

NOVEMBER 14, 2022

## **WORLD DIABETES DAY 2022:**

### **WESTERN SYDNEY DIABETES MASTERCLASS SERIES - A SUCCESS**

The theme for World Diabetes Day 2022 is *Access to Diabetes Education* and WSD Director, Professor Glen Maberly said the event on November 14 is a good opportunity to highlight the importance of supporting healthcare providers to better manage diabetes.

“Diabetes has become the largest burden of disease and western Sydney is a hotspot,” Prof Maberly said.

“WSD is working hard to build the capacity of GPs and healthcare providers to better manage diabetes in the community.”

WSD recently ended its very successful Diabetes Masterclass Series, where it partnered with a prestigious faculty of 50 health professionals from across NSW to help tackle the diabetes epidemic in NSW.

This series was facilitated by WSD, ACI – Agency for Clinical Innovation, Blacktown Metabolic and Weight Loss Clinic, Diabetes, Obesity Metabolism Translational Research Unit (DOMTRU), Western Sydney LHD/PHN, Hunter New England LHD/PHN, Nepean Blue Mountains LHD/PHN, and South Western Sydney LHD/PHN.

The event targeted GPs, pharmacists, diabetes educators, nurses, endocrinologists, dietitians, exercise physiologists, psychologists and podiatrists to better equip them with the skills to better manage type 2 diabetes.

WSD delivered a comprehensive and engaging program with a seven week virtual program featuring a range of expert guest speakers, interactive case studies and panel discussions for each evening.

More than 870 health practitioners from across Australia registered for this event to hear talks on topics related to diabetes such as screening for dementia; obesity; mental health; eyes; pregnancy; and aged care.

After a two-year hiatus, a full face to face session was held on November 5 where more than 260 people registered.

“Each year the Masterclass series delivers a wealth of information and hot topics to keep health professionals updated on diabetes,” Prof Maberly said.

“The significantly large number of registrants and predominantly positive feedback highlights the success of this series and face-to-face session.”

The series has been recorded and is available as an educational resource tool. Anyone can access it online through myINTERACT at <https://rego.interact.technology/wsdmasterclass2022>

Prof Maberly is reminding people who could be at high risk of type 2 diabetes to go and get a HbA1C blood test.

This includes adults in western Sydney who has more than one of the following risk factors:

- A family history of diabetes;
- An inactive lifestyle;
- Is overweight or obese;
- Had diabetes during a pregnancy;
- Is 45 years old or older; and
- Has a Pacific Island, Indian subcontinent, Chinese, South East Asian, Aboriginal or Torres Strait Island background

WSD is a collaborative initiative led by Western Sydney Local Health District and Western Sydney Primary Health Network (WentWest) to address the [Western Sydney diabetes hotspot](#).

**Details:** [www.westernsydneydiabetes.com.au](http://www.westernsydneydiabetes.com.au)

**Media inquiries:** eEngagement and Education Manager, Heloise Tolar, [Heloise.Tolar@health.nsw.gov.au](mailto:Heloise.Tolar@health.nsw.gov.au) or 0417 872 245