

## Prevent type 2 diabetes hand out

*With thanks to Aboriginal and Cultural Diversity Program Team - Diabetes Victoria*

Diabetes Victoria coordinates a bilingual health facilitator program where diabetes awareness sessions are presented in the preferred language of the group. The group is usually a general audience where some people may have diabetes but others may not. The bilingual health facilitators can request resources that they can distribute to members of the community who ask for additional information following a session.

One of these resources was a brochure about preventing type 2 diabetes. In 2012, the printed copies of this brochure had run out, and it was decided to update it before re-printing.

The update of this brochure included changing the format to an A4 sized handout. From a readability perspective this size was much easier to read and understand than the DL sized brochures.

The focus about prevention on this hand out was changed from what increases your risk to the five changes you can make to reduce your risk. This made it more action focused. The messages were simplified and made clearer

We also decided to make the handouts bilingual. Feedback received from the bilingual health facilitators and community leaders was that the target audiences like the information in both English and their community language. This also makes it easier for health professionals giving out the information because they know exactly what is covered.

We met regularly with leaders from peak ethno-specific organisations for all nine language groups covered by the bilingual health facilitator program. We showed them the old version and discussed plans for the new version. They reviewed drafts and provided feedback on making it culturally appropriate and relevant for their language group. The resource was written with the intention of translation, so the wording was carefully constructed. When corresponding with the translation company, we explained to them our intention was to ensure the handouts were easy to read and for the translators to take that into consideration when translating. The draft was then sent to community contacts for feedback on the translation, and only very minor changes were requested if any.

Old DL Brochure:

**WHAT IS TYPE 2 DIABETES?**  
Type 2 diabetes is a serious condition where there is too much glucose in the blood. Glucose is controlled by the hormone insulin.

**TYPE 2 DIABETES**  
Type 2 diabetes is the most common type of diabetes. It develops slowly and the symptoms may not be noticed or recognised. Symptoms can include being very thirsty, urinating frequently and in large amounts, weight change, feeling weak and tired, blurred vision, skin infections and slow healing wounds. Sometimes there are no symptoms, which is why it is important that you know who could be at risk.

**HOW IS TYPE 2 DIABETES MONITORED?**  
Type 2 diabetes cannot be cured, but can be managed with a healthy lifestyle and regular medical checks. Sometimes insulin therapy is also needed.

**Who is at risk of type 2 diabetes?**

- People who are inactive
- People who have a family history of type 2 diabetes
- People who are overweight or obese
- People with pre-diabetes - this is when the glucose level in the blood is higher than they should be, but not high enough to be diagnosed with diabetes.
- People with high blood pressure, high cholesterol or a history of heart disease
- Aboriginal and Torres Strait Islander people
- People from the following ethnic backgrounds: Pacific Island, Maori, Asian (including the Indian subcontinent), Middle Eastern, North African or Southern European
- Women who have had diabetes during pregnancy (gestational diabetes)
- Women who have polycystic ovarian syndrome and who are overweight
- People who smoke

**TYPE 2 DIABETES can be PREVENTED by:**

- Exercise to build walking for at least 3 hours per week for a minimum 10 minutes at a time.
- Losing weight and eating foods high in fibre and low in saturated fat.
- Joining a program such as Live! Taking Action on Diabetes.

**TIPS TO TAKE STEPS IN YOUR DAY:**

- BE ACTIVE WITH FAMILY OR FRIENDS
- TAKE STAIRS INSTEAD OF THE LIFT
- GO FOR A WALK IN THE MORNING
- ONLY GET THE TRAM, TRAIN OR BUS ON ONE FACTOR
- WALK OR CYCLE FROM ONE STOP
- PAUSE REGULAR MEALS FROM YOUR RESTAURANT
- WALK THE DOG
- KNOW YOUR 30 MINUTE BUS WALK STOP TO GET TO YOUR WORK
- KEEP A WEEDY WALKING RHYTHM

**Εβδομαδιαίο Ημερολόγιο Περιπατήματος**

Ημέρα	Διάρκεια περιπάτου	Ένταση
Δευτέρα		
Τρίτη		
Τετάρτη		
Πέμπτη		
Παρασκευή		
Σάββατο		
Κυριακή		
Εξοπλισμός		
Σημειώσεις		

**Πολυβελτισμένη γραμμή πληροφοριών του Οργανισμού Διαβήτη Αυστραλίας - Παράρτημα Βελιστάριος**

Η Πολυβελτισμένη γραμμή πληροφοριών του Οργανισμού Διαβήτη Αυστραλίας είναι διαθέσιμη στα ελληνικά και στα αγγλικά.

