



Evaluation
Pilot Study:
Dec 2022 – July 2023

One Person at a Time



**Detecting Diabetes
and its Risk**

**Giving Individualised Advice
In the Community**

at

Workers Lifestyle Group – Blacktown
Tamil Arts and Culture Festival

National Aboriginal and Islanders Day Observance
Committee (NAIDOC) week event



Workers LIFESTYLE GROUP



Executive Summary

The recent detection project was initiated and executed in line with its proposed vision of testing the HbA1c levels of 510 people within the western Sydney community, with a focus on members of Workers Blacktown. Not designed as a representative study, the project served as a pilot to assess feasibility and identify areas of improvement. The results obtained however, were concerningly similar to the high diabetes rates found in local Emergency Departments and GP practices.

Results showed that approximately half of the individuals having HbA1c levels suggesting pre-diabetes, were previously aware of their condition. Of the people tested, 19% had an HbA_{1c} consistent with diabetes, and 38% consistent with prediabetes.

Among the participants, 28.6% were either aware of their diabetes or were newly identified during the study. These results, although drawn from a volunteer sample, shed light on the escalating issue of diabetes in our community.

A noteworthy element of the study was its demographic diversity with particularly strong representation from the Asian and Indian subcontinental populations, emphasizing the significance of diabetes in our CALD communities.

A granular breakdown of people with diabetes revealed:

- 56% with HbA1C levels within the <7% target range.
- 20% recording levels between 7-7.9%.
- 18% in the 8-8.9% bracket.
- 5% registering levels >9%.

The participant feedback was overwhelmingly positive with the initiative being perceived as educational and motivating, prompting 62.5% of participants to take actionable steps and 36.3% to engage with their GPs post-results.

Though impactful, the hands-on nature of the program limits its scalability. Nonetheless, its visible presence grew awareness regarding diabetes, accentuating the urgency for personal risk evaluations.

Through the direct engagement of 500 participants, the potential outreach through their broader networks could be monumental. Such an expansive ripple effect could significantly offset the program's costs by potentially reducing hospitalizations and elevating communal health standards.

The project's conclusion will encompass a workshop that brings together key stakeholders, including some project participants and a GP. This workshop aims to review the entire process and formulate recommendations. Excitingly, the project is set to be presented at the Australian Diabetes Congress in Adelaide this month.

Furthermore, we plan to submit this experience in a peer-reviewed journal, ensuring its learnings and findings reach a broader academic audience.

While the project holds immense value, continuous refining is essential for greater efficiency and scalability. Symbolising the strength of collaborative community endeavours, this project paves the way for campaigns like '*Lose 2kg – Beating Diabetes Together*' and future collaborative efforts, uniting us in our shared mission to combat diabetes in our community.

Introduction

In Blacktown, a prominent diabetes 'hotspot', the incidence rate of diabetes is approximately double that of wealthier areas in the city's north and east. Our aim is to tackle this public health crisis through direct, innovative community engagement. PwC Australia's recent estimations highlight the severity of the issue, with a staggering annual cost of \$1.8 billion attributed to diabetes in Western Sydney alone. This figure is derived from an average individual cost of \$18,000 associated with type 2 diabetes (T2D), affecting an estimated 100,000 residents in the region.

In 2022, we launched the Western Sydney Changing Diabetes (WSCD) initiative in response to this alarming trend. This collaborative effort, involving the Workers Lifestyle Group (WLG), Novo Nordisk (NN), Western Sydney Diabetes (WSD), and its extensive partners, collectively pledged an additional \$200,000 per year for five years under the banner '*Beating Diabetes Together*'.

Our strategy started with a series of engagement activities at the WLG Blacktown Club, including a display stand highlighting sugar content in food and drinks, nutrition education classes, cooking demonstrations, and dance groups. WLG adopted its new logo and with the advice of CSIRO a WSD partner added healthy menu options in its main restaurant.

Our objective is to raise awareness of the severe health implications of diabetes and promote healthier lifestyles as a countermeasure. ClubsNSW recognised the effectiveness of these initiatives, awarding us the top prize in the health category.

During an alliance meeting on June 19th at Workers Blacktown, we assembled key representatives from various partners to help plan the '*Lose 2kg – Beating Diabetes Together*' campaign.

The core objective of this detection project to engage people at the club and at community events to pause and understand their risk of diabetes. Did they have pre-diabetes or diabetes with sugar levels that we in target or had levels that need improved management? Upon determining their status, we provided educational materials on diet, shared healthy recipes, encouraged physical activity, and promoted

community-based activities available through the Club. Further, we facilitated referrals to GPs for additional consultations and management as required.

Notably, the project was largely funded by a grant from NN to WSD at the Western Sydney Local Health District (WSLHD), with Abbott providing training and two Afinion™ 2 Analysers.

This paper tells the story of how we set-up this pilot study. We document the processes, share insights gleaned, and deliberate prospective steps in our persistent fight against diabetes.

Methods

This eight-month study focused on detecting pre-diabetes and diabetes in a cohort of 506 participants. These participants were engaged through three distinct platforms: the regular patrons of the Club over the entire period and, attendees at one off events, the Tamil Arts and Culture Festival, and visitors during the National Aboriginal and Islanders Day Observance Committee (NAIDOC) week, a prominent first nations event.

