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How does obesity increase a person's risk of getting type 2 diabetes?

- Pacific Islanders are the world's fattest according to International Obesity Taskforce
- When BMI increases, the chances of being diagnosed with non-communicable diseases also increases
- A move away from traditional diets toward fattier western-style foods and a lack of physical activity is to blame
- In New Zealand, 15% of men and 19% of women are obese. This is worse for Maori and Pacific women – 27% of Maori women and 47% of Pacific women are obese in New Zealand



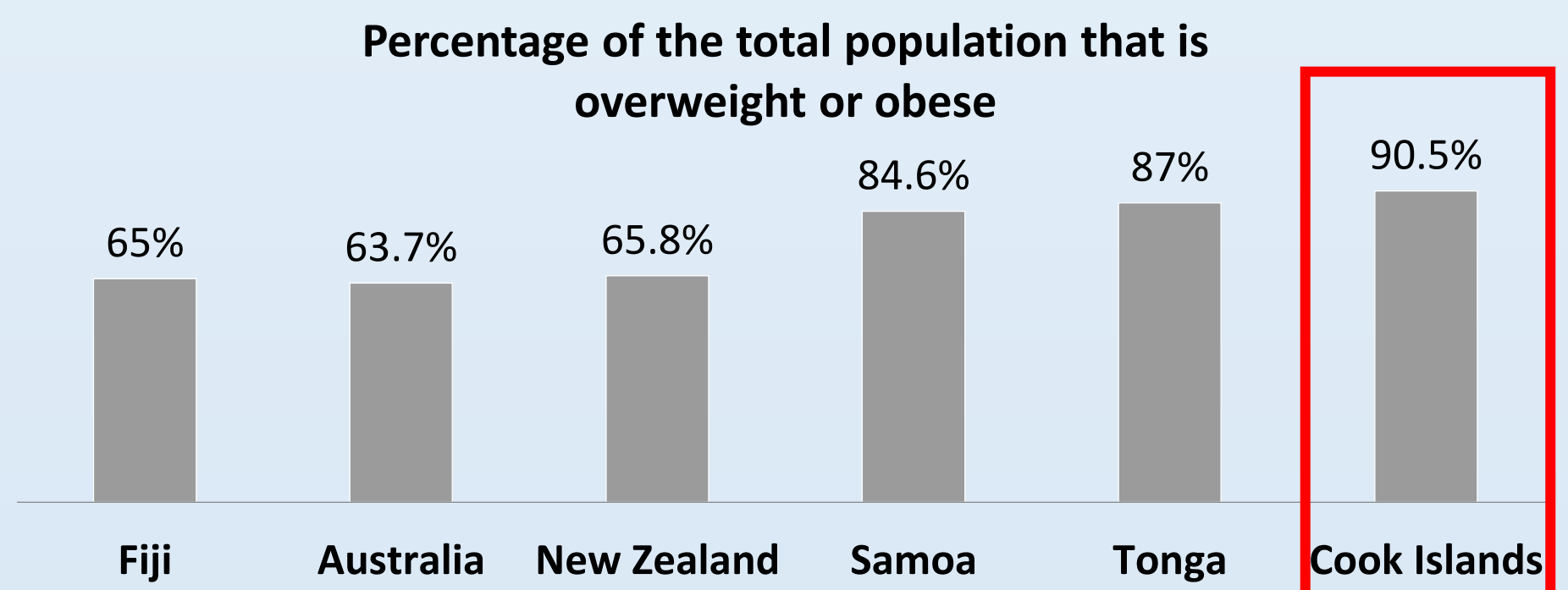
- Diabetes is a disease that affects many people globally
- There are three types: gestational, and types 1 and 2 diabetes
- Type 2 is the most common and occurs when the cells cannot make use of the insulin the body is making

Frequent urination, excessive thirst, weakness, drowsiness, blurred vision

- Damage to small (micro) blood vessels lead to vision problems, nerve damage and kidney disease
- Damage to large (macro) blood vessels lead to heart disease, stroke and poor blood circulation



- Obesity means having too much body fat
- People who are obese have additional belly fat, which causes insulin resistance, therefore resulting in diabetes



- diabetes.niddk.nih.gov/dm//pubs/causes
- www.AnimatedDiabetesPatient.com
- www.wpro.who.int/mediacentre/factsheets/obesity/en/
- www.telegraph.co.uk/news/worldnews/1578329/Spam-at-heart-of=south=Pacific-obesity-crisis.html
- news.bbc.co.uk/2/hi/asia=pacific/1681297.stm
- www.who.int/bulletin/volumes/88/7/10-010710/en/
- www.who.int/features/2013/ncds_pacific/en/

Obesity increases a person's risk of developing type 2 diabetes. This is an issue for my community because obesity rates are increasing rapidly due to eating excessive amounts of imported foods and insufficient physical activity.

- going for regular check ups at a medical centre
- eating healthy foods
- being physically active by exercising daily.