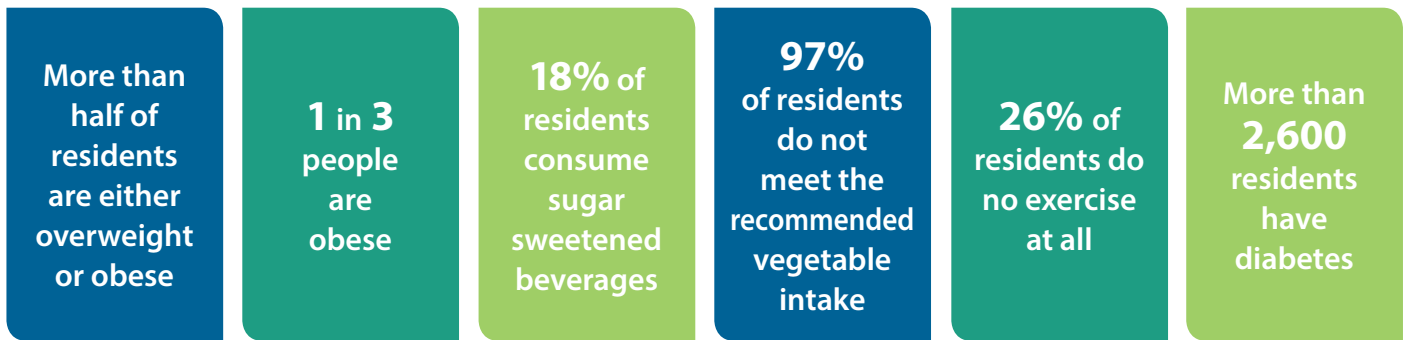




Current Diabetes/Obesity Status

Local statistics



How to cut your risk



Screening
(AUSDRISK)



Healthy Eating



Active Living



Not Smoking



Limiting Alcohol



Reducing Sugary Drinks

Further information

LIFE PROGRAM (AUSDRISK)

'What's my risk?'

www.lifeprogram.org.au

LIVE LIGHTER

ph: 13 74 75

www.livelighter.com.au

RETHINK SUGARY DRINKS

www.rethinksugarydrink.org.au

OBESITY POLICY COALITION

www.opc.org.au

DIABETES VICTORIA

ph: 1300 437 386

www.diabetesvic.org.au

Local services

Health Services

Echuca Regional Health ph: 5485 5800

Kyabram District Health ph: 5857 0200

Rochester & Elmore District Health ph: 5484 4400

Njernda Aboriginal Corporation ph: 5480 6252

Goulburn Valley Health ph: 5851 8000

GP's

Annual diabetes cycle of care

Allied Health

Credentialed Diabetes Educator

Dietitian

Physiotherapist/Exercise Physiologist

Podiatrist