

Health and wellness initiatives - Lunch and Learn

‘Understanding diabetes and how to manage your risk’

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What is Diabetes?

- A condition where the body is unable to maintain healthy levels of glucose in the blood.
- Glucose is a form of sugar which is the main source of energy for our bodies. Unhealthy levels of glucose in the blood can lead to long term and short term health complications.
- For our bodies to work properly we need to convert glucose (sugar) from food into energy.
- A hormone called insulin is essential for the conversion of glucose into energy.
- In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.
- Instead of being turned into energy the glucose stays in the blood resulting in high blood glucose levels.

Symptoms of Diabetes

Being more thirsty than usual

Passing more urine

Feeling tired and lethargic

Always feeling hungry

Having cuts that heal slowly

Itching, skin infections

Blurred vision

Unexplained weight loss (type 1)

Gradually putting on weight (type 2)

Mood swings

Headaches

Feeling dizzy

Leg cramps

What Does it Mean to be Diagnosed with Diabetes?

- Diabetes requires daily self care and if complications develop, it can have a significant impact on quality of life and can reduce life expectancy.
- While there is currently no cure for diabetes, you can live an enjoyable life by learning about the condition and effectively managing it.
- There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

IFiHAD *known*

*Real stories of people living
with type 2 diabetes*

www.ifihadknown.com.au



Diabetes in Australia

- Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system.
- 280 Australians develop diabetes every day. That's one person every five minutes
- Around 1.8 million Australians have diabetes. This includes all types of diagnosed diabetes (1.3 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated)
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day
- Total annual cost impact of diabetes in Australia estimated at \$14.6 billion

Diabetes in Australia

www.aihw.gov.au

An estimated 1.2 million Australians (4.9% of the total population) had diabetes in 2017–18, based on self-reported data

Type 2 diabetes and type 1 diabetes accounted for 2.2% and 0.3% of Australia's disease burden respectively in 2015

Around 1.2 million hospitalisations were associated with diabetes in 2017–18 (principal and/or additional diagnosis)

Socioeconomic disadvantage was associated with higher diabetes (prevalence, hospitalisation and death) rates

280

AUSTRALIANS DEVELOP DIABETES EVERY DAY

What do you need to know?
diabetesaustralia.com.au

NATIONAL DIABETES WEEK • 12-18 JULY

diabetes australia efpos diabetes australia

85%
 In Australia, percentage of all diabetes cases attributed to Type 2 diabetes ^

280
 Australians develop diabetes every day – that's one person every five minutes ^^

Up to **500^K**
 People in Australia have undiagnosed Type 2 diabetes *

\$14.6 Billion
 The total annual estimated cost of diabetes to Australia **

HALF A MILLION PEOPLE HAVE TYPE 2 DIABETES AND DON'T KNOW IT

It's about time

Take the time to get checked!

National Diabetes Week
 14-20 July 2019
itsabouttime.org.au

diabetes australia

Australian Prevalence

- The age-standardised prevalence rate of self-reported diabetes increased from 3.3% in 2001 to 4.4% in 2017–18.
- Higher number of males (5.0%) than females (3.8%)
- Increases steadily up to the 75 and over age group, with rates among those aged 65–74 more than 3 times as high as for those aged 45–54 (15.5% and 4.5%, respectively) and 1.5 times as high as those aged 55–64 (10.2%)
- Major cities (4.3%), Inner regional (3.9%) and Outer regional and remote areas (5.3%).
- Around twice as high among those living in the lowest socioeconomic areas (6.7% and 5.8% for males and females, respectively) as in the highest socioeconomic areas (4.1% and 2.2% for males and females, respectively)
- Around 7.9% of Indigenous Australians (64,100 people) had diabetes according to self-reported data from the [ABS 2018–19 National Aboriginal and Torres Strait Islander Health Survey](#)

Diabetes Myths

- Diabetes is not serious
- All types of diabetes are the same
- Diabetes can be prevented
- You have to be overweight or obese to develop diabetes
- You only get type 1 diabetes when you're young
- You only get type 2 diabetes when you're old
- People with diabetes can't eat dessert
- People with type 1 diabetes can't participate in sports or exercise
- No one in my family has diabetes so I don't have to worry
- People with diabetes are unsafe drivers
- Only people with type 1 diabetes need insulin

National Diabetes Week 2021

- This year, the spotlight is on diabetes stigma and mental health.
- More than 4 in 5 people with diabetes have experienced diabetes stigma.
- Nearly 50 per cent of people with diabetes have experienced mental health challenges in the last 12 months.
- Stigma affects all aspects of life for people with diabetes, including their mental health and wellbeing.
- People experience diabetes stigma when they are blamed for having diabetes, while managing diabetes such as injecting insulin in public and when they experience the affects and complications of diabetes such as low blood sugar.

WOULD YOU MIND
BEING SHAMED FOR TAKING MEDICATION?




Charlie minds.
NOBODY CHOOSES DIABETES.

END DIABETES BLAME & SHAME

HEADSUP ON DIABETES & STIGMA
NATIONAL DIABETES WEEK 2021 **d** diabetes australia
www.headsupdiabetes.com.au

WOULD YOU MIND
BEING BLAMED FOR A CONDITION ANYONE CAN GET?




