

# Talking about diabetes

video series

A series of short videos, developed in response to 10 years of Aboriginal and Torres Strait Islander program participants feedback.

Designed to support the delivery of basic diabetes education by Aboriginal and Torres Strait Islander health workforce, to community living with or at risk of diabetes.

## Videos covers:

- **Before Time** considerations
- **How the Body Works without Diabetes**
- **Types of diabetes:** Type 1, Type 2 and Gestational diabetes
- **Diabetes Symptoms**
- **Preventing or Reducing**
- **Diabetes Complications**

- **Diabetes Management:**

- » healthy eating and staying active
- » medications
- » blood glucose level monitoring
- » social and emotional health and wellbeing

## Learn more

Scan the QR code or visit [ndss.com.au/talking-about-diabetes](https://ndss.com.au/talking-about-diabetes) to find out more and see the videos.



## Acknowledgment

Diabetes Australia acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this country. We recognise their connection to land, waters, and culture. We pay the utmost respect to them, their cultures and to their Elders past, present and future.