



# Over 40?

Check your risk ... What's your score?

Many Coasties, particularly those over 40, are at risk of developing type 2 diabetes through any one of these lifestyle factors:

- Not enough physical activity
- Poor nutrition
- Being overweight
- Smoking

Other factors that increase risk are:

- Aboriginal or Torres Strait Islander people
- Being male
- Having a family history of diabetes
- Ethnicity/country of birth

type 2  
diabetes

You can have type 2 diabetes and not know because symptoms may not be obvious

## Act now

Check your risk by completing the AUSDRISK tool:

- Ask at reception or
- Visit [www.healthpromotion.com.au](http://www.healthpromotion.com.au) or
- Scan the qr code

### THEN

- If you score 6+ talk to your GP
- Call NSW Health's FREE Get Healthy Information & Coaching Service on **1300 806 258** or visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au).



Health  
Central Coast  
Local Health District

phn  
HUNTER NEW ENGLAND  
AND CENTRAL COAST  
An Australian Government Initiative

caring FOR THE coast  
coast diabetes prevention

An initiative of the Central Coast Diabetes Advisory Group