

Over 40?

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

type 2
diabetes



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

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:

- Available at www.healthpromotion.com.au or
- By scanning 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



Health
Central Coast
Local Health District

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative

