



Summary of the LBD Benchmark Survey

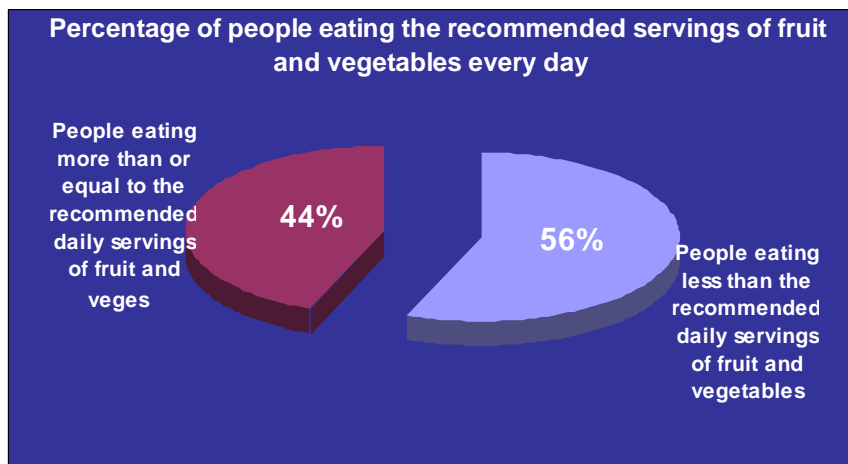
It was a great achievement that more than 2,500 people from Counties Manukau over the age of 16 took part in the survey. We were delighted in this level of participation from our community.

Your answers and the answers of other people in our community have given us a lot of new information to work with. This information has helped us plan and carry out programmes that are more helpful to our community.

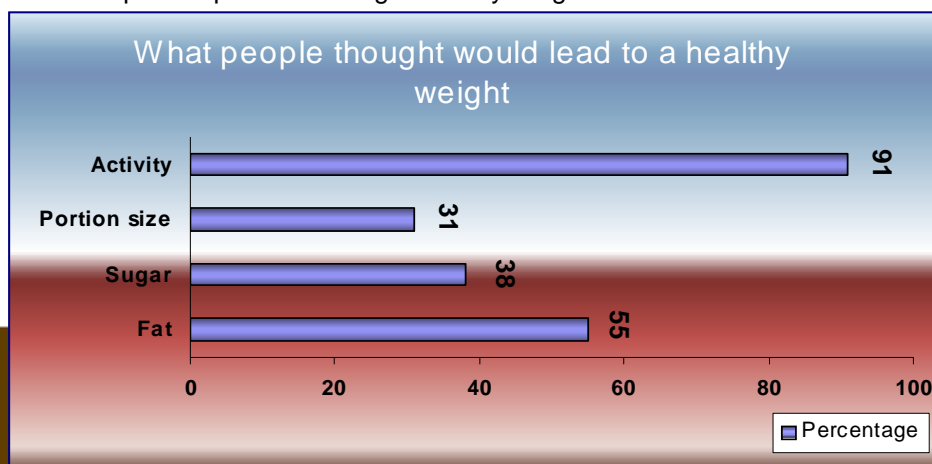
Below are some of the interesting things we found from the survey. For the full report go to: www.letsbeatdiabetes.org.nz

What we eat and drink

We found out that on average people ate around 4 and a half servings of fruit and vegetables a day. This was a very good result as it is not too far below the recommended five servings of fruit and vegetables each day. However more than half of people interviewed were eating below the recommended levels so there is a lot of room for improvement.



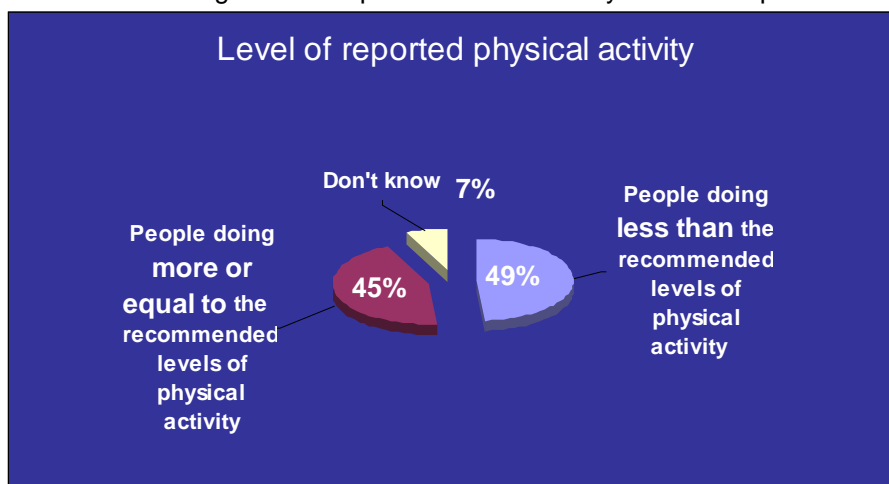
- We found out that half of the people we asked drank high-sugar drinks at least once a week. There was a smaller group, mainly young men who drank fizzy drinks more often. Fizzy drinks were something we were very interested in because they are very high in sugar and can lead to even very young people putting on more body weight than they need. Being overweight or obese can mean even young people are at risk of developing Type 2 Diabetes.
- We found that over half of the people interviewed felt that they had eaten more than they needed at some time in the previous week and these people did so around three or more times a week. How much people eat during each meal is also important. Eating more food or energy than we can burn off in a day means that food will be turned into body fat which increases the risk of Type 2 Diabetes and heart disease.
- We found that many people know that diet is important in managing weight. Just over half of all people said that limiting the amount of fat in their diet would help. However fewer people mentioned a connection between limiting the sugar they eat or having smaller serving sizes of meals as a way of managing their weight. What food you eat, how much you eat and the physical activity are all important parts of having a healthy weight.



