

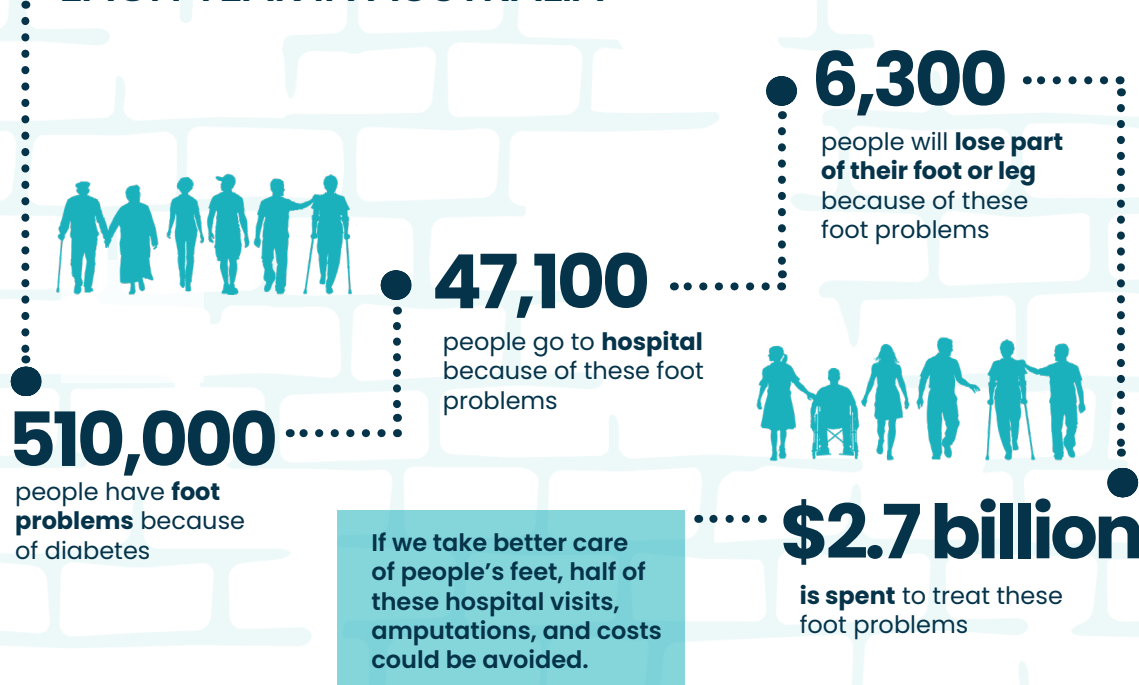
# PLAIN LANGUAGE SUMMARY



Diabetes can cause serious foot problems, which can lead to hospital visits, amputations (losing a part of the foot or leg), and high medical costs. These foot problems include things like not being able to feel the feet, poor blood flow, sores, and infections.

## KEY STATISTICS

### ● EACH YEAR IN AUSTRALIA



## NEW PLAN

The **Australian Strategy for Foot Health and Disease in Diabetes 2030**: improving the foot health of people living with diabetes is a new plan to help people with diabetes take better care of their feet and prevent serious foot problems. This plan targets how to improve the foot health of all people with diabetes in three main ways.

**A**

Better access to care for everyone

**B**

Make sure care is good quality

**C**

More research and development

# A

## Better access to care for everyone

1

### Annual foot checkups

Make sure all people with diabetes get their feet checked yearly by a health professional to see how likely they are to get foot problems and catch them early.

2

### Care to prevent foot problems

When people are found to be more likely to get foot problems, they should get regular foot care, wear the right shoes, and learn how to keep their feet healthy.

3

### Special care teams for foot sores

When someone has a sore on their foot, they should get care from a special team of foot care experts to prevent it from getting worse.

4

### Good foot care service standards

Make sure the rules for foot care services are based on the latest research and services follow these rules to do a good job for patients.

5

### Collect foot care information

Collect information about foot care services to make sure they keep improving and give better results for patients.

6

### Good foot care guidelines

Regularly update the guidelines that tell health professionals how to best treat foot problems, based on the latest research.

# B

## Make sure care is good quality

7

### More money for research

Lobby for more money for research (an extra \$30 million per year) to learn more about how to help people with foot problems get better faster.

8

### Plan for research

Make sure the money spent on more research is spent in the best ways to help different communities with foot problems.

9

### Create a research network

Set up a national group of scientists and researchers to work together, learn from each other, and teach new researchers to help foot care get better faster.

# C

## More research & development



If we follow this plan, the foot health of those living with diabetes should improve, and we can greatly reduce hospital visits, amputations, and medical costs in Australia.