Ros minds.
NOBODY CHOOSES DIABETES.

END DIABETES BLAME & SHAME

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WOULD YOU MIND
BEING JUDGED EVERY TIME YOU EAT?



Sarah minds.
NOBODY CHOOSES DIABETES.

END DIABETES BLAME & SHAME

HEADSUP ON DIABETES & STIGMA
NATIONAL DIABETES WEEK 2021 **d** diabetes australia
www.headsupdiabetes.com.au

Assess Your Risk



The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?

The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes

Current from: May 2010

AUSDRISK Tool

- The Australian type 2 diabetes risk assessment tool (AUSDRISK) is a short list of questions. It helps both health professionals and individuals to assess the risk of a person developing type 2 diabetes over the next 5 years.
- 11 questions
- You can complete the tool in 1 of 3 ways:
 - using the online [interactive version](#)
 - using the [online non-interactive version](#)
 - downloading the [pdf version](#) and completing it on paper.
- Visit <https://www.health.gov.au/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk>

AUSDRISK Tool

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

- Your age group**
 - Under 35 years 0 points
 - 35 – 44 years 2 points
 - 45 – 54 years 4 points
 - 55 – 64 years 6 points
 - 65 years or over 8 points
- Your gender**
 - Female 0 points
 - Male 3 points
- Your ethnicity/country of birth:**
- 3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?**
 - No 0 points
 - Yes 2 points
- 3b. Where were you born?**
 - Australia 0 points
 - Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
 - Other 0 points
- 4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?**
 - No 0 points
 - Yes 3 points
- 5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?**
 - No 0 points
 - Yes 6 points
- 6. Are you currently taking medication for high blood pressure?**
 - No 0 points
 - Yes 2 points
- 7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?**
 - No 0 points
 - Yes 2 points

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

- 8. How often do you eat vegetables or fruit?**
 - Every day 0 points
 - Not every day 1 point
- 9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?**
 - Yes 0 points
 - No 2 points
- 10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)**

Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<input type="checkbox"/> 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk**
Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

How to Reduce Your Risk of Developing Type 2 Diabetes

- Maintain a healthy weight
- Regular physical activity
- Make healthy food choices
- Manage blood pressure
- Manage cholesterol levels
- Not smoking
- Awareness of life stressors
- Work/life balance
- Adequate sleep



On Your Way to Preventing
Type 2 Diabetes



State Based Prevention Programs

Victoria- Life! Program

A lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

Run by expert health professionals

The program is delivered as a Group Course or a Telephone Health Coaching service.

Funded by the Victorian Government and managed by Diabetes Victoria, it is the biggest prevention program of its type in Australia.

Visit www.lifeprogram.org.au for more information.



State Based Prevention Programs

QLD- *My health for life*

My health for life is a free, healthy lifestyle program for Queenslanders who are at high risk of chronic disease, including heart disease, stroke and type 2 diabetes.

The program helps participants plan and action small lifestyle changes that have long term health benefits.

My health for life recognises that everyone has their reasons for improving their health whether it is losing weight, eating better or moving more.

To find out if you are eligible or to undertake a free online health check, visit www.myhealthforlife.com.au or call 13 RISK (13 7475).



The Role of Family and Friends

Tips on starting a 'safe' conversation

- Often, family and friends mean well but find themselves acting like or being seen as the 'diabetes police'. This can put pressure on your relationship. Try starting a 'safe' conversation, where each of you can talk about your feelings and needs.
- Ask the person with diabetes if it's okay to have a chat about their diabetes.
- Ask what they do and don't find helpful.
- Explain how you feel (e.g., worried, helpless, frustrated) and why you feel that that way.
- Agree on things you can do that the person with diabetes will appreciate.
- Agree on things they will do (or not do) without your help or comment.
- Check in on each other and change your plans if needed.

The Diabetes Team

Multidisciplinary

Person-centred

- Family/support person
 - General Practitioner
- Credentialed Diabetes Educator
 - Endocrinologist
- Accredited Practising Dietitian
 - Exercise Physiologist
 - Podiatrist
 - Dentist
 - Psychologist
 - Optometrist
 - Pharmacist

Diabetes in the Workplace

If you have an employee living with diabetes, here are a few things you can do to help:

- Allow for additional breaks so that the worker can check their blood glucose levels, or eat a snack in between meal breaks.
- Give the worker access to a private, clean area to check their blood glucose levels, administer insulin, or other medications. Refrigeration may also be required for safe storage.
- Try to offer stable / consistent hours of work so that the worker can maintain a regular routine.
- Offer flexibility to attend medical appointments.
- Be supportive and LISTEN!

Resources

Diabetes Australia

<https://www.diabetesaustralia.com.au/>

NDSS

<https://map.ndss.com.au>

Australian Institute of Health and Welfare

<https://www.aihw.gov.au/reports/diabetes/diabetes/contents/how-many-australians-have-diabetes>

National Diabetes Week 2021

<https://headsupidabetes.com.au/>

Questions?

