

Towards the end of the program, you will be given information about support services in your local community that can support you to continue with a healthy lifestyle after this program finishes.

**So make an appointment
with your doctor today**

and



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**A healthy lifestyle
program to prevent or
delay the onset of type 2
diabetes**

The *Reset your Life* program is owned by the
Australian General Practice Network



The *Reset your Life* program was specifically developed for people between 40—49 years of age who are at high risk of developing type 2 diabetes.

What is high risk?

If you score 15 or more on the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRIK), then you are considered to be at high risk of developing type 2 diabetes. You can download the AUSDRIK at <http://www.agpn.com.au/site/index.cfm?display=35338>

What can I do?

If you score 15 or more on the AUSDRIK, it is important that you discuss your score with your doctor.

You cannot change risk factors like age or your genetic background.

But there is something you can do to reduce your risk!

You **CAN** do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

There is plenty of proof that improving your lifestyle may help reduce your risk of actually developing type 2 diabetes.

During your discussion with your doctor, he or she might suggest you be referred to the *Reset your Life* program.

What is the program about?

Reset your Life aims to teach you how to improve your lifestyle to assist in preventing or delaying the onset of type 2 diabetes.



It is a group program of 7 sessions with no more than 15 people in each session.

The program has been developed by experts at the Baker IDI Heart and Diabetes Institute and is accredited to ensure it is of the highest quality.

The program is subsidized by the Australian Government; you will only need to pay a one-off \$50 payment. If you have a health care card or a concession card, you won't be asked to pay anything.

What will I learn?

By the end of this program, you should be familiar with the following:

- What the diagnosis of pre-diabetes means and what type 2 diabetes is
- The risk factors for developing pre-diabetes
- How to delay or prevent the development of type 2 diabetes through a healthy lifestyle
- The current recommendations for healthy eating and physical activity
- How to set achievable goals in relation to changing your lifestyle
- How to remain motivated with your goals
- How to self-monitor your progress with achieving a healthy lifestyle
- Ways to manage stress.

