



**The Cultural Diversity Program at Diabetes Australia – Vic** provides resources for Victorians from culturally and linguistically diverse backgrounds. The program offers diabetes awareness sessions in nine languages, written resources and Multilingual Infoline.

**Resources are available** for people from Arabic, Chinese (Cantonese and Mandarin), Greek, Italian, Macedonian, Spanish, Turkish and Vietnamese backgrounds. These include the Live Well with type 2 diabetes and Prevent type 2 diabetes brochures. These are both plain language brochures that provide basic guidelines for prevention and management of type 2 diabetes. These are available at the following link: [http://www.diabetesvic.org.au/diabetes-prevention/prevention-programs/cultural-diversity-program#Translated\\_Resources](http://www.diabetesvic.org.au/diabetes-prevention/prevention-programs/cultural-diversity-program#Translated_Resources)

**The Multilingual Infoline at DA–Vic** connects callers with a diabetes educator, dietitian or advocacy officer with the help of an interpreter. People can call the following numbers for information about diabetes in their own language:

Arabic	9321 5428	Mandarin	9321 5436
Cantonese	9321 5429	Spanish	9321 5435
English	1300 136 588	Turkish	9321 5432
Greek	9321 5430	Vietnamese	9321 5433
Italian	9321 5431	Other languages	9321 5438
Macedonian	9321 5434		

For more information: Kim O'Brien on (03) 9667 1733 or email [kobrien@diabetesvic.org.au](mailto:kobrien@diabetesvic.org.au)

**The pictorial guide to healthy eating** is targeted at individuals who may have difficulty reading and understanding large amounts of complex written information and is available for download here: <http://www.diabetesvic.org.au/type-2-diabetes/healthy-eating>. This resource will soon be available in other languages including Chinese, Vietnamese, Arabic, Greek, Italian and Sudanese, with each resource presenting culturally appropriate food choices. This guide is part of a series of booklets that will soon be available. These will include Exercise, Foot Care and Staying Well.