

HEALTH TIP - WORLD HEALTH DAY

APRIL

DIABETES PREVENTION

2016



In 2016, the World Health Organisation (WHO) is focusing World Health Day on diabetes.

The burden of diabetes is increasing globally, and is in large part due to rapid increases in obesity, poor nutrition and physical inactivity. However, simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes.



Reduce your risk:

- Achieve and maintain a **healthy body weight**.
- **Be physically active** - At least 30 minutes of regular, moderate-intensity activity on most days.
- **Eat a healthy diet** of 2 serves of fruit a day and 5 servings of vegetables a day, and reduce sugar, trans and saturated fat intake.
- **Avoid tobacco** use and **limit alcohol** intake.
- **See your doctor** for regular check-ups.

Diabetes facts

- Approximately 347 million people worldwide have diabetes.
- Type 1 diabetes (often called 'juvenile diabetes') and type 2 diabetes (also known as 'lifestyle diabetes') are the most common forms of diabetes.
- Type 1 is typically characterised by a lack of insulin production and type 2 results from the body's ineffective use of insulin.
- Type 2 is much more common than type 1, and in many cases can be prevented.

**6th highest
cause of death by disease
in Australia**



Source: www.diabetessa.com.au, www.diabetesaustralia.com.au

CHG

Address: 69 Henley Beach Rd Mile End SA 5031

Ph: 08 8354 9800

Fax: 08 8354 9844

www.chg.net.au