

77 people living with diabetes from Mitchell & Murrindindi shires (Lower Hume) told us about their experiences of local care.

This document provides a summary of the key findings and outlines future opportunities to improve local diabetes care.

1/2 met physical activity guidelines



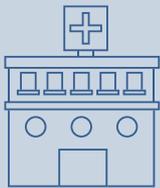
39% rated their health as **fair or poor**



When asked who was their main health care professional, **51%** selected **2 or more**



Overall **highly satisfied** with support from local health services



56% had experienced at least one **diabetes related complication**



86% had Type 2 Diabetes
54% have had diabetes for more than 8 years
87% were aged 55 years +
65% were retired

Within the past 12 months the majority of participants had seen a: **General Practitioner, Diabetes Educator, Podiatrist & Optometrist**

30% agreed that diabetes **affects them emotionally**



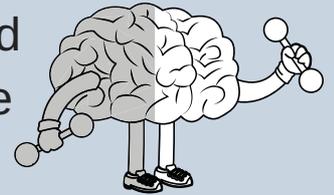
23% would like to **receive information** from health professionals **electronically**



Recommendations from consumers:



Peer support groups and lifestyle education programs be consistently available and accessible



Integrate mental and physical health care



Provide hands on food preparation education



Opportunities:

- Increase flexibility of services to respond to individual needs
- Increase consumer involvement in service review and design
- Better utilise technology to enhance communication and access to care
- Define roles and responsibilities of health care providers to inform a local consistent and integrated model of care
- Work together to continuously improve local diabetes care

This is an initiative of the Lower Hume Diabetes Working Group, facilitated by Lower Hume Primary Care Partnership. The working group aims to engage health care providers in the catchment to implement recommendations and work towards best practice diabetes care.

Thank-you to everyone that voluntarily participated in this research.