



What Is An LMP

A lifestyle Modification Program

A program funded by the Australian
Government

Prevention of Type 2 Diabetes
Program

The Type 2 Diabetes Prevention Program

The Type 2 Diabetes Risk evaluation (MBS item 713) was released on 1st July 2008

Council of Australian Governments (COAG)

Initiative to address the significant growth in type 2 diabetes in Australia

Diabetes in Australia

- An estimated 275 Australians develop diabetes every day.
- By 2031 it is estimated that 3.3 million Australians will have type 2 diabetes.
- Diabetes is a significant cause of death and disability in Australia

New Lease of Life campaign

- Developed by AGPN; run from 28th June 2010
- ‘Re-packaged’ the govt *Prevention of Type 2 Diabetes Program*
resources including posters, brochures
wallet cards
- Media coverage starting July 11th-1st August TV advertisements
- micro site (www.newleaseoflife.com.au), hosted on the AGPN website.

Purpose Of Campaign

- To inform you of the changes to the AUSDRISK tool and MBS items.
- Provide you with information and resources to enable you to refer your patients to an Lifestyle Modification Program (LMP).

Evidence for LMPs

- Clinical trials - strong evidence that lifestyle modification can prevent or delay the onset of type 2 diabetes.
- Registered clinical trials in the USA and Finland reductions in incidence of type 2 diabetes of 58% over 3years in people with impaired glucose tolerance.
- Government has provided funding for patients to attend subsidised accredited LMP.

Referral to Subsidised Lifestyle Modification Program through Medicare Items:

- Eligible patients (i.e. 40-49 yrs for general population or 15-54 yrs Aboriginal Torres Strait Islander identified at high risk of diabetes, score of 12 or more) can be referred through one of the following:
 - **Item 701:** Brief Health Assessment of less than 30 mins
 - **Item 703:** Standard Health Assessment lasting 30 to less than 45mins
 - **Item 705:** Long Health Assessment lasting 45 to less than 59mins
 - **Item 707:** Prolonged Health Assessment 60 or more
 - **Item 715:** Aboriginal and Torres Strait Islander peoples health assessment

Lifestyle Modification Program

- Is the patient 40-49 years of age?
- Do they score 12 or more on the AUSDRISK tool?
- Have they previously been diagnosed with diabetes?
- Has the GP discussed a Lifestyle Modification Program (LMP) with the patient?



What is type 2 diabetes?

Type 2 diabetes is a chronic (long-term) disease marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin.

Type 2 diabetes is the most common form of diabetes.

There are approximately 1 million people with type 2 diabetes currently. This figure is expected to increase significantly in the coming years.

People with diabetes have a higher risk of developing heart disease, stroke, high blood pressure, circulation problems, lower limb amputations, nerve damage and damage to the kidneys and eyes.

Risk factors

Many Australians, particularly those over 40, are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity and poor nutrition. Family history of diabetes and genetics also play a role in type 2 diabetes.

What can you do to lower your risk of developing type 2 diabetes?

Your lifestyle choices can prevent, or at least, delay the onset of type 2 diabetes.

You cannot change risk factors like age and your genetic background. You *can* do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should be careful not to put on weight. Reducing your waist measurement reduces your risk of type 2 diabetes.

By increasing your physical activity and improving your eating habits you can lower your risk. Eat plenty of vegetables and high fibre cereal products every day and use a small amount of fats and oils. Monounsaturated oils, such as olive or canola oil, are the best choice.

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?

The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes

Current from: May 2010

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

1. Your age group

- Under 35 years 0 points
 35 – 44 years 2 points
 45 – 54 years 4 points
 55 – 64 years 6 points
 65 years or over 8 points

2. Your gender

- Female 0 points
 Male 3 points

3. Your ethnicity/country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
 Yes 2 points

3b. Where were you born?

- Australia, Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
 Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
 Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
 Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
 Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
 Yes 2 points

8. How often do you eat vegetables or fruit?

- Everyday 0 points
 Not everyday 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
 No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurements (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

- | Men | Women | |
|------------------|-----------------|-----------------------------------|
| Less than 90 cm | Less than 80 cm | <input type="checkbox"/> 0 points |
| 90 – 100 cm | 80 – 90 cm | <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm | <input type="checkbox"/> 7 points |

For all others:

- | Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk**
 Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**
 For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
 For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years. The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the DOAG initiative to reduce the risk of type 2 diabetes

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group

- Under 35 years 0 points
 35 – 44 years 2 points
 45 – 54 years 4 points
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 65 years or over 8 points

2. Your gender

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 Male 3 points

3. Your ethnicity/country of birth

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
 Yes 2 points

3b. Where were you born?

