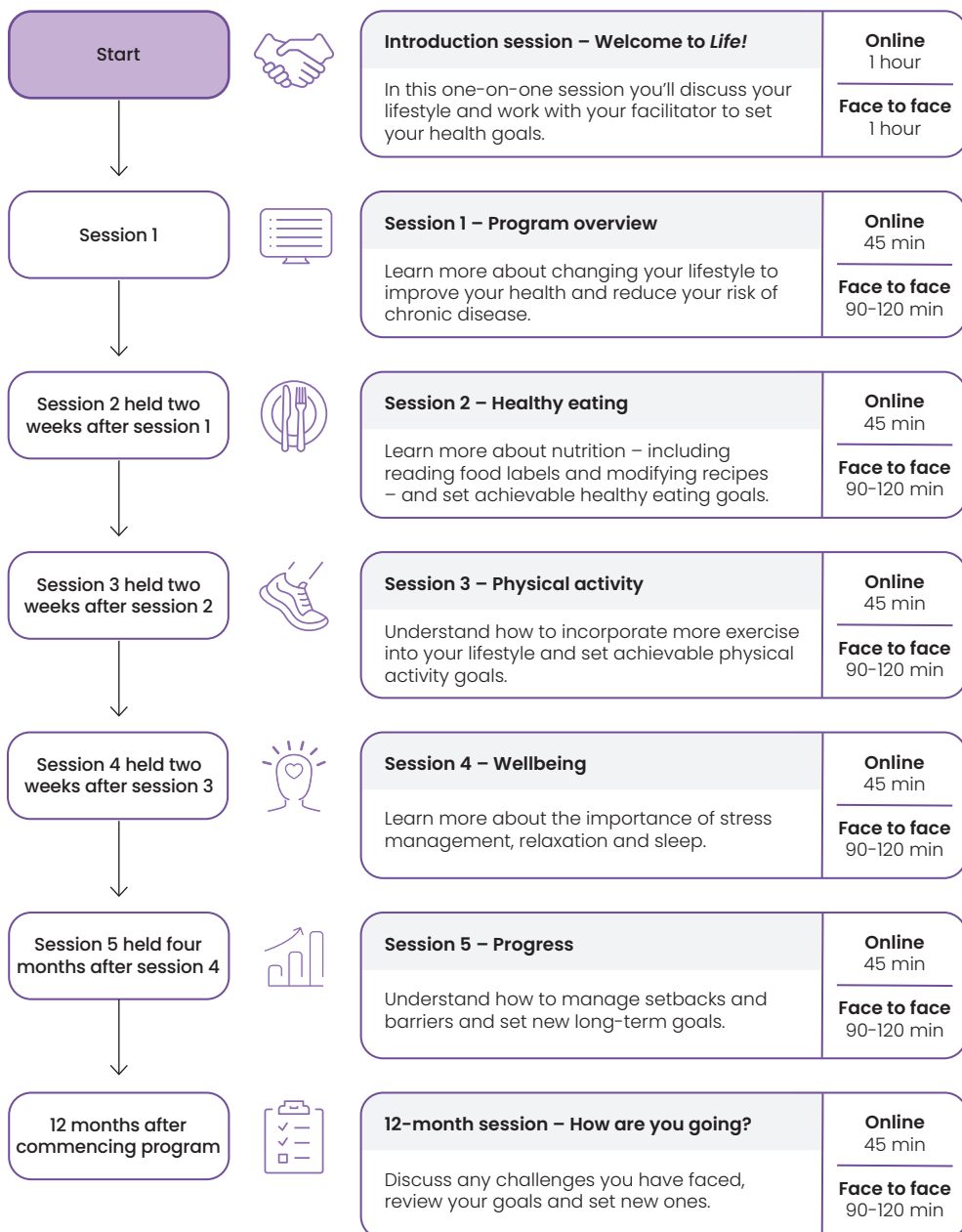
What is the *Life!* program?

The *Life!* program is a free healthy lifestyle program funded by the Victorian Government and managed by Diabetes Victoria. The program helps you improve your eating habits, increase your physical activity and manage stress. It is delivered in Vietnamese by expert health professionals in a group.

The *Life!* Group Course

Life! group courses are available online or face-to-face for most metropolitan and rural communities in Victoria. As part of the group course, there are 7 sessions held over 12-months. You will receive a participant workbook to guide you through the program.

Group course



Join the *Life!* program

You may be eligible for the *Life!* program if you are:

Complete the health check at lifeprogram.org.au or scan the QR code with your phone. You can also call us on 13RISK (13 74 75).



If you need an interpreter, please call 131 450 and provide them with our phone number 13 74 75.

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18 years or over and have a score of 12 or higher on the AUSDRISK test at lifeprogram.org.au and a Body Mass Index score of 25 or higher (or 23 or higher if you are of Asian descent).

AUSDRISK test

The AUSDRISK tool estimates your risk of getting type 2 diabetes in the next 5 years. Calculate your AUSDRISK score at lifeprogram.org.au

BMI

Body mass index (BMI) is used to determine whether you are in a healthy weight range for your height.

Calculate your BMI at heartfoundation.org.au/bmi-calculator.

This calculator shouldn't be used for pregnant women or children.

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18 years or over and have been diagnosed with one or more of the following conditions:

- heart disease or stroke
- diabetes during pregnancy
- kidney disease (stage 3 or more)
- high cholesterol
- high blood pressure
- high blood glucose levels
- polycystic ovarian syndrome.

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45 years or over (OR 30 years or over when of Aboriginal and/or Torres Strait Islander descent) and have an Absolute Risk score of 10% or over when referred by a GP clinic.

Absolute Risk

Absolute cardiovascular disease risk is a person's probability of developing cardiovascular disease in the next five years, based on a range of risk factors.



“ *I have learned how to cook my favourite meals but in a healthier way. I also changed the way I exercise. I now spend more time running and make sure I strike a balance between light, moderate and stronger exercise.* ”

Hoa – *Life!* Participant

Benefits of joining the *Life!* program

- This is a FREE program
- Free access to both a dietitian and exercise physiologist
- Help prevent developing Type 2 diabetes, heart disease and stroke
- Build social connections with other individuals in the community that want to improve their health
- Increase your quality of life

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Life! – Helping you prevent diabetes,
heart disease and stroke

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