

OUR PROGRAMMES, RESOURCES AND TOOLS

	Purpose						Format				Target population					Primary lifestyle behaviour of focus					Link	
	Self-management	Behaviour change	HCP training	Guidelines	Health information resource for HCPs	Health information resource for public/patients	Face-to-face	Hybrid	Virtual	Document/booklet/publication	Diabetes Prevention	Diabetes management	Gestational diabetes	Diabetes Remission	Multi-morbidity	General	Physical activity	Sedentary Behaviour	Sleep	Diet		Weight management
DESMOND: Diagnosed and Foundation	✓	✓					✓					✓					✓	✓		✓	✓	LINK
DESMOND: Let's Prevent	✓	✓					✓				✓						✓	✓		✓	✓	LINK
DESMOND: Walking Away	✓	✓					✓				✓						✓					LINK
myDESMOND Diabetes	✓	✓						✓			✓						✓			✓	✓	LINK
myDESMOND Babysteps	✓	✓						✓				✓					✓					LINK
myDESMOND Let's Prevent	✓	✓						✓			✓						✓			✓	✓	LINK
Steps4Health	✓	✓				✓		✓						✓	✓	✓	✓	✓				LINK LINK
Physical Activity Dashboard (sleep, sedentary, steps, sweating, strength)	✓				✓	✓		✓						✓	✓	✓	✓	✓				
Smart Work and Life		✓						✓							✓		✓					LINK
Get Moving, Get Healthy			✓		✓	✓		✓							✓	✓	✓					LINK
WHO Physical Activity Guidelines				✓					✓						✓	✓						LINK
EASD/ADA Updated Consensus Guidelines				✓					✓		✓					✓	✓	✓				LINK
At High Risk of 2 Diabetes Booklet						✓			✓	✓						✓	✓		✓	✓		LINK
Lifestyle discussions: Physical activity and type 2 diabetes			✓		✓	✓		✓	✓		✓					✓	✓					LINK
Reversing Diabetes: Fact or Fiction?			✓					✓					✓						✓	✓		LINK
Effective Diabetes Education Now (EDEN)			✓				✓			✓	✓	✓	✓	✓		✓	✓		✓	✓		LINK