

Media release

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The need for a Diabetes Educator

The need for access to diabetes educators for people with diabetes becomes crucial, according to the 12-year follow-up of the *Australian Diabetes, Obesity and Lifestyle Study* (AusDiab), released today.

The report found the incidence of diabetes in Australia remains alarmingly high. Every day, approximately 269 adults aged over 25 years develop diabetes.

Professor Jonathan Shaw, Associate Director of Baker IDI Heart and Diabetes Institute and the report's Co-chief Investigator said: "The health and wellbeing of a whole generation of young Australians is being compromised by a lifestyle rich in energy dense foods and low on physical activity."

People living with the chronic condition will benefit from a visit with a Credentialed Diabetes Educator (CDE), an integral member of the health care team. A CDE will provide consistent and comprehensive help with:

- Adjusting to living with diabetes;
- Knowledge and understanding of their condition;
- Guidance towards optimal health outcomes; and
- Supporting self-management of their condition.

The study also emphasised the higher use of healthcare services among people with diabetes.

The number of nights spent in a public or private hospital in the previous twelve months was much higher in those with diabetes compared to those without diabetes or pre-diabetes.

Among those with diabetes, approximately twelve percent had spent two nights or more in hospital, compared to 6-7 percent of people without diabetes or with pre-diabetes.

Diabetes educators play a major role in preventing the further complications of diabetes by focussing on the individual needs of people with diabetes, providing knowledge, motivation and support.

Diabetes education is responsible for reduction in amputation rates and reduced hospital admissions, length of stay and re-admission rates¹.

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¹ **Eigenmann, C and Colagiuri, R.** *Outcomes and Indicators for Diabetes Education - A National Consensus Position*. Canberra : Diabetes Australia, 2007.

About the Australian Diabetes Educators Association

The ADEA is the leading Australian organisation for health professionals who provide diabetes education and care. There are more than 1000 Credentialed Diabetes Educators working across public and private practices and hospitals in Australia.

The association actively promotes evidenced-based diabetes education to ensure optimal health and wellbeing for those affected by and/or at risk of diabetes and sets standards and develops guidelines for the practice of diabetes education.

The ADEA also offers professional development programs and accredits those developed by other organisation.

For further information about the ADEA visit www.adea.com.au.