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 Diabetes.

**34% of NZ adults are overweight**
**35% of NZ adults are normal weight**
**31% of NZ adults are obese**

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**
- Blindness
- Kidney failure
- Heart attack
- Amputation
- Strokes

The Ministry of Health suggests that:
30 minutes of exercise a day can reduce your risk of developing Type 2 Diabetes by 40%