Target Populations

Workers Lifestyle Group - Workers Blacktown Club

The clientele of the Workers Lifestyle Group (WLG) – Workers Blacktown Club - were identified as a high-risk population for diabetes. Predominantly from western Sydney, the majority are aged over 60 and many belong to Culturally and Linguistically Diverse (CALD) backgrounds, including Asian, Middle Eastern, and Pacific Islander communities. These demographics are associated with elevated diabetes rates and its severe consequences.

Our detection program invited all club attendees aged 18 and above, without any specific exclusions. WLG actively promoted the program through newsletters, social media, and their website. Although an initial booking service was established, it was

rendered unnecessary as participants spontaneously attended the sessions. Club and Western Sydney Diabetes (WSD) staff, alongside TAFE student volunteers, encouraged patrons to participate directly on the day.

The detection program operated once a fortnight on Tuesday afternoons, a schedule dictated by the availability of the WSD Clinical Team, particularly Diabetes Educators. During National Diabetes Week from July 9-15, daily sessions were held in



conjunction with other activities. By this time, WSD had enlisted and trained Agency Nurses for the program, which proved highly effective.

We initially set up the program in a remote room within the club, primarily involving club staff for process trialling. Subsequently, the detection program was relocated to a closed, second-floor restaurant, more visible yet still removed from the main club traffic.

In the latter stages of the trial, we shifted the detection site to the club's foyer, substantially increasing visibility and detection rates. Initial planning aimed to divide the program into registration, orientation, consent, testing, and personalized advice sections. However, as the project progressed, we found it more practical to merge and streamline these aspects. Providing private spaces for individual discussions proved less critical than initially anticipated.

With a member base of 50,000, the program reached capacity within the eight-month period, successfully processing over 500 people. Limited patron traffic during some parts of the day restricted our ability to keep the program fully operational at all times. With the testing procedure taking around three minutes per person, even with two machines, capacity was quickly reached. As such, we recognised that this approach is labour-intensive and not ideal for mass detection efforts.

Tamil Arts and Culture Annual Festival – Stanhope Gardens

Our WSD Program Manager, who is a senior member of the Tamil community, initiated the incorporation of our detection program into the Tamil Arts and Culture Festival. Recognising the high risk of diabetes and its complications within this population, we saw the opportunity to engage a large audience, as the festival attracts over 1,500 attendees, including numerous NSW and Federal Politicians from western Sydney.

We explored the potential of implementing our detection program within a community event, intending it to act as a catalyst for community mobilisation. The visibility of our booth was high, and our work received notable acknowledgment from influential figures present at the event. Our dedicated WSD detection team and supporting GPs worked tirelessly,



successfully testing a significant number of individuals within a limited timeframe.



NAIDOC week event

With high rates of diabetes in the Aboriginal and Torres Strait Islander people, District Director of Aboriginal Health Strategy and co-chair of the WSD Diabetes and Aboriginal Health steering committee was consulted about setting up a Point-of-Care HbA1c testing station at the WSLHD health tent at NAIDOC 2023.

I&CH Aboriginal Chronic Care Nurse, Mount Druitt Community Health Centre and WSD Diabetes prevention officer tested 24 Aboriginal people in a 3-hour period at the NAIDOC event in Riverstone. Good Tucker App developed by Uncle

Jimmy Thumbs Up! was promoted as a simple and easy way to check how healthy a food product is by scanning its barcode.

The testing was well received by the community and we were commended for the service as they didn't realise it was such a simple and easy 'diabetes detection' test.

Personnel

The project was an integral part of Western Sydney Changing Diabetes (WSD) and received substantial backing from the Board and Senior Management of the WLG. The WLG staff actively supported event promotion and participant encouragement.

A dedicated WSD project team was formed to plan and oversee the project, their frequent meetings allowing a flexible, adaptive approach as the project progressed. The WSD Communication group maintained the project's visibility, capitalising on numerous media opportunities to maximise its profile and impact.



During each detection session, the team was composed of the WSD Prevention Manager, who not only led the project but also actively engaged with club attendees, offering individual advice on lifestyle options. Further, a WSD Prevention Officer and Administration Officer were responsible for participant orientation and data collection, including consent, while two Diabetes Educators or Agency Nurses performed the tests and discussed the results with the participants.

Over a three-hour timeframe, the team was able to process an average of 40 participants.

The Process



The project employed Abbott's Afinion™ 2 Analyzers, point-of-care devices that measure HbA1c, with each test taking approximately three minutes to process. The standard American Diabetes Association classifications for diabetes and pre-diabetes diagnosis were used - pre-diabetes was classified as an HbA1c of 5.7-6.4%, and diabetes as an HbA1c >6.4%.

Participants agreed to a finger-prick blood test at the testing station. They were then guided to one of four pathways based on their results:

Test below 5.7%: No further discussion required.

Test in the diabetes/pre-diabetes range, already diagnosed: Participants were briefed on healthy living options and given a letter with their results for their GP.

Test in the pre-diabetes range, undiagnosed: Participants were encouraged to consult their GP and were provided education on diabetes prevention protocols.

Test in the diabetes range, undiagnosed: Participants' GP details were obtained for direct communication of test results. They also received detailed education about the test results, was this in the preferred target range and the importance of collaborating with their GP for diabetes care.

After testing, all participants received professional education from a nurse educator, explaining their results. They were given their results to take to their GP, with additional explanatory documentation sent directly to the GP with a request for contact. Participants without a GP were provided a list of local practitioners.

