



Diabetes Australia Walk to Work Day
Friday 7 October 2016



Media Release 22 September 2016

Prime Minister Turnbull supports Walk to Work Day on Friday 7 October

The Prime Minister of Australia encourages all Australians to take part in Diabetes Australia Walk to Work Day on 7 October, as outlined in a letter of support received this week (see attachment).

The Prime Minister notes that as Diabetes is one of the most serious health challenges facing our country, there are “no more excuses” in taking steps to improve our health and reduce the risk of developing type 2 diabetes, or to help manage the condition.

Diabetes Australia CEO A/Professor Greg Johnson said there was extensive evidence highlighting the effectiveness of physical activity in reducing the risk of developing type 2 diabetes.

“Researchers have found that people with largely sedentary lifestyles are 30-50% more likely to develop type 2 diabetes compared with people who are moderately physically active every day,” he said.

“A daily dose of physical activity, such as walking to work, is a good way to reduce your risk of developing type 2 diabetes.”

Walking regularly is the simplest and most practical way of increasing your daily exercise, and starting on the path to a healthier lifestyle. A small change can make an enormous impact—just by getting off the bus, train, or tram a few stops earlier, or walking to your first appointment of the day instead of taking a taxi, you can make a real difference.

The Prime Minister paid tribute to Diabetes Australia’s work encouraging and supporting people to take positive steps to reduce their risk of developing type 2 diabetes, and encourages all Australians to take part in Walk to Work Day and to make it just the first step in a lifelong journey to better wellbeing.

ENDS

Please see key messages and ways to take part in Walk to Work Day to follow.

For media information, images, interviews contact Xuan Vo from littlelion communications on
0415 880 808 | 08 8121 7717 | xuan@littlelion.com.au

For information about diabetes contact Liam Ferney from Diabetes Queensland on
0448 130 925 | 07 3506 0961 | liamf@diabetesqld.org.au



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To start raising money for Diabetes Australia and get involved is simple:

- Go to www.walk.com.au and donate directly or raise vital funds for Diabetes Australia. Your contribution will go towards diabetes research, prevention and education programs.
- Set your walking goal – how many kilometres can YOU walk by Friday 7 October?
- Invite your friends and colleagues to walk with you and promote a walking workplace.
- Host a healthy breakfast for employees on Friday 7 October 2016 to raise awareness about walking and diabetes and to reward those who participate.

Top ten walking tips for busy people:

1. Walk some or if you can, walk all the way to work.
2. Get off the bus, train, or tram a few stops earlier.
3. Leave the car at least 1km away from work and walk the rest of the way.
4. Set your alarm 30 minutes earlier to fit in a walk to work.
5. Organise a walk at lunchtime with colleagues.
6. Walk all or part of the way to meetings rather than driving or catching taxis.
7. Schedule a “walking meeting” (a Walking Workshop) instead of sitting down. Walk and talk and you’ll get double the benefit.
8. Ensure you get up from your desk at least once an hour and walk around the office.
9. Wherever possible, use the stairs instead of the escalator or elevator.
10. Host a healthy breakfast to reward those who participate.

Did you know:

- Regular walking can lower the risk of type 2 diabetes and help manage diabetes for people already living with the chronic condition.
- Diabetes currently affects over 1.7 million Australians and is increasing by 280 new cases every day.
- 2 million Australians are currently at high risk of developing type 2 diabetes.
- 1 Australian develops diabetes every 5 minutes.
- Diabetes shares risk factors with cancer, heart disease and kidney disease.
- Type 2 diabetes can be prevented in up to 58% of cases in the high-risk population, through lifestyle modifications such as; healthy eating and regular physical activity.
- You can take the test to see your risk of developing type 2 diabetes at diabetesaustralia.com.au/risk-calculator

Connect with us:

Facebook	facebook.com/walktoworkday	facebook.com/DiabetesAus
Twitter	@w2wd	@DiabetesAus
Instagram	@wtwd	
Official hashtag	#walktowork2016	#donatefordiabetes

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