

## Some quick facts on diabetes

- The danger of diabetes is real; over 50 New Zealanders are diagnosed every day!
- You will know someone with diabetes.
- Diabetes is when your body loses its ability to control your blood glucose (sugar) properly.
- People with diabetes need to carefully manage what they eat and drink and stay active to make sure they keep their blood glucose in check.
- Type 2 diabetes can mostly be prevented or delayed by making simple changes to your lifestyle.
- While diabetes is very serious, it can be managed and people can still lead active full lives in spite of the disease.

## Start preventing type 2 diabetes TODAY

**Choose one simple thing to make your start towards living a healthier life**

**Talk to your family and friends with diabetes**

Visit our website  
**thedangerisreal.co.nz**  
To find out more



**diabetes**  
new zealand

INSIGHT 5720

**WILL YOU  
BE KILLED  
BY YOUR  
SOFA?**

### The causes and dangers of type 2 diabetes are real.

Like the fact that sitting around on your couch instead of being active could allow type 2 diabetes to take your life.

*Read on and find out how it can affect you.*



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# Diabetes is a real danger that affects all New Zealanders

OK, so what can you do?

Diabetes has become one of New Zealand's leading health problems, currently affecting over 225,000 Kiwis, with more than 50 new people being diagnosed each day. So, if you are not already directly affected, you probably know someone who is.

## → Diabetes is all about controlling the glucose (sugar) in your body

Diabetes is a dangerous medical condition where your body cannot produce enough insulin to control blood glucose levels.

This can cause a lot of damage to the body and can lead to heart and kidney disease, loss of eyesight, amputation of feet or legs and even death.

There are different types of diabetes. Type 1 diabetes can happen to anyone, regardless of their diet or lifestyle.



But for many, diabetes comes from unhealthy eating habits – especially eating too much of those foods high in sugar and fat - and a lack of exercise (type 2 diabetes).

People with diabetes need to carefully manage what they eat and drink and stay active to keep their blood glucose in check.

Many need to take medication (tablets or insulin injections) to keep themselves well.

## → Type 2 diabetes can be prevented

Type 1 diabetes hits people at random and there is no way to prevent it, however, it can be managed.

Type 2 diabetes is different, as it can mostly be prevented by staying active and choosing healthier foods. And if your doctor gives you a warning that you are at risk of type 2 diabetes you have a good chance of preventing (or at least delaying) the disease.

## There are a few simple things you can do today to help prevent type 2 diabetes

Starting out on a healthier lifestyle can seem daunting, but by starting small and changing just one thing at a time, you could be starting yourself off on a type 2 diabetes free life.

1. Make at least half of your meal veggies
2. Add 30 minutes of walking to your day
3. Choose bread with grains
4. Swap fizzy drink for water
5. Visit our website [thedangerisreal.co.nz](http://thedangerisreal.co.nz) to find out more

**However, the very best thing you can do is to go to your doctor and find out if you are at risk.**

The sooner you do this, the better your chances of delaying type 2 diabetes or avoiding it altogether.