Prescriptions for lifestyle changes were provided to all participants, while those with pre-diabetes and diabetes were encouraged to consult their GP for a medication review. Furthermore, those diagnosed with diabetes were urged to have their eyes checked by an optometrist and, if necessary, have a foot review by a podiatrist.

Connect with GPs

On June 10, 2023, a GP and Community event was held at the WLG - Blacktown Club, with 60 GPs and 100 community members in attendance. The objective of the event was to celebrate and strengthen the established partnership between 30 practices that carry out Diabetes Case Conferencing with WSD.

The event served as a platform to inform attendees about the ongoing Diabetes Detection Program and the future plans for the "Lose 2kg - beat diabetes together"

campaign. Additionally, it fostered dialogues on strengthening these partnerships further.



The gathering was instrumental in solidifying the detection program as an integrated project within the health neighbourhood. Furthermore, it galvanized GPs to enhance their detection efforts within their respective medical centres. This integration of community and medical professionals created a robust network dedicated to diabetes detection and

management.

Collateral Education Pack

A specific educational pack to provide a variety of educational and lifestyle options was developed for this program.

This pack was personalised based on discussion with the patron. It was necessary to determine the primary motivators for making a lifestyle change and to acknowledge interests of the participants in helping choose the most relevant material.

Contents included:

1. **Healthy Living Options publications:** This included hard copies of *Healthy Living Options*, *Affordable Food* and *Out & About* editions;
2. **Cooking demonstrations:** Conducted by a nutritionist, these demos were established and held monthly in the Club. These events were promoted to the participants;
3. **No Money, No Time:** An online program providing personalised diet suggestions and recipes to participants. A premium program is available for participants who are willing to make a small payment;
4. **CSIRO recipe book:** A booklet was developed which outlined the Low Carb Diet for Diabetes and contained 15 recipes from the published books on the subject;
5. **Personal walking plan:** Participants were advised of Heart Foundation's free program and how they could participate;
6. **Walking group:** The Heart Foundation has a renewed focus on developing face to face groups in WS. Participants were made aware of local groups they could join;
7. **Line Dancing classes:** A previous survey amongst Club members indicated and enthusiasm to attend line dancing classes. As a result, these were

established in the Club and promoted through the program to facilitate improvements in physical and mental health;

8. **Parkrun:** A brochure was developed to make participants aware of local parkrun groups. It explained the fact that they could both walk or run, would have a companion and that there is a fun, social aspect to the activity.
9. **Healthy plate:** A visual representation of a healthy plate which included healthy swaps to improve the diet;
10. **Live Life Get Active:** A brochure which outlined local venues and the health benefits of this free exercise program available in parks throughout western Sydney.

Consent

All participants granted consent for testing and agreed to share their data with their GP. Additionally, they consented to the use of their anonymized data for monitoring the program's effectiveness. An ethics approval for the project was gained from the WSLHD Ethics Committee.

Medico-Legal Coverage

All involved parties, including the Club, partners, and providers, were granted medico-legal coverage by WSLHD and the Club for this project.

Results

Detection Figures

After an initial trial run in December 2022 the detection work was run from February 2023, with data collected until end July 2023. During this time, we tested a total of 510 people across three different events – 24 people at NAIDOC week, 59 at the Tamil community event, and 427 at the Club including 189 people who were tested during Diabetes Week.

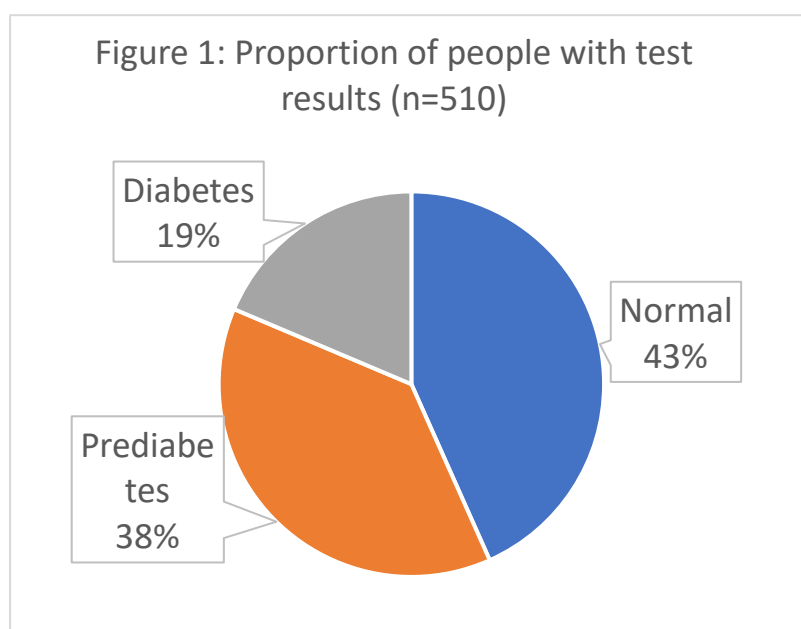
We gathered some basic demographic information on the people who received a test, including age, self-reported ethnicity, whether they had previously been diagnosed with diabetes/prediabetes, and whether they identified as Aboriginal or Torres Strait Islander. The results for these demographics are presented below in Table 1, divided into categories of test results. We defined a HbA_{1c} test result of <5.7% as Normal, 5.7-6.4% as Prediabetes, and >6.4% as Diabetes range.

