

## MEDIA RELEASE

10<sup>th</sup> July 2017

### Rouse Hill diabetes initiative encourages residents to get screened at no cost

During National Diabetes Awareness Week, 9<sup>th</sup> -15<sup>th</sup> July, the Rouse Hill diabetes initiative encourages local residents to be screened for the condition and receive a free community consultation on living a healthier lifestyle.

Led by the Western Sydney Primary Health Network (WSPHN), the screening will be conducted on Monday 10<sup>th</sup> and Wednesday 12<sup>th</sup> July at a Rouse Hill Town Centre, with health experts on hand to provide health checks relating to diabetes.

With the increasing rate of diabetes across western Sydney, many people would not be aware that they could be at high risk of having or developing diabetes. Preliminary studies suggest that 4% of Rouse Hills' 20,000 residents may have diabetes. Whilst the figure is lower than the national average, western Sydney is considered to be a diabetes "hot-spot" with over a quarter of western Sydney (200,000 people in total) likely to have diabetes or pre-diabetes. By 2025 it has been estimated that the prevalence of diabetes will be 204 per cent higher in men and 147 per cent higher in women.

Sharon McClelland, Nurse and Credentialed Diabetes Educator, encourages people to receive their diabetes check and said, "With the growth and expansion of western Sydney, the two day screening is a good opportunity for people to receive a free check. It's open to the local residents of Rouse Hill and we look forward to meeting local residents to discuss healthy living".

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**For more information please contact:**

Gemma Aborele  
Marketing and Communications Specialist  
E: [gemma.aborele@wentwest.com.au](mailto:gemma.aborele@wentwest.com.au)

Twitter: @WentWest\_Ltd

**About WentWest**

WentWest's focus on providing better health care in the community was strengthened with its appointment as a Tranche 1 Medicare Local in July 2011 to now operating as the Western Sydney Primary Health Network. WentWest has built on its experience as a Division of General Practice in supporting GPs and their practices, connecting health services to meet local needs, and striving for better health outcomes for western Sydney.

The population living in western Sydney is culturally, linguistically and socio-economically diverse, and we also have the largest urban Aboriginal community in Australia. WentWest works closely with doctors, allied health professionals, the Western Sydney Local Health District and many others to improve the coordination of local health services for patients and their families.