



DIABETES in New Zealand

Diabetes is



RISING

in New Zealand

The 3 main types of Diabetes:

- **Type 1 Diabetes** (Insulin Dependent Diabetes Mellitus)
- **Type 2 Diabetes** (Non- Insulin Dependent Diabetes Mellitus)
- **Gestational Diabetes** (Diabetes during pregnancy)

Fact: Over **225,000** New Zealanders
or **5%** of New Zealanders
have Type 1 or Type 2

90% of people with diabetes have Type 2

Some Risk factors for Diabetes



Family history



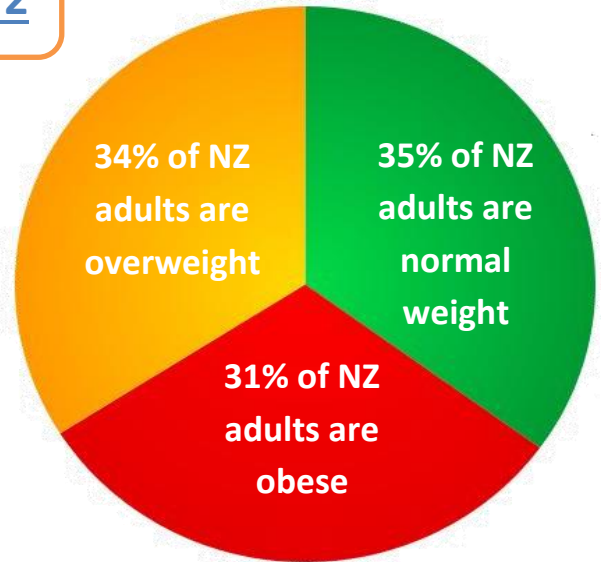
Overweight



Unhealthy eating



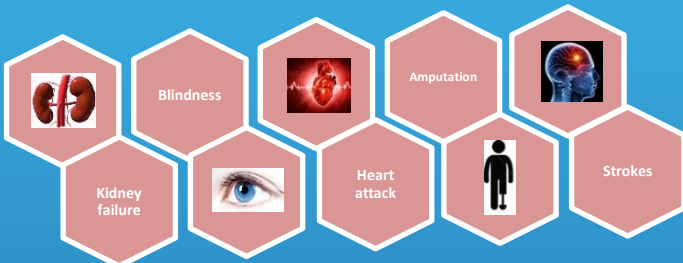
Lack of exercise



What is Type 2 Diabetes?

People with type 2 diabetes have too much sugar in their blood.

Diabetes can lead to health problems



❖ **Overweight/ Obesity is a major changeable risk factor for Diabetes**

The Ministry of Health suggests that:

30 minutes of exercise a day can reduce your risk of developing Type 2 Diabetes by

40%