



**Diabetes**  
T A S M A N I A

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page 1 of 1

media alert

## **The theme of National Diabetes Week 2009 focuses on the message of "Assessing Your Risk".**

**Caroline Wells, Chief Executive Officer of Diabetes TASMANIA, encourages all Tasmanians to complete the AUSDRISK, Diabetes Risk Assessment Tool.**

This can be completed on line at [www.areyouatrisk.com.au](http://www.areyouatrisk.com.au) or by completing a paper based copy which can be mailed to their home address by phoning 1300 136 588.

"If you find that you are in a high risk category it is important that you discuss your score with your GP" Ms Wells said. Once people are aware that they are in a high risk category for developing type 2 diabetes strategies can be put in place to assist in minimising this risk.

Type 2 diabetes results from a combination of genetic and environmental factors. Although there is a strong genetic predisposition, the risk is greatly increased when associated with lifestyle factors such as high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist.

"We need to recognise those factors that we can modify to ensure that we minimise our risk of developing type 2 diabetes" Ms Wells said. "You cannot change your family history but you can change your weight", Ms Wells added.

"It is important to realise that that type 2 diabetes can be delayed or prevented by up to 60% by adopting a healthy and active lifestyle" Ms Wells continued.

Participating in 30 minutes of moderate physical activity each day, eating two serves of fruit and five serves of vegetables and maintaining a healthy weight will go a long way towards preventing or delaying the onset of chronic diseases like type 2 diabetes, cardiovascular disease, kidney disease, stroke and some cancers.

Media release prepared for **Diabetes TASMANIA** by:

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