

How do you measure up

Australian Better Health Initiative
A joint Australian, State and Territory government initiative.



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DON'T GET IT TYPE 2 DIABETES PREVENT IT



ARE YOU AT RISK?

The facts

Type 2 diabetes occurs when the body does not make enough insulin and the insulin that is produced doesn't do its job properly. Insulin helps the body use glucose (sugar) to make energy.

Getting tested for diabetes is important as many people have the condition but are unaware.

Diabetes is serious but can be managed.

Risk factors for type 2 diabetes

Factors you can change:

- Sedentary lifestyle
- Unhealthy diet
- Carrying extra weight around your middle

- High blood pressure
- Smoking

Factors you can not change:

- Having family members with type 2 diabetes
- Getting older
- Being from one of the following backgrounds: Aboriginal or Torres Strait Islander, Chinese, Pacific Islander, Middle Eastern or Indian
- A past history of high blood glucose

To lower your overall risk of type 2 diabetes, reduce the risk factors that you can control.



Symptoms

People can have diabetes for many years before they notice any symptoms.

Symptoms may include:

- Tiredness
- Blurred vision
- Increased thirst and urination
- Slow healing cuts or sores

Diagnosis

Type 2 diabetes can only be diagnosed by a laboratory blood glucose test.

To reduce your risk

Reduce your risk of type 2 diabetes by following key health goals:

- Reduce your weight by at least 5%
- Increase physical activity (aim for at least 30 minutes a day)
- Eat a healthy diet
 - Reduce total and saturated fat intake
 - Increase fibre intake

