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

**90% of people with diabetes have Type 2**

**Some Risk factors for Diabetes**

- Family history
- Overweight
- Unhealthy eating
- Lack of exercise

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

**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
- Strokes
- Amputation

The Ministry of Health suggests that:

30 minutes of exercise a day can reduce your risk of developing Type 2 Diabetes by **40%**

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