

# WORKERS IN 2KG CHALLENGE PUSH Easy to follow health program

WORKERS Lifestyle Group congratulates Western Sydney Diabetes, its partner in the Western Sydney Changing Diabetes campaign, on the 10th anniversary of its efforts to curb the dangers of type 2 diabetes to our community.

"We are proud to partner Western Sydney Diabetes in this important campaign for diabetes awareness, prevention and early detection and congratulate them on a decade of effort to improve our community's health and wellbeing," said Workers Lifestyle Group chief executive Morgan Stewart.

WSD's anniversary is also marked by National Diabetes Week, July 14-21 and there is a big push to promote the 2kg Challenge in Blacktown area GP surgeries and WLГ's Workers Blacktown and Workers Sports Clubs.

"Our challenge is straightforward: losing 2kg of weight reduces by 30 per cent the risk of type 2 diabetes," said Morgan.

"And the really good news is that type 2 diabetes is 80% preventable by

early detection and lifestyle changes – losing excess weight, eating healthier, stopping smoking.

"As much as weight loss, the 2kg Challenge is about taking on simple, healthy lifestyle changes that we can all sustain every day," Morgan said.

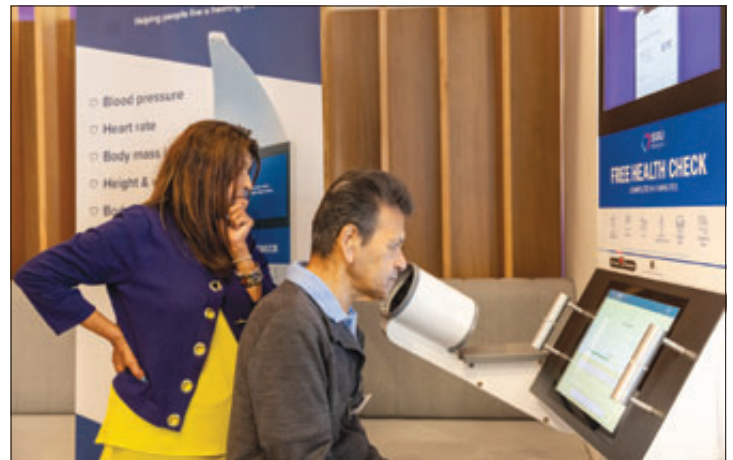
Because people living in Western Sydney are at significantly higher risk of developing type 2 diabetes than the rest of NSW, Workers joined forces with WSD, Western Sydney Primary Health Network (WentWest) and Novo Nordisk in late 2022 to launch Western Sydney Changing Diabetes.

Workers funds the campaign to the tune of \$500,000 over five years.

More than that, Workers Blacktown and Workers Sports actively promote diabetes awareness and prevention with healthy lifestyle activities, like line dancing classes, healthy eating options, and free SiSU Health Station checks.

Since late 2022, more than 4300 members, guests and staff at Workers' Blacktown clubs have taken the SiSU tests, which flags diabetes warning signs, such as high blood pressure, and alert people who are at-risk to visit their GPs.

The 2Kg Challenge is a free on-line program where, once signed up,



Club members using the SiSU Health Station.

participants have access to an array of advice, ideas and resources that will guide them to getting healthier, fitter and lighter.

Participants are given weight-loss options and choices that work best for them – free healthy recipes, a healthy living coaching program, free and low-cost indoor and outdoor activities, and tips to stay on track.

During National Diabetes Week, Western Sydney Diabetes will operate an information stall at Workers Black-

town and WSD and WLГ will run these programs:

**Tuesday, July 16:**

- Free Tai chi and Gentle Exercise classes;

**Wednesday, July 17:**

- Diabetes detection;
- An information stall with educational resources on diabetes prevention;
- free weekly line dancing lessons and salsa for beginners
- A nutritional talk by the WSD dietician at 1.30pm.

# STEPHEN BALI MP

## STATE MEMBER FOR BLACKTOWN

2kg  
Challenge

Western Sydney  
Diabetes

10  
YEARS

**Congratulations to Western Sydney Diabetes on 10 years of service to our community.**

Their public education campaign on the risks of diabetes and how to prevent it have been invaluable.

Did you know that at 7.6%, Blacktown has a higher rate of diabetes than the national average? Or that 30% of Western Sydney is prediabetic, but 85% of type two diabetes is preventable?

Losing just 2 kilograms can reduce the risk by up to 30% over 10 years.

Sign up to the Lose 2kg Challenge today at: [2kgchallenge.com.au](http://2kgchallenge.com.au)

Stephen Bali MP

Labor

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