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Keeping Active

We found that nearly half of all the people we asked were regularly physically active through the week. That's great, but it means that we have a long way to go to get the whole community active. Almost all the people we talked with had a very good understanding that physical activity is an important way of maintaining a healthy weight. Keeping physically active is a really important way of keeping healthy throughout our lives. It is recommended that adults should do at least 30 minutes of physical activity everyday and that it should be enough to build up a sweat and make you huff and puff a bit.



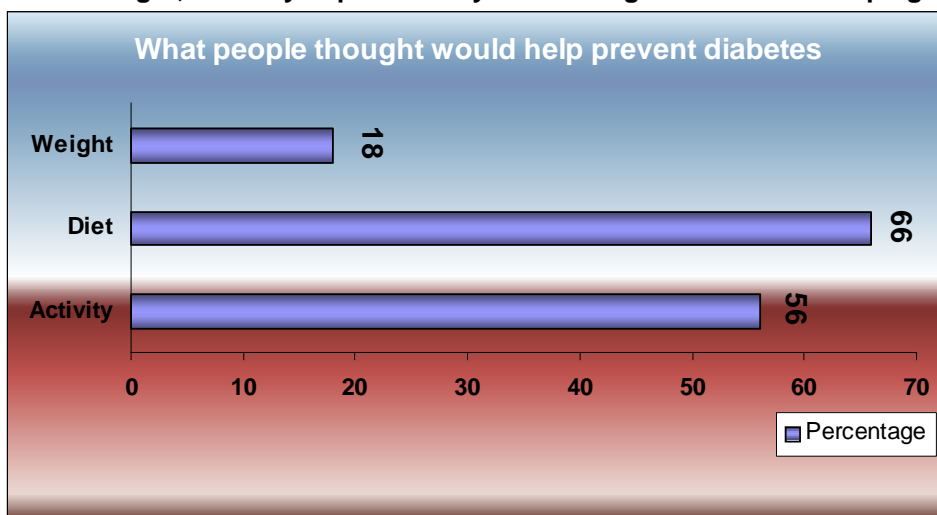
What we know about weight

One thing we found about body weight is that not everyone understands what a healthy body weight or body shape is. Around three out of every four people felt that they knew what their body weight and body shape should be. However information from other surveys show us that most people do not realize that they are overweight or obese. This means they don't realize their weight might be causing them to be at risk of Type 2 Diabetes and other health problems. Taking your waist measurement is one way of checking whether you have a healthy body shape. For women if your waist is greater than 88cm and for men if your waist is greater than 102 you have increased risk of Type 2 Diabetes, heart disease and some cancers.

What we knew about Diabetes

Type 2 Diabetes is a condition which can be prevented for a lot of people.

- Two out of three people knew that taking care around what they eat could prevent diabetes. Having a healthy diet, low in fatty foods, sugary foods and drinks yet high in fruit, vegetables and fibre is a great way to prevent Type 2 Diabetes.
- Fewer people, around one in every two people said that being physically active was also a way for preventing diabetes. Keeping active is more important in preventing in Type 2 Diabetes and other health problems than many people realise. Doing more exercise or more activity everyday is a great way to improve your health.
- Most people knew that you can have diabetes without realising it, and that it could increase the risk of heart disease. However almost half of the people we talked to thought that only people who ate a lot of sugar developed diabetes. Eating a lot of fat, putting on too much weight and not doing regular exercise can also lead to Type 2 Diabetes.
- **We found out that very few people knew that being overweight increased their risk of Type 2 Diabetes. Keeping a healthy body weight, or losing weight if you are overweight, is a very important way of reducing the risk of developing diabetes.**



Facts for Diabetes

Presently there are around 27,000 people in the Counties Manukau region with diagnosed diabetes. A small number of these people will have Type 1 Diabetes. This is not preventable and is most often diagnosed in childhood. The majority of people diagnosed have Type 2 Diabetes. This is a condition which in many cases can be prevented or the onset delayed by making lifestyle changes, particularly around what we eat and how active we are.

Diabetes is a life-long condition which requires good diet and exercised to be managed well. The complications of the condition can include heart disease, kidney failure, and nerve damage leading to blindness and amputations.

