

Diabetes *fact sheet*

Need More Help?

Making lifestyle changes can be difficult. Please join us with the **Stepping Away From Diabetes Program** to gain support to make the changes you need to make to delay or prevent you getting Type 2 Diabetes.

You may need extra help! The following may help you.

Local Doctor

Diabetes Australia www.diabetesaustralia.com.au

Diabetes SA www.diabetes.sa.gov.au

Heart Foundation www.heartfoundation.org.au

Tips to get 2 + 5 in your day www.healthyactive.gov.au

Measure Up Campaign www.measureup.gov.au

Quit SA www.quitsa.org.au

Quit Line 137848

Drug and Alcohol Services SA www.dassa.sa.gov.au

Alcohol and Drug Information Service 1300 131 340

Dieticians Association www.daa.asn.au/

Community Health Centres

Australian Guide to Healthy Eating

[http://www.health.gov.au/internet/main/publishing.nsf/Content/E384CFA588B74377CA256F190004059B/\\$File/fd-cons.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/E384CFA588B74377CA256F190004059B/$File/fd-cons.pdf)

Australian Guidelines to Healthy eating www.nhmrc.gov.au

Glycaemic Database www.glycemicindex.com