

Diabetes Action Month

Live well with Diabetes



Community and Public Health

Kia ora koutou,

November is New Zealand's annual Diabetes Action Month – a time to help Kiwis take action, promote awareness, and learn about diabetes. This November, we'd like to share some tips to help you and/or your whānau live well with or without diabetes:

- » Focus on your well-being/ health not the weight
- » Aim for at least 30 minutes of activity each day
- » Break up long periods of sitting with movement
- » Make the same food for you and your family. Healthy eating for everyone!
- » Monitor your blood sugar (glucose) levels if your health professional has recommended you to do this

How?

Start small. Focus on something you know you can change to improve your health then build on it. For example:

- Park your car further away from the office / supermarket
- Talk a short walk after a meal
- Use a smaller water bottle or cup and get up to fill it up more often
- Eat less salt by taking it off the table, season food before serving
- Use wholemeal flour instead of plain flour, and wholemeal or wholegrain rather than white bread
- Add a can of baked/ chilli beans to mince dishes
- Eat regular meals and spread carbohydrates (starchy foods like potato, rice, wraps, pasta, noodles, bread, etc.) to help keep blood sugar (glucose) levels even

If you or your whānau have been diagnosed with diabetes, times may be tough – dealing with pills, injections, not knowing what to eat, and the emotions that the diagnosis have evoked are all challenging. Just remember **you're not alone** – there are many other people having the same experience. There are also services around the Coast and good information on the internet that you can tap into.

Services within the community:

The [West Coast Primary Health Organisation](#) offers a range of programmes that promote healthy lifestyle as well as dietitian clinics. Ask your primary care provider or phone 03 768 6182 If you are ready to make some positive lifestyle changes. You can also make a self-referral [here](#)

Free yearly check-up at your medical center if you have diabetes. Ask your nurse when yours is due.

Some delicious diabetes-friendly recipes can be found [here](#)

For more information and resources, check-out: [Health Navigator](#)
[Health info](#), select 'Diabetes' under A-Z health topics
[Diabetes New Zealand](#)

Ngā mihi nui,
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