

MEDIA RELEASE

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Adelaide residents encouraged to modify their lives

New Year's resolutions to eat less and exercise more have often fallen by the wayside come February 1, but a 'Reset your Life' program can help patients lose weight sensibly with good advice and peer support, says CEO Ms Barbara Magin.

Next week is Healthy Weight Week (24-31 January), a great opportunity for people in the community to think about their commitment to healthy living and seek medical advice if they are concerned about the health impacts of weight gain.

The national obesity figures show 62 percent, or more than 13 million Australians are overweight or obese, with 68 percent of adult men and 55 percent of adult women overweight or obese*. About 275 adults develop diabetes every day and it is estimated that the total number of Australians living with diabetes and pre-diabetes is 3.2 million**.

"These figures are alarming and just too high. Being overweight and obese puts people in a higher risk category for many chronic health conditions such as type 2 diabetes, heart disease and stroke," said Ms Magin.

To turn this around in Adelaide, The Adelaide Northern Division of General Practice runs 'Reset Your Life', a lifestyle modification program (LMP) for people at risk of developing type 2 diabetes.

The six month program aims to prevent diabetes through nutrition and exercise education.

"We started the LMP program last year for people who were ready to change their life and become healthier but perhaps needed some help and guidance to get there.

"From the results we have seen clients move out of the high risk category and into the intermediate or low risk categories. We have seen clients lose weight whilst making long-term lifestyle changes" said Reset Your Life project coordinator Veronica Riviere.

To be eligible for an LMP people need to complete an AUSDRISK assessment at their general practice and be referred by their General Practitioner to the program.

Ms Magin's call for Adelaide residents to have a healthier lifestyle coincides with Australia's Healthy Weight Week (24-31 January) which encourages people to get active, eat and feel better.

* source – Dieticians Association of Australia

** source – Diabetes Australia – Diabetes the facts brochure

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Media enquiries:
ANDGP CEO,
Barbara Magin 0412 728 307.

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Adelaide Northern Division of General Practice

1st Floor, 13 Elizabeth Way | PO Box 421 Elizabeth SA 5112

T 08 8252 9444 | F 08 8252 9433 | www.andgp.org.au | ABN 12 061 979 048

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