



July 16, 2008

Media Statement

**DIABESITY SYMPOSIUM SHARES HEALTH DISCOVERIES**

A team of health and agricultural experts held a free public symposium on Tuesday, during National Diabetes Week (July 13 to 19), and told participants about the new wave of initiatives underway to help combat diabetes and obesity.

More than 70 people gathered at Royal Perth Hospital for 'A Fresh Approach to Beating Diabetes' hosted by the Centre for Food and Genomic Medicine, based at the Western Australian Institute for Medical Research (WAIMR).

The Centre's Director Professor Peter Leedman told the group about current research programs aimed at beating obesity and type 2 diabetes and Diabetes WA's Di Ledger spoke about the new support and education tools available to help people manage and prevent the condition.

As well as being given the opportunity to have health questions answered by an expert panel, participants had the opportunity to taste-test lupin-based food products, which received rave reviews.

CFGM Director Professor Peter Leedman said the symposium was a great forum for new ideas and good quality information and the lupin foods proved a big hit.

"This was a perfect opportunity for people to learn about ground-breaking discoveries and research into diabetes and obesity directly from the medical researchers, and many people who tasted the lupin foods were impressed and said they thought they would add them into their diets," he said.

"The hot-topic of the day was our research into creating new foods with the power to reduce appetite and help with weight loss with lupin grain which is high in protein and low in carbohydrates."

Diabetes WA introduced the group to 'My Healthy Balance' a new online program launched this week, designed to help prevent type 2 diabetes by giving people the encouragement and tools to improve their health.

"The right tools and knowledge are crucial in order to prevent type 2 diabetes and manage it well, so this is a fantastic opportunity for people to arm themselves with the best ways to improve their health today and into the future," Diabetes WA CEO Liz Benson said.

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