

## Is Life! a Lifestyle Modification Program?

The Life! Taking Action on Diabetes Program has been accredited as a Lifestyle Modification Program. This now means that patients aged 40 and above, identified at high risk of type 2 diabetes using the AUSDRISK tool, and who don't already have diabetes can be referred to a Life! course.

### What is a Lifestyle Modification Program (LMP)?

LMPs are short courses that assist people at high risk of type 2 diabetes to delay or prevent the onset of the disease. Life! is an LMP. Courses contain up to 15 participants and cover the following content:

- Setting small, achievable goals to improve ones lifestyle
- Problem solving skills
- Type 2 diabetes and its complications
- The importance of nutrition and physical activity

Each course runs for six sessions of about an hour and a half each. The first five sessions run fortnightly. The sixth follow up session takes place eight months after the first session to enable the participant to implement their new skills.

### What is the benefit to my patient?

Participants are encouraged to set their own personal goals to improve their lifestyle, and set out the steps to achieve success. Research demonstrates that participation in the Life! course reduces the risk of type 2 diabetes by 58%.

### Do I get feedback on my patient's progress?

Yes, you will be provided with feedback on your patient's progress, including weight and waist loss and other health improvements after sessions five and six.

### How do I refer to a Life! course?

If your patient meets the following criteria, they are eligible for Life!

- 40 years or above, or an adult Aboriginal or Torres Strait Islander person
- Scored 15 or above on the Diabetes Risk Test
- Diabetes excluded in the past 12 months

Referral forms are available from:

<http://www.diabeteslife.org.au/HealthProfessionals/LifeProgramreferralform/tabid/92/Default.aspx> or by calling 9667 1756.

Fax the completed referral form to your local Life! provider or to Diabetes Australia – Vic on 9667 1778.

### Who provides Life! courses in my area?

Debra Thorpe  
**Banyule Community Health Service**  
21 Alamein Road  
West Heidelberg 3081

**Call 13 RISK (13 7475) or visit [goforyourlife.vic.gov.au/life](http://goforyourlife.vic.gov.au/life)**

Ph: 9450 2095  
**Fax: 9499 9475**

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**Nillumbik Community Health Service**  
917 Main Road  
Eltham 3095  
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For further information contact Angie Deegan on 9341 5247 or [ADeegan@diabetesvic.org.au](mailto:ADeegan@diabetesvic.org.au), or check out our website: [www.diabetesvic.org.au](http://www.diabetesvic.org.au).