



- Reduce weight



- Be active for 30 minutes or more most days of the week



- Eat healthy food



- Check out our 'Eat Well Live Well' cookbook for delicious, affordable and healthy meals



- Achieve and maintain good control of your blood pressure and blood cholesterol



- Check out our take control toolkit on our website for more ways to keep healthy



- Get an annual heart and diabetes check from a health professional



- Find your circle of support and connect with whanau and friends to take action together



Find Support

With support, it's possible to reduce or delay your risk of type 2 diabetes or live well with diabetes if you have it.

Friends and whanau can be a great help, making it easier for you to choose the right foods and get good exercise. It also helps to connect with others with diabetes, so you can help each other with advice and encouragement.

Diabetes NZ is a charity that represents and supports people with diabetes. We can help you find information and support you to manage your health and well-being.



Visit
www.diabetes.org.nz
to find out more or to join us.

Diabetes

What you need to know



- Know your risk
- Know the symptoms
- Know the difference
- Know where to find support



What is diabetes?

Diabetes is an enduring disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy.

There are three main types of diabetes:

TYPE 1 **Type 1 diabetes** is usually caused by an auto-immune reaction where the body's defence system attacks the cells that produce insulin. People with type 1 diabetes produce very little or no insulin. The disease may affect people of any age, but usually develops in children or young adults. People with this form of diabetes need injections of insulin every day in order to control the levels of glucose in their blood.

TYPE 2 **Type 2 diabetes** accounts for at least 90% of all cases of diabetes. The diagnosis of type 2 diabetes can occur at almost any age. Type 2 diabetes may remain undetected for many years and the diagnosis is often made when a complication appears or a routine blood test is done. People with type 2 diabetes can often initially manage their condition through exercise and diet. However, over time some people will require oral drugs and/or insulin.

Gestational diabetes (GDM) occurs when a pregnant woman has high levels of glucose in her blood. Unlike type 1 and type 2 diabetes, gestational diabetes is only temporary and usually disappears after pregnancy. However, a woman who has had gestational diabetes has an increased risk (50-60%) of developing type 2 diabetes in the future.

Are you aware of your risk of developing diabetes?

Awareness of your level of risk of developing type 2 diabetes is a good starting point to know if you need to visit your health professional for appropriate testing. Just answer the quick questions below and you will receive a score which will help with understanding your level of risk and next steps.

LIFESTYLE	NO	YES
I am overweight for my height	0	3
I do very little physical activity	0	3
I often eat foods high in fat and sugar	0	3
FAMILY - ORIGIN	NO	YES
There is, or has been diabetes in my family	0	3
I'm of Maori, Pacific Island, South Asian or Middle Eastern descent	0	3
I have had a baby weighing more than 9lbs (4kg) or high blood glucose during pregnancy	0	6
AGE	NO	YES
I am between 35 and 64 years of age	0	1
I am over 65 years of age	0	3
TOTAL		

Score 3-5

You are probably at low risk for having type 2 diabetes now. However, you may be at a higher risk in the future.

Score 6 or more

You are at greater risk of having type 2 diabetes. Only your health care provider can determine if you have diabetes. Visit your doctor to find out more.

Know the Symptoms

If you know what to look out for, you can help your medical carers to diagnose diabetes earlier. This can limit the damage the condition causes and improve your lifestyle.

The symptoms of type 1 diabetes usually start in childhood. They include thirst, passing more urine, weight loss, exhaustion, mood changes.

Type 2 diabetes usually leads to symptoms such as feeling tired and lacking energy, feeling thirsty, going to the toilet often, getting frequent infections or ones that don't heal, poor eyesight or blurred vision, often feeling hungry.

To find out more visit
www.diabetes.org.nz

