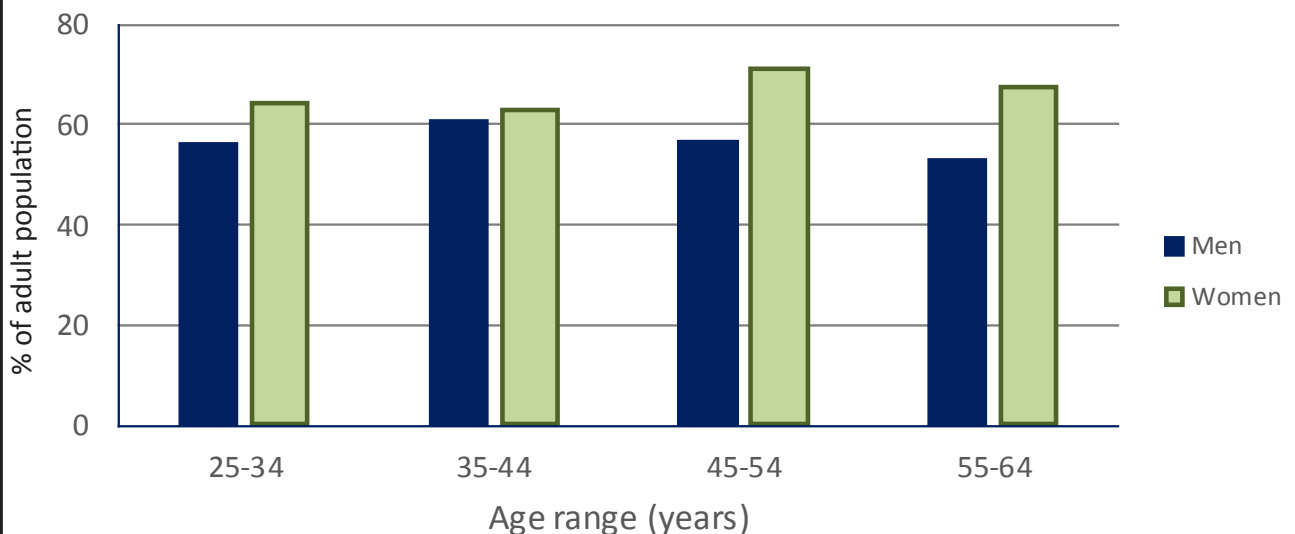


- Type 1 diabetes is not preventable, but type 2 diabetes risk can be reduced, contributing to prevention of this disease.
- The increase in rates of type 2 diabetes is directly linked to increasing rates of overweight and obesity, and decreasing rates of physical activity in our communities.
- A person is obese if their body mass (weight) puts them at increased risk of disease.
- Obesity and overweight increases a person's risk of getting type 2 diabetes. Reducing body mass reduces this risk.

### Prevalence of obesity in the Cook Islands adult population (2004)



Data from Taiera et al., 2011.

1. In 2004, what percentage of females aged between 35 and 44 years were obese? \_\_\_\_\_
2. In 2004, what percentage of males aged between 45 and 54 years were obese? \_\_\_\_\_
3. If 100 males aged 35–44 years were at a rugby match, how many would you expect to be obese?  
\_\_\_\_\_
4. In which age group is there the largest difference between the proportion of males and females that are obese? Approximately what is the difference?  
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5. Write a short summary paragraph to describe the trends or patterns shown in this graph. Your summary should talk about patterns related to age and gender (sex).

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6. The Ministry of Health has just completed data collection for the 2014 STEPS survey. Do you think the patterns in the data will have changed? Why or why not? If you think they will have changed, how do you think they will have changed?