Table 1 – Demographic information of total sample

	Normal	Prediabetes	Diabetes
All	(n=221)	(n=194)	(n=95)
Age	56.8 (19.2)	66.0 (13.5)	67.9 (12.8)
Aboriginal/Torres Strait Islander	21 (9.5%)	5 (2.6%)	3 (3.2%)

Ethnicity	(n=221)	(n=194)	(n=95)
European/Caucasian	105 (47.5%)	74 (38.1%)	30 (31.6%)
Asian	27 (12.2%)	47 (24.2%)	25 (26.3%)
Pacific Islander	-	5 (2.6%)	1 (1.1%)
Indian/Subcontinental	40 (18.1%)	49 (25.3%)	28 (29.5%)
African	7 (3.2%)	1 (0.5%)	-
Middle Eastern	11 (5.0%)	9 (4.6%)	5 (5.3%)
South American	1 (0.5%)	2 (1.0%)	-
History of Diabetes	(n=221)	(n=194)	(n=95)
No History	187 (84.6%)	104 (53.6%)	10 (10.5%)
Pre-Diabetes	22 (10.0%)	52 (26.8%)	11 (11.6%)
Diabetes	5 (2.3%)	38 (19.6%)	74 (77.9%)

All values given as mean (standard deviation) or n (percentage)



Of the people tested, 19% had an HbA_{1c} consistent with diabetes, and 38% consistent with prediabetes (Figure 1).

Additionally, some people knew they had diabetes and prediabetes prior to their tests. In total, there were 146 people who either tested positive for diabetes on HbA_{1c} in our testing program or had previously been told they had diabetes. Of these

people, 82 (56%) had HbA_{1c} that was well controlled at under 7%, while 64 (44%) had poorly controlled diabetes (Table 2).

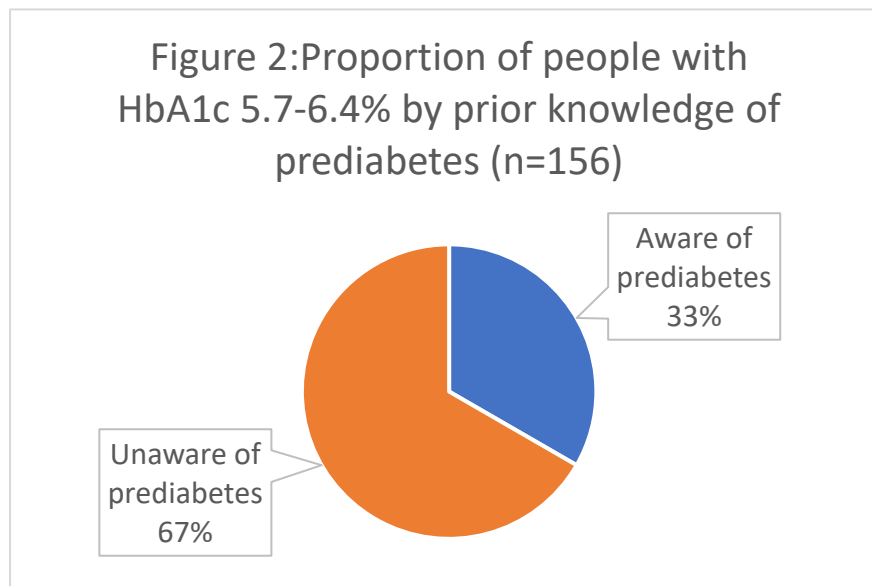
Table 2 – Proportion of people with diabetes in different HbA_{1c} ranges

HbA _{1c} (%)	Number	Percentage
<7%	82	56%
7-7.9%	29	20%
8-8.9%	27	18%
9%+	8	5%
Total	146	100%

HbA_{1c} of less than 7% is considered well-controlled for people with diabetes

This included a total of 38 people who had diabetes but tested within the prediabetes range.

Most people with diabetes knew they had diabetes, although we identified 21 (14%) people who were newly-diagnosed. However, many people with prediabetes were unaware that they had the condition. Of the 156 people who tested within the prediabetes range and did not have a previous diagnosis of diabetes, only 52 (33%) had previously been told that they had prediabetes by a healthcare provider (Figure 2).



Within the prediabetes range, we also had some variability. There are currently two definitions of prediabetes, with international societies having different definitions. The previous tables have used the American Diabetes Association

definition of HbA_{1c} of 5.7-6.4%, but we could also use the European Association for the Study of Diabetes definition which is HbA_{1c} 6-6.4%. Of the people with prediabetes, 94 (60%) had HbA_{1c} of 5.7-5.9%, while 62 (40%) were 6.0-6.4%.

Results of survey

Out of the 510 people in the detection program 398 provided us with their email of phone contact information and agreed to be surveyed. We received 81 responses and a summary is shown below.

- 1) Did you find the diabetes detection useful? 76 (93.8%) yes; 4 (4.94%) ok; 1 (1.23%) no
Common feedback was appreciating the convenience and efficiency of the testing process; and caring team of health professionals.
- 2) Did you find the conversations, booklets and information sheets provided to you useful? 74 (91.3%) yes; 7 (8.4%) ok; 0 no
Feedback included the resources were useful and new, especially relevant and locally available.
- 3) Based on the result provided to you, what actions did you take?
 - Nothing changed – 30 (37.5%)
 - Changed my eating selections – 32 (40.0%)
 - Changed my activity levels – 27 (33.8%)
 - Chose to try and lose some weight – 35 (43.8%)
 - Discussed my results with my GP or other healthcare provider – 29 (36.3%)

A full summary of the responses including the comments are in Annex 1.