- Australia 0 points
 Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
 Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
 Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
 Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
 Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
 Yes 2 points

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

8. How often do you eat vegetables or fruit?

- Everyday 0 points
 Not everyday 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
 No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

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Approximately one person in every 100 will develop type 2 diabetes.

6 – 11: *Intermediate risk*

For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.

12 or more: *High risk*

For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 35 years.

If you scored 4-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes.

Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease.

See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

www.newleaseoflife.com

GP Risk Assessment & Referral

Components of Risk Assessment

- Evaluating a patient's risk score as determined by the AUSDRISK tool.
- Updating the patient's history.
- Undertaking physical examinations and clinical investigations. Diabetes must be excluded.
- Making an overall assessment of the patient's risk factors and of the results of relevant examinations and investigations.
- Initiating interventions.
- Referral to LMP if appropriate



General Practitioner Referral Form

to a Lifestyle Modification Program under the prevention of type 2 diabetes program

Referral Date

 / /

(Referral is valid for two months from the referral date provided above)

Note: Patient must be between 40-49 years, or an adult Aboriginal or Torres Strait Islander (15 – 54 years) and be at high risk of type 2 diabetes to be eligible for the program.

Has type 2 diabetes been excluded? Yes No Note: type 2 diabetes must be excluded to be eligible for the program.

Patient/Client details

Title (please circle) Mr Mrs Ms Miss Other _____

Address

Surname

Given Name/s

Preferred name/s

Date of Birth

 / /

Sex (please circle)

M F

Country of Birth

Health Care Card

Concession Card

Telephone

 (H)

 (W)

Mobile

Email

Is the patient of Aboriginal or Torres Strait Islander descent? Yes No

Are there any cultural or religious reasons that may inhibit the patient from attending or participating fully in a Lifestyle Modification Program? Yes No Unsure

If yes or unsure, please provide details _____

Clinical Information

Waist circumference

 cms

Weight

 kgs

Height

 cms

Current medical, physical or other limitations that may affect the person's capacity to fully participate in the program

What advice have you given the patient in regard to management of limitations during the Lifestyle Modification Program?

What advice have you given this patient in relation to possible effects of lifestyle modification of his/her medical conditions or medication regime?

The RESET your life Program

- A program for diabetes prevention
- For people with pre-diabetes aged 40-49 years
- Developed by nutrition and physical activity experts at the Baker IDI Heart and Diabetes Institute in partnership with the Australian General Practice Network (AGPN)

A Sign of the Times?



An Accredited Program

The program has been accredited under the Commonwealth Government's Prevention of Type 2 Diabetes Program

Program Aim

To prevent or delay people from developing Type 2 diabetes

Program Objectives

Participants who complete the program will have:

- Increased knowledge about pre-diabetes and diabetes
- An understanding that a healthy lifestyle can prevent or delay diabetes
- An ability to put in place the current recommendations for exercise, healthy eating and weight loss

Program Objectives

Participants who complete the program will have:

- The skills and capacity to make healthy lifestyle changes
- Increased ability to self-manage their health
- Increased awareness of the community resources and programs that can support you in making healthy changes.

Program Goals - Nutrition

- Weight loss of at least 5% of body weight over 12 months
- Weight loss of no more than 0.5kg per week
- Total fat is less than 30% of daily energy intake
- Fibre intake of 30g per day; and
- Reduction in total energy intake

