



Get into Life!

Life! Taking Action on Diabetes (Life!) is an evidence based, behaviour change program that will enable 25,000 Victorians over 50 years of age and at high risk to substantially delay or prevent the development of type 2 diabetes. Diabetes Australia – Vic is the Lead Agency for Life!

Detailed studies in America, Finland and China have consistently shown that programs which actively support behavioural change (improved nutrition and physical activity) in people with pre-diabetes, can prevent more than half of the expected progression to type 2 diabetes¹²³. Based on the success rate of 58% reduced risk experienced in Finland and America, Life! has the potential to prevent up to 12,000 cases of type 2 diabetes over four years.

The intervention centres on the validated Type 2 Diabetes Risk Test; a simple, non-invasive, and reliable tool to identify individuals at high risk for type 2 diabetes⁴. The tool shows that for scores of 15-20 approximately one person in every three develops type 2 diabetes within ten years, and for scores of more than 20 approximately one person in every two develops type 2 diabetes within ten years. Therefore, patients who get a score of 15 or more are at high risk and eligible for referral into Life! The tool can be accessed at <http://www.diabetesaction.com.au/diabetesaustralia/display.asp?entityid=4313>

Getting your patients into Life! will be a simple three step process:

1. Completion of patient risk test by GP, practice nurse or patient
2. Score and eligibility confirmed by GP
3. Referral to Life! behaviour change intervention program

You will be able to refer into these programs from January 2008.

DA-Vic is currently recruiting 100 health professionals to deliver the Life! behaviour change intervention programs. These programs will be accredited and delivered by community based public and private sector providers who will have service agreements outlining the required standards for programs and ensuring programs are lead by suitably trained and certified facilitators. Initially, facilitators will be predominantly nurses and health professionals.

General practice also has the opportunity to nominate any health professional to attend three days of training over four months to become certified facilitators. This training is provided at no up-front cost and will focus on behaviour change methodology. The Life! program will consist of six group sessions, each of 90 minute duration running over an eight month period. Provider organisations will be paid approximately \$400 for every participant who completes the program and are required to run four sessions in a year.

The first training day will be held on **Tuesday 27 November 2007** and will be limited to the first fifty health professionals. To register your interest in becoming a Life! provider organisation, please contact Rebecca Cheers at Diabetes Australia – Vic on ph 9667 1765 or email rcheers@dav.org.au For general information on the Life! program, please contact program director Dr Ralph Audehm on 8648 1830.

¹ Pan X, Guang-Wei L, Ying-Hua H, et al. 1997. Effects of Diet and Exercise in Preventing NIDDM in People with Impaired Glucose Tolerance: The Da Qing IGT and Diabetes Study. *Diabetes Care*, 20 (4): 537-544.

² Tuomilehto J, Lindstrom J, Eriksson J, et al. 2001. Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle Among Subjects with Impaired Glucose Tolerance. *New England Journal of Medicine*, 344 (18): 1343-1350.

³ Eriksson KF, Lindgarde F. 1991. Prevention of type 2 (non-insulin-dependent) diabetes mellitus by diet and physical exercise. The 6-year Malmo feasibility study. *Diabetologia*, 34: 891-8.

⁴ Lindstrom, J, Tuomilehto, J, 2003. The Diabetes Risk Score: A practical tool to predict type 2 diabetes risk. *Diabetes Care*, 20 (4): 425-731.