

# WDP LIFESTYLE PLUS PROGRAM



## ABOUT THE PROGRAM

Wollondilly Diabetes Program (WDP) Lifestyle Plus Program is a free program that is designed to help members of our community create a healthy lifestyle and decrease their risk of developing diabetes. Participants will have access to a digital platform where they will be given one-to-one support and coaching, to help them achieve their goals

## FOCUS OF THE PROGRAM

- Achieving a healthy body weight
- Healthy eating & long-term sustainable habits
- Exercise
- Improved lifestyle and quality of life overall

## ELIGIBILITY

- High risk of diabetes (Pre-diabetes/Borderline Diabetes/Impaired Fasting glucose, Impaired Glucose Tolerance)
- Strong family history
- Prior gestational diabetes diagnosis
- High Body Mass Index (overweight or obese)
- >18 years old
- Reside in Wollondilly LGA and neighbouring suburbs

## JOIN THE SUPPORT TEAM BECOME A PEER SUPPORT FACILITATOR

**We are also seeking individuals to help support the participants**

- For this role, you will obtain the title of a Peer Support Facilitator
- You will be trained to support your team via the new Hitachi online platform (1 full day training)
- You will have access to the WDP support team
- You will receive a Peer Support Facilitator certificate

**REGISTER YOUR INTEREST BY EMAILING**

**[k.mitlehner@westernsydney.edu.au](mailto:k.mitlehner@westernsydney.edu.au)**



ONE-ONE  
SUPPORT



ACCESS TO  
DIGITAL  
PLATFORM



DIABETES  
PREVENTION



HEALTHY  
SUSTAINABLE  
LIFESTYLE



**WESTERN SYDNEY  
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