Risk factors which can increase the likelihood of developing Type 2 Diabetes

- Being overweight, especially carrying a lot of weight around the stomach (If someone is has a waist measurement which is larger than their hip measurement or a waist measurement greater than around 88cm for women and 102cm for men then they are at risk.)
- Having a close relative with Type 2 Diabetes
- Having had gestational diabetes (diabetes during a pregnancy)
- Having a sedentary lifestyle (low levels of physical activity)
- Having a diet high in saturated fats (such as animal fats and palm oil) and sugars, including sugary drinks.

Ways to prevent, delay or manage diabetes for you and your family

- Maintain a healthy weight, or work to reduce body weight
- Exercise regularly (at least half an hour every day of activity, enough to build up a sweat, and one hour everyday for children)
- Reduce the portion-sizes of meals (limit servings of meat to 3 or 4 times a week, each meat serving for an adult should be the size of the palm of an adult's hand, for children meat servings should be no bigger than the size of a child's hand.
- Eat a balanced diet with lots fruit and vegetables (eat 5 or more servings of fruit and vegetables every day)
- Reduce the amount of fatty and sugar foods and try to use low-fat cooking methods.

Signs and symptoms of diabetes

- Being more tired than usual
- Feeling more hungry or thirsty than usual and drinking more
- Needing to pass urine more frequently
- Having frequent infections such as boils
- Having pins and needle sensations

It is possible to have diabetes without any symptoms.

If you have signs and symptoms of diabetes or you are concerned about Type 2 Diabetes please contact your doctor or nurse.

For more information

The following are some great organisations to contact for general information and in many cases for FREE resources about a whole range of topics such as healthy eating, recipes, tips for getting active and quitting smoking, plus facts on obesity and diabetes.

Diabetes New Zealand: Their vision is that all people with diabetes, in New Zealand, are the best managed in the world and have the best access to health care. To join phone membership 0800 369 636, www.diabetes.org.nz/

Auckland Regional Public Health Service's Resource Centre, Manukau: Pamphlets, posters, stickers, leaflets, teaching kits, videos and other health promotion publications can be ordered (most are free of charge) by phoning, faxing or emailing your order. You can also call into the centre where Resource Co-ordinators will be available to help you (open on weekdays from 8.30am - 4.30pm). Physical Address: 2nd Floor Westfield Tower, Leyton Way, Manukau.

09 261 1623, www.arphs.govt.nz



Diabetes Projects Trust: Diabetes Projects Trust offers specially tailored sessions and programmes dealing with a wide range of topics for free including healthy living, eating well, what is diabetes, diabetes prevention, becoming more active and more, www.dpt.org.nz/

Te Hotu Manawa Maaori: Te Hotu Manawa Maaori provides services tailored to meet the needs of Maaori. This includes providing resources with recipes, advice on healthy kai and fitness, quitting smoking and other topics. Ph 09 638 5800, www.tehotumanawa.org.nz

Pacific Islands Heartbeat: Pacific Islands Heartbeat (PIHB) is a community health promotion initiative of The National Heart Foundation of New Zealand. They provide resources with advice on nutrition, recipes, fitness and other healthy heart tips for all Pacific Islanders in New Zealand. 09 5719191 extension 746 or 729, www.pacificheart.org.nz

Counties Manukau Sport: Counties Manukau Sport assists and supports people, community and organisations to participate in sport and physical activity. For more information on how to get active in the Counties Manukau region, give them a call for friendly advice: 0800 ACTIVE (0800 228 483) www.cmsport.co.nz

Play Day: Play Day is a website providing simple, searchable access to all the available information on physical activity and sports in the Auckland region, www.playday.org.nz

Local Councils: Contact your local council for information about facilities in your area such as recreation and leisure centres, parks & playgrounds, and what they have to offer (e.g. swimming lessons, hip-hop classes etc).

Franklin District Council
09 237 1300
www.franklin.govt.nz

Manukau City Council
09 262 5104
www.manukau.govt.nz

Papakura District Council
09 295 1300
www.papakura.govt.nz

Auckland Regional Council: ARC can provide information about regional parks in the Counties Manukau area: 09 366 2000 www.arc.govt.nz

Webhealth: On Webhealth you can find a health or social service provider, useful information on health and wellbeing and keep up to date with local events in Counties Manukau on the Community Noticeboard. If you are part of a group or organisation that provides health and well-being services, you can register your service for free, www.webhealth.co.nz

Sport & Recreation NZ: SPARC is dedicated to getting New Zealanders moving. The SPARC website provides helpful information and resources to meet a wide variety of needs – from information about training for competitive athletes to support for local coaching and ideas and resources for families to Push Play, www.sparc.org.nz

Ministry of Health: Resources about many health related topics can be ordered on-line at www.healthed.govt.nz

Let's Beat Diabetes: Let's Beat Diabetes is a district wide programme aimed at long-term, sustainable change to prevent or delay the onset of Type 2 Diabetes, slow disease progression and increase the quality of life for people with diabetes in Counties Manukau www.letsbeatdiabetes.org.nz

If you are visiting your Nurse or Family Doctor they may be able to assist you with more information about Diabetes.



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