Discussion

The project's immersion into various community settings, such as local clubs and cultural events, highlighted the effectiveness of reaching out to the public in their natural habitats. This hands-on approach, underlined by real-time HbA1c testing, not only allowed meaningful interactions between staff and participants but also acted as a catalyst for many to consider healthier lifestyle choices. The motivation from these encounters echoed positively, boosting the spirits of both participants and the staff involved.

Visibility played a pivotal role in the project's success. Observing fellow community members partake often acted as a magnet, drawing more participants into the fold. While the team's streamlined operation was pivotal, the project wasn't without its challenges. Due to venue restrictions, we couldn't fully utilize the potential of educational materials, particularly videos. Adopting digital solutions could be a potential avenue for future projects, enhancing the overall experience and refining data collection.

In refining our approach, a concluding workshop involving key stakeholders like WSD, WLG, NN, and Abbott, along with selected participants and a GP, will be invaluable. Their insights will not only shed light on the project's nuances but also lay down recommendations for future endeavors. With the project slated for presentation at the forthcoming Australian Diabetes Congress, and intentions of a

subsequent journal publication, the insights gleaned from this initiative are set to reach a broader audience.

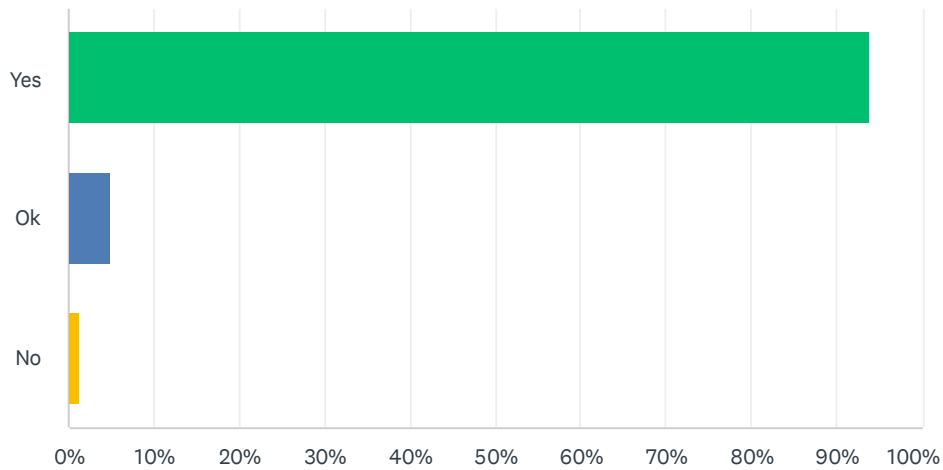
The volunteer-driven data underscores a concerning trend – a rising tide of diabetes and its precursors. However, the project's silver lining is the proactive stance participants are willing to adopt, be it lifestyle alterations or medical consultations. This proactive approach, juxtaposed with the heightened risk in the area, showcases the invaluable role the project plays not only for individual health but the community at large.




Utilizing this platform, we aim to extend diabetes education to harder-to-reach demographics, setting the stage for a healthier Blacktown. In line with Novo Nordisk's mission of 'Changing Cities', we're driven to cater to those in dire need of diabetes intervention. Focusing on grassroots mobilization, merging public and private efforts, we are poised to make lasting community enhancements in the fight against diabetes.

Annex 1

Q1 Did you find the diabetes detection program useful?

Answered: 81 Skipped: 0



ANSWER CHOICES	RESPONSES
 Yes	93.83% 76
 Ok	4.94% 4
 No	1.23% 1
TOTAL	81

#	TELL US IN A FEW WORDS WHAT YOU THOUGHT ABOUT YOUR EXPERIENCE:	DATE
1	Very well done	8/3/2023 7:11 PM
2	Now I now my shuger level !	8/3/2023 4:31 PM
3	quick processing, expert staff	8/3/2023 9:56 AM
4	It was shocking to know that my blood sugar was high	8/3/2023 9:42 AM
5	Good. Nice and friendly team.	8/3/2023 9:34 AM
6	Educational	8/3/2023 8:56 AM
7	Good it was free to test and fast reliable test	8/3/2023 7:34 AM
8	They explained everything and they answered all our questions	8/3/2023 12:20 AM
9	I was happy I did not have Diabetes	8/2/2023 9:39 PM
10	Can give me an instant result..	8/2/2023 9:25 PM
11	Made me aware to control certain foods intake	8/2/2023 8:53 PM

