



How much will it cost?

This program is subsidised by the Australian Government. There is a one off payment of \$50 to the provider of the Lifestyle Modification Program at enrolment time. However, if you have a health care card or a concessions card, you won't be asked to pay anything at all.

More information on Lifestyle Modification Programs

Relevant resources on lifestyle modification, including for patients who may not wish to attend or are unable to participate in a formal subsidised lifestyle modification program are available at:

- ♣ www.healthinsite.gov.au
- ♣ www.health.gov.au/lifescrpts

The Australian Type 2 Diabetes Risk Assessment Tool was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes *reducing the risk of type 2 diabetes* initiative.

Practice details:

Lifestyle Modification Program Details

Name of provider:.....

Address:
.....
.....

Phone:.....

Fax:.....

Email:.....

Website:.....



Are You At Risk of Type 2 Diabetes?

Patient Information Sheet



Are you at risk of developing type 2 diabetes in 5 years.

You have completed The Australian Type 2 Diabetes Risk Assessment Tool.

If you scored 15 or more this puts you at high risk. i.e. for scores of 15-19 approximately one person in every seven will develop diabetes.

For scores of 20 and above approximately one person in every three will develop diabetes.

Your Doctor has suggested that you enrol in a lifestyle modification program to help reduce the risk of developing type 2 diabetes.

Your Doctor has also given you a referral to a subsidised program in your local area.

What is a lifestyle modification program?

The intention of the lifestyle modification program is to help people modify their risk factors thereby delaying or even preventing the onset of type 2 diabetes. A typical program will be a series of group motivational and educational sessions supporting lifestyle changes and adoption of health lifestyles.

What if I want more information about the program?

You can get more information from the provider of the program you have been referred to. This leaflet contains the contact details of the provider you have been referred to. So, either before you enrol or at the time of enrolment they will be happy to tell you about the program.

What does a lifestyle modification program involve?

It is a group program with no more than 15 people in each session. During these sessions you will learn more about.

- ♣ Type 2 diabetes and its complications
- ♣ What you should eat and drink to stay healthy
- ♣ How physical activity can help
- ♣ How to make healthier lifestyle choices

It may include supervised exercise

The program will help you to keep up the lifestyle changes that can delay or even prevent the onset of type 2 diabetes.

How much of my time will it take up?

Each program must provide a minimum of 8 hours of contact for the participants.

Usually the program will be 6 group sessions of one and a half hours each.

Why is this program different from other lifestyle modification programs?

These programs are designed specifically for those at risk of type 2 diabetes, and is accredited to ensure it is of the highest quality.

What happens after I finish the program?

When you have completed the program, the facilitator or provider will send your Doctor a written report.

It will include your progress on achieving your goals to improve your diet, physical activity and give your weight and waist measurements.

You will also have the opportunity to make comments on the program on a feedback form.