Type 2 Diabetes is the most common type of diabetes in the world. It is also the most common type of diabetes in Fiji and is increasing at a very fast rate.

For more information on how to:

Contact:
NATIONAL DIABETES CENTRE
CWM Hospital/P.O.Box 115
Suva, Fiji Islands
Phone 331-3444

... A MESSAGE FROM THE NATIONAL DIABETES CENTRE ON HOW TO STAY FIT AND HEALTHY AND AVOID DIABETES.
HOW TO AVOID DIABETES

1. EAT SENSIBLY AND STAY SLIM

* Eat local foods in right amounts. Local foods are nutritious, moderate in calories, high in fibre and good for health.
* Avoid eating too much.
* Avoid eating fatty, sweet and salty foods. These foods are high in calories, not very nutritious and will make you fat.

2. STAY PHYSICALLY ACTIVE

* Exercise is important for good health.
* People should make a habit of regular exercise.
* Walking, playing, swimming and gardening are just a few good ways to exercise.
* Walking may be the best form of exercise because anyone can do it, anytime anywhere!

3. AVOID ALCOHOL

4. DEAL WITH STRESS
WHAT IS DIABETES?
Diabetes is having too much sugar in the blood because the pancreas cannot make enough effective insulin.

Let's start from the beginning.

The food we eat is changed into sugar and taken up into our blood. Therefore, everyone has SOME SUGAR in their blood. This sugar provides energy for the body to live and grow.

Everyone has a pancreas.
This is a PANCREAS. It makes insulin.

This is INSULIN.

TYPE INSULIN helps move sugar from the blood into the body cells

Body Cell Sugar Blood

When there is NOT ENOUGH INSULIN in the body, TOO MUCH SUGAR stays in the blood.

THIS IS DIABETES.

TYPES OF DIABETES
The two common types of diabetes are Type 1 Diabetes and Type 2 Diabetes.

Type 1 Diabetes occurs mainly in children and young adults, but can occur at any age. The symptoms are felt quickly, most of these people are underweight and they are more prone to diabetic coma.

People with Type 1 Diabetes CANNOT make their own insulin. They need insulin injections to stay healthy. This is also known as Insulin-Dependent-Diabetes.

Type 2 Diabetes occurs mainly in adults over the age of 40 years. Most of these people are fat (overweight or obese). They make some insulin, but not enough to meet their needs.

Some people with Type 2 Diabetes may need to take diabetic tablets. They usually do not need insulin injections for control. This is also known as Non-Insulin-Dependent-Diabetes.
Diabetes is caused by two main factors:
- the risk we inherit. This means that if your parents or other close relations have diabetes, then you have a greater chance of getting diabetes, too.

AND MORE IMPORTANTLY,
- the risks we acquire (or get) from our DAILY LIFESTYLE.

* BEING FAT (overweight or obese) is the single most important risk factor.

FAT PEOPLE (OVERWEIGHT PEOPLE) are 4 times more likely to get diabetes.

VERY FAT PEOPLE (OBSESE PEOPLE) are 30 times more likely to get diabetes.

*PHYSICAL INACTIVITY or lack of exercise can make a person fat and can keep insulin from working properly. Physically inactive people are more likely to get diabetes.

Although the risk of getting diabetes is inherited, diabetes is also thought to be a LIFESTYLE disease. In other words, people in Fiji who are living a fast changing lifestyle and who are:
- becoming FAT
- PHYSICALLY INACTIVE
eating an IMPROPER DIET under a lot of STRESS
- taking a lot of ALCOHOL
are more likely to get diabetes.

*IMPROPER DIET
Eating too much food or eating a lot of sugary and fatty foods will make a person fat or overweight.

Fat people have a greater risk of getting diabetes because their fat makes it more difficult for insulin to help sugar go from the blood to the body cells.

*PHYSICAL STRESS like serious infections or broken bones, OR MENTAL STRESS like worries or problems can bring diabetes on earlier in life.

*ALCOHOL. People who take large amounts of alcohol may damage their pancreas. This may lead to diabetes.