Western Sydney Diabetes Detection Program Survey

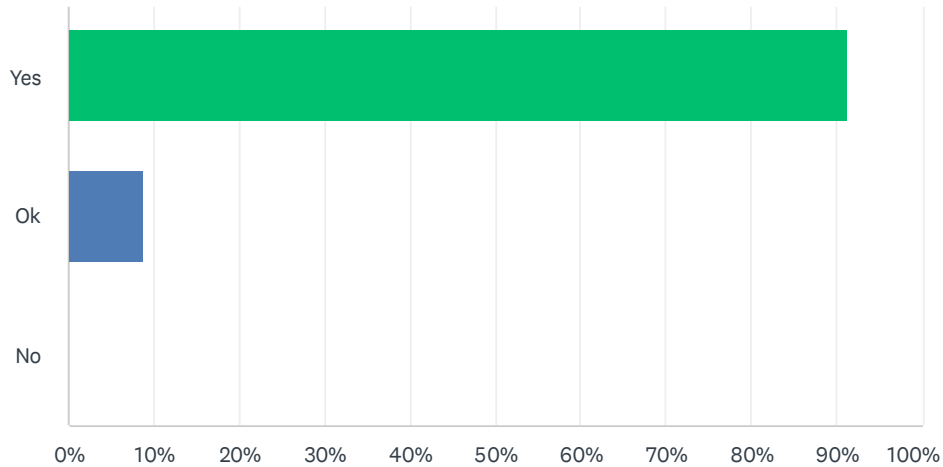
12	Astonished	8/2/2023 8:46 PM
13	It was great not having to wait for my bg	8/2/2023 7:06 PM
14	Pleasant & informative	8/2/2023 6:55 PM
15	I aware about my health come due to this program	8/2/2023 6:36 PM
16	Very good	8/2/2023 6:32 PM
17	It was ok. But disappointed as a refferal has been given and handed in by myself at the hospital but was lost and had to resubmit again and have not heard anything about a well needed appointment. Enquired about it a few times but still waiting. What's the point???	8/2/2023 6:20 PM
18	Easy to do and held in a venue we vidit	8/2/2023 6:12 PM
19	Very gentle and efficient process	8/2/2023 6:06 PM
20	Very good	8/2/2023 6:05 PM
21	Very easy	8/2/2023 5:59 PM
22	I was a bit scared but they reassured me calm me down showing care empathy	8/2/2023 5:58 PM
23	Was good	8/2/2023 5:42 PM
24	Very professional. Great literature	8/2/2023 5:40 PM
25	Quick, easy and painless	8/2/2023 5:37 PM
26	Good communication & professional nurses	8/2/2023 5:36 PM
27	IT WAS EASY	8/2/2023 5:34 PM
28	The results showed me to keep an eye on my diet, which was very helpful	8/2/2023 5:32 PM
29	Professional , polite and informative	8/2/2023 5:32 PM
30	Very informative, staff very friendly	8/2/2023 5:32 PM
31	I found it helpful because my doctor had told I was at risk of diabeties the finger prick at the club put my mind at rest as it showed I was ok	8/2/2023 5:28 PM
32	Quick, painless and informative	8/2/2023 5:26 PM
33	Good experience. Done quickly and very efficient and very friendly staff. staff	8/2/2023 5:26 PM
34	I am grateful that I was invited to take part in the programme.	8/2/2023 5:26 PM
35	It was helpful	8/2/2023 5:25 PM
36	It's informative	8/2/2023 5:25 PM
37	Enlightening	8/2/2023 5:24 PM
38	Very helpful	8/2/2023 5:23 PM
39	Very good	8/2/2023 5:22 PM
40	Informed about our state of health was very beneficial.	8/1/2023 10:12 AM
41	Convenient, respectful and great customer service.	7/30/2023 5:43 PM
42	Very helpful	7/30/2023 12:01 PM
43	Was glad that I participated as worrying is no good. My mind is at ease.	7/29/2023 10:01 PM
44	Usefull	7/29/2023 7:21 PM
45	The test was quickly and everything was explained	7/28/2023 9:55 PM
46	Friendly, painless, informative	7/28/2023 7:54 PM
47	Ease to get tested. Efficient medical staff	7/28/2023 6:57 PM




Western Sydney Diabetes Detection Program Survey

48	It is nice that the test confirm what I know in number for HbA1c	7/28/2023 6:05 PM
49	Quite interesting. Learning new things to keep healthy.	7/28/2023 5:46 PM
50	Very informative, all help need to ensure education regarding diabetes was readily provided	7/28/2023 4:35 PM
51	early detection to avoid type2	7/28/2023 4:33 PM
52	Good to have the awareness of our health	7/28/2023 2:16 PM
53	It was quick and easy	7/28/2023 2:14 PM
54	The ease of access to have a test and the friendly team there were terrific	7/28/2023 2:12 PM
55	Great to be able to do spontaneously without a booking	7/28/2023 1:26 PM
56	It was easy, no waiting, and that the test looks at three months was just incredible	7/28/2023 11:48 AM
57	Reach out assistance at its best	7/28/2023 11:16 AM
58	It was smooth, the staff are organised and it was informative	7/28/2023 11:09 AM
59	xxxx	7/27/2023 1:07 PM
60	excellent	7/27/2023 12:16 PM

Q2 Did you find the conversations, booklets and information sheets provided to you useful?

