

Diabetes Online Expo 2021: Australia's largest online event for people living with diabetes

Monday 22 March: The countdown is on for Australia's largest diabetes event on Saturday 27 March. Tickets are still available for *Diabetes Online Expo*, a full-day online event where thousands of Victorians affected by diabetes will have the opportunity to hear the latest health advice from top healthcare experts on how to manage or prevent this relentless condition.

Diabetes Victoria is excited to announce keynote speakers Professor Brett Sutton and Prof Kerryn Phelps AM. Professor Sutton will be speaking about COVID-19 – where to from here, including the vaccination rollout and the importance of keeping up with health appointments. Prof Phelps will be discussing different evidence-based approaches to type 2 diabetes management.

World-renowned French chef Gabriel Gaté and household name, author and chef Tobie Puttock will be running a cooking masterclass to satisfy your tastebuds without the guilt. Cooking can be stressful enough, let alone when you're managing diabetes. Gabriel and Tobie will demonstrate that delicious meals don't need to be complicated, while bringing a bit of fun into your kitchen.

"With 88 Victorians developing diabetes every day, there is an ever growing need to support people to live well with this chronic health condition," says Diabetes Victoria CEO Craig Bennett.

Diabetes Online Expo will also feature presentations from leading health professionals, diabetes experts and researchers, and showcase the latest products and services for people with diabetes. The online event is designed to connect Victorians living with, or caring for someone with, diabetes.

Some of the *Diabetes Online Expo* topics include:

- Let's talk tech
- Health at every size
- Caring for yourself as a carer
- Cooking Masterclass with Gabriel Gaté and Tobie Puttock, chefs and cookbook authors.

Diabetes Victoria members can attend for free. Tickets for non-members and guests are \$10.

To register go to: diabetesvic.org.au/diabetes-online-expo

We support, empower and campaign for all Victorians affected by, or at risk of, diabetes.

For more information:

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Notes to editors:

- More than 362,000 Victorians live with diabetes. In Victoria, 88 people develop diabetes every day.
- In addition, an estimated 125,000 Victorians live with 'silent' type 2 diabetes, which means they have developed the condition, but don't know it yet.
- In addition, an estimated 750,000 Victorians are at high-risk of developing type 2 diabetes, because they have elevated blood glucose levels.
- Diabetes is a serious and complex condition, which can result in short and long-term health complications.
- Type 2 diabetes is a metabolic condition and is often preventable. More than half of all type 2 diabetes (58%) cases are preventable. Lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining a healthy body weight, engaging in regular physical activity and eating a nutritious diet can reduce the risk of developing type 2 diabetes.
- Type 1 diabetes is an auto-immune condition and cannot be prevented.
- Diabetes can be managed, and complications minimised or prevented. Increasing access to timely diagnosis, self-management education and affordable treatment are all vitally important.