**Για να λάβετε δωρεάν πληροφορίες σχετικά με το Διαβήτη στο ΕΛΛΗΝΙΚΟ ΚΑΙΝΟΤΟΜΟ 9321 5430**

**Diabetes Australia - Via**

1300 136 588  
1800 100 000  
2nd floor, 111  
2nd floor, 111  
2nd floor, 111

**9321 5430**  
1800 100 000  
2nd floor, 111  
2nd floor, 111  
2nd floor, 111

Updated A4 Bilingual A4 Handout

**什么是2型糖尿病?**  
2型糖尿病是一种严重的疾病，其特征是血液中有过多的葡萄糖(一种类型的糖分)。

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**2型糖尿病的症状**  
Symptoms of type 2 diabetes

- 口渴 (thirsty)
- 尿频 (urinate often and in large amounts)
- 视力模糊 (blurred vision)
- 体重减轻 (weight loss)
- 伤口愈合缓慢 (slow-healing wounds)
- 疲劳 (tired)

**糖尿病有严重的并发症**  
Diabetes is serious

2型糖尿病可导致多种并发症，包括失明、心脏病、中风、肾脏疾病、神经损伤和某些癌症。

2型糖尿病不能治愈，但可以通过健康的生活方式和定期医疗检查进行管理。有时还需要胰岛素治疗。

您可以通过以下方式了解更多信息：  
联系您的医生或糖尿病教育者。  
拨打我们的免费热线 1300 801 164。

**Ο διαβήτης τύπου 2 μπορεί να προληφθεί**  
Type 2 diabetes can be prevented

- Αυξάνετε την κίνηση σας, περπατώντας καθημερινά. Βάλτε στόχο να περπατάτε 30 λεπτά κάθε μέρα. Για τουλάχιστον 30 λεπτά, 3 φορές την εβδομάδα.
- Μην τρώτε τροφή με υψηλό περιεχόμενο σε λιπαρά, ιδιαίτερα κορεσμένα λιπαρά. Καταναλώστε τροφή πλούσια σε ίνες, όπως φρούτα και λαχανικά.
- Μην τρώτε τροφή με υψηλό περιεχόμενο σε υδατάνθρακες, ιδιαίτερα υδατάνθρακες τύπου 2. 3 φορές την εβδομάδα, μειώστε την ποσότητα της τροφής που τρώτε.
- Μην τρώτε με υπερβολή. Διατηρήστε ένα υγιές βάρος.
- Μην πίνετε αλκοόλ.

**Quitline 13 7848**

**Πολυβελτισμένη Γραμμή Πληροφοριών του Οργανισμού Διαβήτη Αυστραλίας**  
1300 801 164

**Что е дијабетес тип 2?**  
Diabetes type 2 is a serious condition where there is too much glucose in type of sugar in the blood.

**Diabetes type 2 is a serious condition where there is too much glucose in type of sugar in the blood.**

**Симптоми на дијабетес тип 2**  
Symptoms of type 2 diabetes

- Често се жаде (thirsty)
- Често се урина (urinate often and in large amounts)
- Видно заматано (blurred vision)
- Тешко да се губи тежина (weight loss)
- Рани се лекуваат бавно (slow-healing wounds)
- Морате да се уморите (tired)

**Дијабетес е сериозна заболест која ја напушта ако не се контролира со правилна исхрана.**  
Diabetes is serious

2 тип дијабетес може да доведе до сериозни компликации, вклучувајќи синовитис, срцево-крвни судови, мозок, бубрези, повреда на нервите и некои видови на рак.

2 тип дијабетес не може да се излечи, но може да се управува со здрав животен стил и редовни медицински прегледи.

Може да се информира повеќе со следнивеј информации:  
Консултација со лекар или дијабетес едукатор.  
Позовете ја нашата бесплатна линија за информации 1300 801 164.

**This information is provided as part of the Person Centred Care Project co-ordinated by the Australian Diabetes Educators Association (2015) with funding from the NDSS.**



The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia. If you require further information about this resource, please contact the Australian Diabetes Educators Association (ADEA) on 02 6287 4822. Please refer people with diabetes to the NDSS Infoline 1300 136 588 or NDSS website [www.ndss.com.au](http://www.ndss.com.au) for information, self-management support or products.