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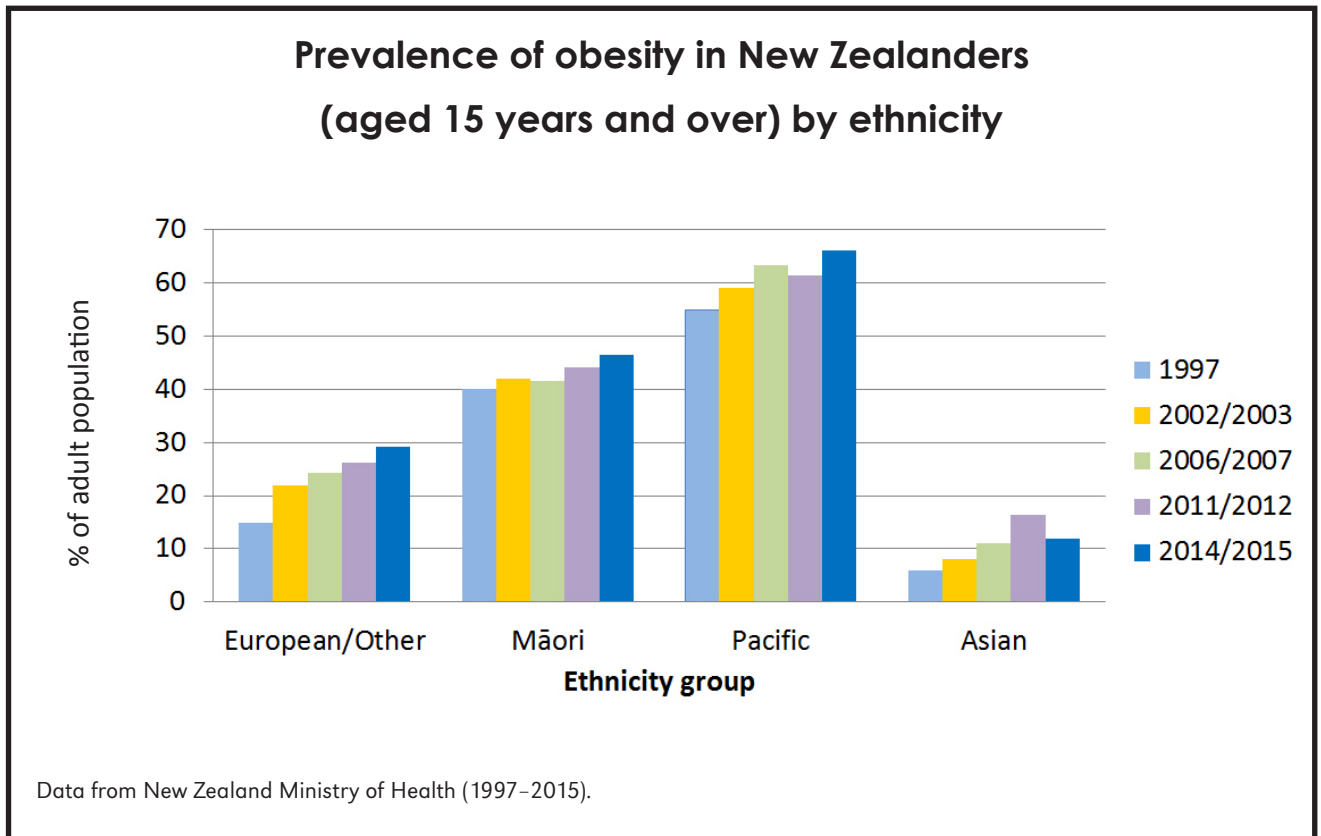
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- In New Zealand, around 64% of the total population are overweight or obese.
- The reasons why people become overweight or obese are not simple.
- The chart below presents data about obesity for the main ethnic groups in New Zealand.



7. Were there any ethnic groups that did not show an increase in the incidence of obesity between 1997 and 2012?

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8. Which ethnic group had the highest proportion of obese adults over all four sampling periods?

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9. How does the data on this graph about Pacific Island people living in New Zealand compare with the data on the previous graph about obesity in the Cook Islands?

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