Answered: 81 Skipped: 0



ANSWER CHOICES	RESPONSES
 Yes	91.36% 74
 Ok	8.64% 7
 No	0.00% 0
TOTAL	81

#	TELL US IN A FEW WORDS WHAT YOU THOUGHT ABOUT THE INFORMATION GIVEN:	DATE
1	Very good	8/3/2023 7:11 PM
2	Beating Diabetes	8/3/2023 4:31 PM
3	Contained useful information for vegetarians and options available in multi-lingual.	8/3/2023 9:56 AM
4	Informative	8/3/2023 9:42 AM
5	Helpful	8/3/2023 9:34 AM
6	Very good.	8/3/2023 8:56 AM
7	It is helpfull	8/3/2023 5:50 AM
8	Very helpful	8/2/2023 9:39 PM
9	Got information more than I know before.	8/2/2023 9:25 PM
10	Very helpful	8/2/2023 9:14 PM

Western Sydney Diabetes Detection Program Survey

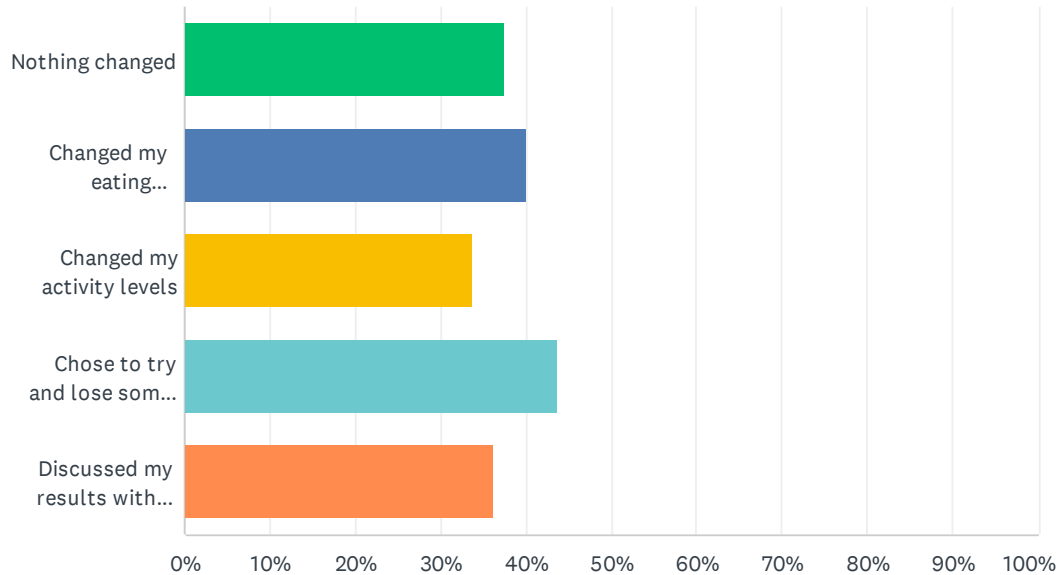
11	Good information	8/2/2023 8:53 PM
12	For non diabetics it was excellent	8/2/2023 7:06 PM
13	Good information re local activities & places to go	8/2/2023 6:55 PM
14	All information given in booklet are very useful for changing in daily activities.	8/2/2023 6:36 PM
15	Seeking an appointment at the Diabetes clinic at Blacktown Hospital.	8/2/2023 6:20 PM
16	Cookbook for diabetic useful	8/2/2023 6:12 PM
17	Enlightening	8/2/2023 6:06 PM
18	Very helpful	8/2/2023 6:05 PM
19	Some more info	8/2/2023 5:59 PM
20	Clear on point	8/2/2023 5:58 PM
21	Very helpful .	8/2/2023 5:45 PM
22	Well not much information been given to verbal as there was too many people waiting and asking questions so it was a bit rushy but i've been given some booklets to read and that day i haven't been to see my doctor so i don't know exactly.	8/2/2023 5:42 PM
23	Easy to understand	8/2/2023 5:37 PM
24	Informative of local facilities	8/2/2023 5:36 PM
25	It was useful	8/2/2023 5:34 PM
26	Good information and to have regular checks with my doctor	8/2/2023 5:32 PM
27	Easy to read and understand	8/2/2023 5:32 PM
28	Inform me what to do with diet and exercise	8/2/2023 5:32 PM
29	Very good 👍	8/2/2023 5:28 PM
30	I found the information was very informative	8/2/2023 5:28 PM
31	Useful to have to improve my health and fitness	8/2/2023 5:26 PM
32	Very informative	8/2/2023 5:26 PM
33	Was happy that the consultant was not pushy with details	8/2/2023 5:26 PM
34	I've seen it all before I am a type 2 Diabetic	8/2/2023 5:25 PM
35	The information was very useful	8/2/2023 5:25 PM
36	Helpful	8/2/2023 5:24 PM
37	It give me guid what to eat and not to eat	8/2/2023 5:23 PM
38	It was useful.	8/1/2023 10:12 AM
39	It is always great to receive resources relating to your health that is accessible and equitable to all.	7/30/2023 5:43 PM
40	Very informative	7/30/2023 12:01 PM
41	Helpful	7/29/2023 10:01 PM
42	It was educational	7/29/2023 7:21 PM
43	I've had diabetes for 30 years and never been given so much information	7/28/2023 9:55 PM
44	Covered all questions	7/28/2023 7:54 PM
45	It was nice to learn more information	7/28/2023 6:05 PM
46	keeping on top of how to manage and live as best as we can.	7/28/2023 5:46 PM

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47	The booklet and pamphlets gave helpful information including recipes	7/28/2023 4:35 PM
48	good introduction and explanation	7/28/2023 4:33 PM
49	Booklets on activities appeared to be for younger people	7/28/2023 2:50 PM
50	Live program also be good	7/28/2023 2:16 PM
51	Handy and informative for future use	7/28/2023 2:14 PM
52	Easy to understand	7/28/2023 1:26 PM
53	I read the information and used it to show to friends so they could do the test	7/28/2023 11:48 AM
54	Very helpful	7/28/2023 11:16 AM
55	xxxxxxxxxxxx	7/27/2023 1:07 PM
56	very good	7/27/2023 12:16 PM

