



Introduction

Diabetes is a serious chronic disease affecting many Australians! The prevalence of diabetes continues to rise and the most recent data indicates that the prevalence of diabetes more than tripled between 1980 and 2000 (Tuomileho et al. 2001; DPP 2002).

There are three main types of diabetes – type 1, type 2 and gestational diabetes. The AusDiab study reported that 93% of adults with diabetes have type 2 diabetes.

Worldwide with 1.9 million deaths attributable to low levels of physical activity, and these levels projected to increase unless action is taken, it is clear physical activity should be used more often as a treatment within primary healthcare and general practice (WHO 2007). Aquatics and Recreation Victoria recommends the 'Better Being' Exercise Referral Program be used as part of the management and prevention of lifestyle related health issues such as Type 2 Diabetes for the long-term improvement of individual health outcomes.

Exercise referral programs can be defined as the 'specific and intentional direction of a patient by a healthcare professional through a formal referral process to personnel and facilities where a tailored physical activity program, appropriate to the persons needs, can be devised, supported and progress monitored' (NICE 2006, DoH 2001).

The 'Better Being' Exercise Referral Program takes one step further incorporating exercise with a lifestyle modification program which will educate, motivate and support participants to fit into a healthier lifestyle.

