



# The Hon Jillian Skinner MP

## Minister for Health Minister for Medical Research

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### MEDIA RELEASE

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9 June, 2012

#### **CONSIDER A HEALTHIER LIFESTYLE DURING DIABETES AWARENESS WEEK**

The Minister for Health, Jillian Skinner, today urged people to take the time to consider ways to improve their health during diabetes awareness week.

A recent report by Diabetes Australia estimated that if diabetes continued to rise at the current rate, up to 3 million Australians over the age of 25 will have the condition by the year 2025.

“Leading a healthy lifestyle and having a balanced diet are extremely important, especially for children,” Mrs Skinner said.

“Diabetes is one of the fastest growing chronic diseases in Australia and research indicates that overweight or obese children are more likely to develop diabetes.”

The NSW Government has a range of approaches to address obesity and prevent chronic disease, which include:

- The Get Healthy Information and Coaching Service – a free, confidential coaching service that provides information and ongoing one-on-one coaching on healthy eating, physical activity and ways to achieve a healthy weight. For more information, visit [gethealthynsw.com.au](http://gethealthynsw.com.au) or call 1300 806 258
- The NSW Healthy Children Initiative supports a number of programs that aim to get children more active and focus on healthy eating habits.

NSW Health also runs the Connecting Care program that targets people over 16 year of age with chronic diseases, including diabetes.

“The program aims to reduce preventable admissions to hospitals and improve the health system’s capacity to respond to the needs of people with chronic diseases,” Mrs Skinner said.

“Over the next four years, the Connecting Care program aims to enrol at least 59,000 people who will benefit from care coordination and self-management support.”

During diabetes awareness week the Australian Diabetes Council will be using the Australian Type 2 Diabetes Risk Assessment Tool to conduct free screening events in Sydney.

For more information on health, visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au).