Q3 Based on the result provided to you, what actions did you take? (Tick all that applies)

Answered: 80 Skipped: 1



ANSWER CHOICES	RESPONSES
Nothing changed	37.50% 30
Changed my eating selections	40.00% 32
Changed my activity levels	33.75% 27
Chose to try and lose some weight	43.75% 35
Discussed my results with my GP or other healthcare provider	36.25% 29
Total Respondents: 80	

#	TELL US IN A FEW WORDS WHAT YOU DID DIFFERENTLY:	DATE
1	More exercise	8/3/2023 7:11 PM
2	Check my meals portion size	8/3/2023 4:31 PM
3	Watching my sugar in-take, Started daily walks which I have been procrastinating.	8/3/2023 9:56 AM
4	Eat real food, regular exercise and get quality sleep	8/3/2023 9:42 AM
5	More careful in my intake of carbs and choice of foods I eat.	8/3/2023 9:34 AM
6	It was a reminder for me to stick with previous eating and exercise habits.	8/3/2023 8:56 AM
7	Just be carefull	8/3/2023 5:50 AM
8	I was normal. I go to the gym and eat healthy food. So nothing to change	8/3/2023 12:20 AM
9	As above	8/2/2023 9:39 PM
10	Diet controled with less portion.	8/2/2023 9:25 PM

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11	Change my eating habits, more physically activity	8/2/2023 9:14 PM
12	Reduce intake of fried foods and sugary food	8/2/2023 8:53 PM
13	Being a diabetic for 30yrs I didn't need to change much	8/2/2023 7:06 PM
14	Nil	8/2/2023 6:55 PM
15	I started walking minimum 45 minutes daily after every meal extra other than morning walk.	8/2/2023 6:36 PM
16	I got a full blood test done after a couple of months and the results were a bit different	8/2/2023 6:32 PM
17	Watching what to eat and drink and also time of the day. Drinking plenty of water.	8/2/2023 6:20 PM
18	Looked at labels more closely when buying foods for sugar contentt	8/2/2023 6:12 PM
19	Cut down on carbs and got active	8/2/2023 6:06 PM
20	More exercise	8/2/2023 6:05 PM
21	Change some snack habbirts	8/2/2023 5:58 PM
22	I'm eating more healthy and walking.	8/2/2023 5:45 PM
23	Just been careful what to eat, like I am not cooking any cakes and junk food.result I lost 2 kilos	8/2/2023 5:42 PM
24	Eat selectively & smaller portions	8/2/2023 5:40 PM
25	Walking more frequently Watching intake carbs	8/2/2023 5:36 PM
26	I DID MY NORMAL THINGS	8/2/2023 5:34 PM
27	Walking 30 minutes each day and cut back on eating goodies	8/2/2023 5:32 PM
28	Took the advice and set up a maintainence plan	8/2/2023 5:32 PM
29	Walking more times a week	8/2/2023 5:32 PM
30	I had a good result	8/2/2023 5:28 PM
31	Tried to cut down on my use of butter and added more fruit and veg	8/2/2023 5:28 PM
32	I now eat less sugar, more protein and I am more committed to my exercise regime	8/2/2023 5:26 PM
33	Looked at my portion of food & type of food.	8/2/2023 5:26 PM
34	I am trying to eat more vegetables and increase the level of my exercise	8/2/2023 5:25 PM
35	Eat more vegetables and no takeaway	8/2/2023 5:23 PM
36	Keeping an eye on our diet.	8/1/2023 10:12 AM
37	I had already approached my doctor prior to this test and the above changes I had already incorporated into my daily activities but tried to be more aware and specific with this.	7/30/2023 5:43 PM
38	Trying to improve my old age by changing bad habits	7/29/2023 10:01 PM
39	Trying to lose weight	7/29/2023 7:21 PM
40	I have tried to become more aware of what I eat and have started walking for exercise	7/28/2023 9:55 PM
41	I used a few of the recipes in the booklets	7/28/2023 7:54 PM
42	Mindful what I eat	7/28/2023 6:05 PM
43	Been going to the food selection classes.	7/28/2023 5:46 PM
44	Used the recipes and enrolled with No Money No Time . Gave my GP my results	7/28/2023 4:35 PM
45	take less sweet cakes and do some exercises.	7/28/2023 4:33 PM
46	I m prediabetic,had just changed eating habits so the info and results confirmed I was on the correct path.	7/28/2023 2:50 PM
47	in the process of changing others areas	7/28/2023 2:16 PM

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48	Started being proactive and making exercise and different foods a daily choice. Thank you.	7/28/2023 2:12 PM
49	Results showed what I have been doing anyway has been working, so am keeping on with that	7/28/2023 1:26 PM
50	I am taking a wholistic approach to not getting diabetes and this test is the start	7/28/2023 11:48 AM
51	Makes me conscious of my wellbeing	7/28/2023 11:16 AM
52	Im more conscious of the food i eat and trying to be more active	7/28/2023 11:09 AM
53	xxxxxxxxxxxxxx	7/27/2023 1:07 PM
54	walking	7/27/2023 12:16 PM