



Congratulations on making this step to self managing your **Type 2 Diabetes**. This resource pack provides you with information about Healthy Living NT and information to help you understand and manage your diabetes.

Introduction to Healthy Living NT

- Privacy Statement
- Client Education Services
- HLNT Memberships
- Consumer Charter
- Product Outlets
- Evaluation Form
- Information Sheet List

Important Information

- ❖ Alcohol
- ❖ Understanding Food Labels
- ❖ Glycaemic Index
- ❖ Food Choices for People with Diabetes
- ❖ Alternative Sweeteners
- ❖ Physical Activity
- ❖ Hints for Healthy Cooking
- ❖ Your Diabetes Cycle of Care
- ❖ Understanding Type 2 Diabetes
- ❖ Blood Glucose Monitoring
- ❖ Diabetes Related Complications
- ❖ Adjusting to Life with Diabetes
- ❖ Managing Sick Days for Type 2 Diabetes
- Glycaemic Index for Carbohydrate Foods
- Sources of Carbohydrate Foods
- Free Foods
- What is a Serve of Fruit/Veg
- What is a Serve of Meat/Dairy

Recommended additional Information – available on request or website

- Storage of Glucose Testing Strips
- How to get a drop of blood for testing
- Melioidosis
- ❖ Peer Support for Diabetes
- ❖ Pregnancy and Diabetes
- ❖ Diabetes and Anxiety
- ❖ Managing Sick Days for Type 2 Diabetes
- ❖ Eating Out
- ❖ Healthy Meal Ideas
- ❖ Healthy Snacks
- ❖ Diabetes Distress
- ❖ Looking after your Dental Health
- ❖ Looking after your Eyes
- ❖ Looking after your Kidneys
- ❖ Looking after your Feet
- ❖ Looking after your Heart
- ❖ Travel

We have also included a copy of the *Territory Way* magazine. If you would like to receive this on a regular basis please see our information on membership.

If you have any questions regarding the contents of this information pack, or need further advice and support, we encourage you to contact us in Darwin on (08) 8927 8488, or Alice Springs on (08) 8952 8000 to make an appointment with the Diabetes Nurse Educator and/or Dietitian, or visit our website at www.healthylivingnt.org.au

Regards

The Healthy Living NT Team

The distribution of this pack is supported by the National Diabetes Services Scheme (NDSS), an initiative of the Australian Government administered by Diabetes Australia Ltd

Darwin
Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515
E: info@
healthylivingnt.org.au

Alice Springs
Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@
healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.