



2kg Challenge To Beat Diabetes

Support Your Patients with the 2kg Challenge Join the Movement to Prevent Type 2 Diabetes

What is the 2kg Challenge?

A **free, evidence-based 8-week program** that helps adults reduce their risk of type 2 diabetes through simple, sustainable lifestyle changes.

*Losing just 2kg can reduce the risk of
type 2 diabetes by up to 30%ⁱ*

Refer Your Patients Who:

- ✓ Have **pre-diabetes** or are at **risk** of type 2 diabetes, and
- ✓ Are **overweight**, and
- ✓ Want simple, practical tips to eat better and live healthier

How You Can Get Involved:

- Talk to eligible patients during consultations
- Encourage them to sign up at 2kgchallenge.com.au
- Display 2kg Challenge resources

Patients May Be at Risk If They:

- Live in **Western Sydney**ⁱⁱ
- Are **over 40 years old**
- Have a **family history of diabetes**
- Are from a high-risk background (e.g. Pacific Islander, Indian, Chinese, Southeast Asian, Middle Eastern, African, Aboriginal or Torres Strait Islander)
- Have a **higher waist measurement**
- Don't eat well or exercise regularly
- Had **gestational diabetes**
- **Smoke**
- Have **high blood pressure, cholesterol, or PCOS**ⁱⁱⁱ

i. Diabetes Care. 2006 Sep;29(9):2102–2107. doi: 10.2337/dc06-0560

ii. <https://westernsydneydiabetes.com.au/western-sydney/western-sydney-hotspot/>

iii. <https://www.diabetesaustralia.com.au/diabetes-risk/>



**Together, we can improve the health of our community – one small step at a time.
Be part of the 2kg Challenge today.**