



WHY ARE PEOPLE AT RISK OF TYPE 2 DIABETES, HEART DISEASE AND STROKE?

Multiple causal factors contribute to the development of chronic disease. It has been estimated that over 90% of Victorians have at least one preventable risk factor for chronic disease, whereas over a third are obese¹. Individuals tend to develop a cluster of risk factors.

As the number of risk factors increase, so too does the likelihood of developing type 2 diabetes and cardiovascular disease (CVD).

The relationship between lifestyle risk factors and some specific chronic diseases and conditions is highlighted in the following table:

Relationship between selected chronic diseases/conditions and modifiable factors

Chronic disease/ condition	Behavioural risk factors				Biomedical risk factors		
	Poor Diet	Physical Inactivity	Tobacco Smoking	Excess Alcohol	Excess Weight	High Blood Pressure	High Blood Cholesterol
Coronary heart disease	✗	✗	✗	✗	✗	✗	✗
Cerebrovascular disease	✗	✗	✗	✗	✗	✗	✗
Colorectal cancer	✗	✗	✗	✗	✗		
Type 2 diabetes	✗	✗	✗	✗	✗		
Chronic kidney disease	✗	✗	✗	✗	✗	✗	
Osteoarthritis	✗	✗	✗	✗	✗		
Osteoporosis	✗	✗	✗	✗			

Source: Australian Institute of Health and Welfare 2008. Indicators for chronic diseases and their determinants 2008. Canberra: AIHW

As CVD and type 2 diabetes are largely preventable, an approach using both the AUSDRISK tool and the Absolute CVD Risk Assessment, will enable effective management of identified modifiable risk factors through lifestyle changes made in the *Life!* program and, where needed, pharmacological therapy.

WHO IS AT RISK?

12
MINUTES

Cardiovascular disease kills one Australian every 12 minutes

2nd & 5th

Australia has the second highest rate of obesity in males and the 5th highest in females compared to other developed countries²

3
MILLION

At the current rate, by 2025 up to 3 million Australians over the age of 25 will have diabetes³

TOP
4

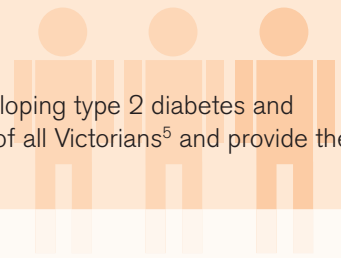
Smoking, high blood pressure, overweight/obesity and physical inactivity are the top 4 risk factors for burden of disease⁴

63%

Percentage of Australians who do not get the recommended 5 serves of veggies and 2 serves of fruit every day

HOW DO WE KNOW WHO IS AT RISK?

The AUSDRISK and the Absolute CVD Risk Assessment provide an indication of risk for developing type 2 diabetes and cardiovascular disease respectively, within 5 years. Using these tools, you can assess the risk of all Victorians⁵ and provide them with the information and support they need based on their level of determined risk.



AUSDRISK

LOW RISK 5 or less

MEDIUM RISK 6–11

HIGH RISK 12 or more

Approximately one person in every 100 will develop diabetes within five years. Advise to reassess in three years and offer healthy lifestyle advice. Refer to the *Life!* website for healthy lifestyle information and resources for a list of healthy websites and other tips. www.lifeprogram.org.au

Approximately one person in every 50 will develop diabetes within five years. For scores 9–11, approximately one person in every 30 will develop diabetes within five years. Reassessment should happen in three years. A visit to the GP is advised, to have Absolute CVD Risk determined. Refer to the *Life!* website for healthy lifestyle information and resources for a list of healthy websites and other tips. www.lifeprogram.org.au

For scores 12–15, approximately one person in every 14 will develop diabetes within five years. For scores 16–19, approximately one person in every seven will develop diabetes within five years. For scores 20 and above, approximately one person in every three will develop diabetes within five years. Providing the person is not currently living with diabetes, a referral to the *Life!* program can be made.

ABSOLUTE CVD RISK

LOW RISK Less than 10% risk of CVD within the next five years

MEDIUM RISK 10–15% risk of CVD within the next five years

HIGH RISK 15% or more risk of CVD within the next five years

Advise to reassess in two years and offer healthy lifestyle advice. Refer to the *Life!* website for a list of healthy websites and other tips. www.lifeprogram.org.au

Providing the person is not currently living with diabetes, a referral to the *Life!* program can be made.

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WHO CAN BE REFERRED TO THE *LIFE!* PROGRAM?

Patient must fit one of the following criteria to be eligible for the program

- ▶ 45 years or more, or ≥ 18 years and of Aboriginal and/or Torres Strait Islander descent, and have scored 12 or higher on the AUSDRISK tool or;
- ▶ 45 years or more, or ≥ 35 years and of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of $\geq 10\%$ when referred by a GP clinic or;
- ▶ 18 years or more and have previously been diagnosed with one or more of the following:
 - pre-existing cardiovascular disease*
 - gestational diabetes
 - moderate or severe Chronic Kidney Disease (CKD)
 - familial hypercholesterolemia
 - serum total cholesterol $> 7.5\text{mmol/L}$
 - systolic BP of $\geq 180\text{mmHg}$ or diastolic BP of $\geq 110\text{mmHg}$.

To be eligible for the program the patient must not have diabetes, clinically active cancer and must not be pregnant. It is important to consider the suitability of the *Life!* program for each individual.

*Includes myocardial infarction, angina and angioplasty. Must not have been diagnosed within 3 months of program commencement.

KEY STEPS FOR REFERRAL

- 1 Confirm eligibility with participant and ensure they are not currently living with diabetes
- 2 Return completed referral form to local facilitator or:
fax: 9667 1757
email: life@diabetesvic.org.au
post: Diabetes Australia-Vic
206 Queensberry St
Carlton VIC 3053

¹ Anderson KM, et al. 1991 AM Heart J 121 1 Part 2 Pages 293-298

⁴ *ibid*

² Australian Institute of Health and Welfare 2012. Australia's health 2012: in brief. Cat. no. AUS 157. Canberra. AIHW

⁵ The *Life!* program is available for Victorian residents. Participants whose postcode is listed in the Acceptable Non-Victorian Regions are considered eligible for the *Life!* program. Please contact the *Life!* team for a list of these postcodes.

³ Diabetes: the silent pandemic and its impact on Australia, Baker IDI Heart and Diabetes Institute in partnership with Diabetes Australia and JDRF, 2012