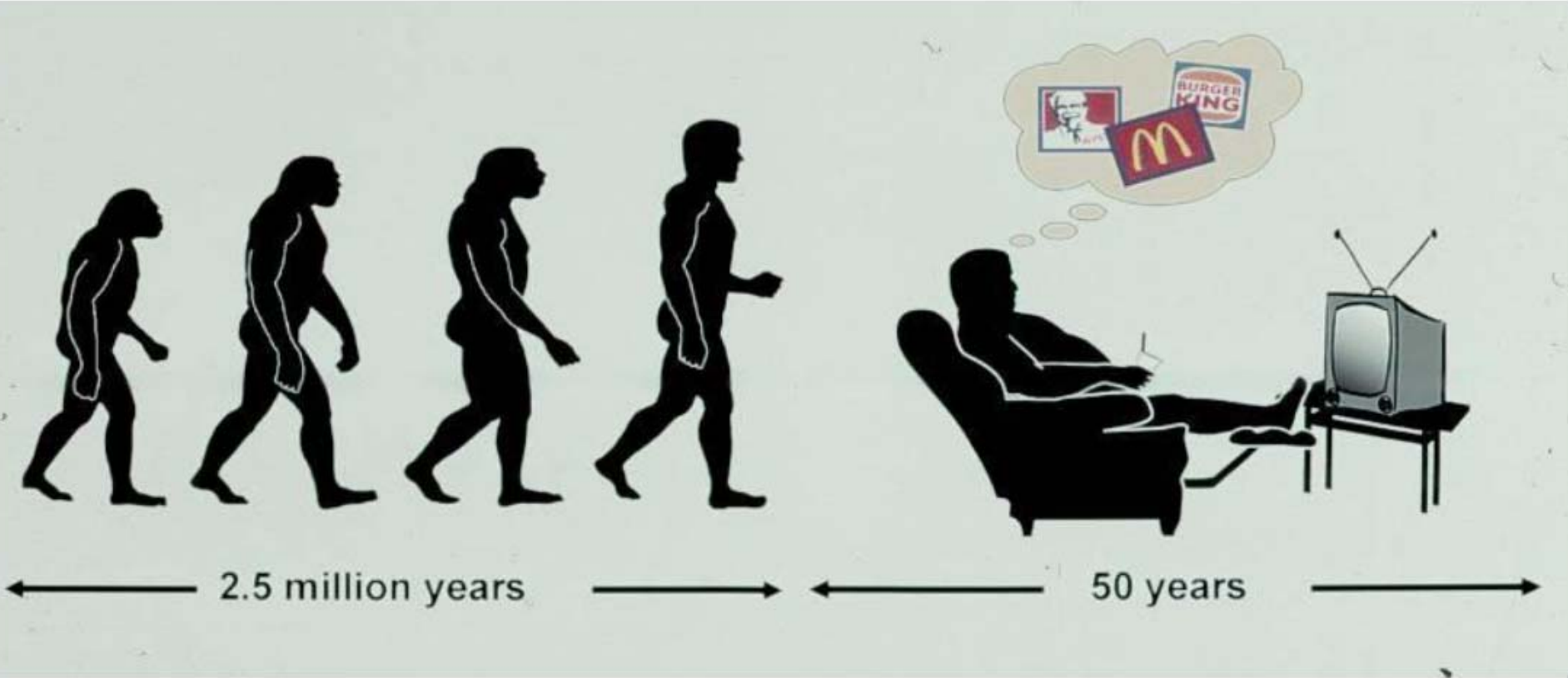


"Relax. This is low-fat ice cream."

Program Goals – Physical Activity

- Working up to 210 minutes per week (30 mins per day)
- Exercise at least every 72 hours for aerobic and resistance training
- Moderate to vigorous activity

High Television Viewing



Obesity

High Blood Pressure

Abnormal glucose

Metabolic Syndrome (i.e. pre-diabetes)

Program Structure

- Seven sessions over 6 months
- Total contact time of 10 hours
- Maximum of 15 participants in a group
- Support people encouraged to attend

Intensive Phase 1

Session 1-4

Delivered fortnightly over 2 months

Intensive Phase 2

Session 5 – at 3 months after program start

Session 6 – at 4 months after program start

Follow-up

Session 7 – at 6 months from start of the program

Goal Setting

- All sessions incorporate goal setting and reviewing goals for behaviour change
- All sessions support self-monitoring using food and physical activity diaries

Participant Manual

- Supporting material for the whole program
- All the handouts and worksheets that will be used
- Provides an overview of each sessions with the topics and time allocations

WHERE TO SEND REFFERALS

Referrals can be sent to: RESET Your Life

Kathy Szymanski Program Facilitator

SEAGP (Brisbane)

P.O. Box 235

Capalaba 4157 QLD

Enquires :Kathy 0414940341

SEA-GP (Brisbane) 33902466

Andrea Vancia and Vicki McGowan