

About Diabetes New Zealand

Diabetes New Zealand supports all people with diabetes to live well.

Diabetes is New Zealand's biggest and fastest growing health condition.

The good news is that diabetes can be managed and with the right support, people with diabetes can continue to live active and healthy lives.

Stay up-to-date with our work, diabetes information, news, recipes and more all in our monthly e-newsletter **Connect**. You will receive support to take charge of your health and improve your wellbeing.

You can also subscribe to our quarterly magazine 'Diabetes Wellness' delivered directly to your home or a Digital subscription. Each issue is full of articles written especially for New Zealanders living with diabetes, and the families and health professionals that support them. You'll find inspirational stories, healthcare advice, nutrition information and recipes.

To find out more and connect with Diabetes New Zealand:

Visit: www.diabetes.org.nz

Phone: 0800 DIABETES (0800 342 238)

Email: info@diabetes.org.nz



Live well with diabetes



Achieve and maintain good control of your blood glucose, blood pressure, cholesterol and body weight



Take all medication as prescribed by your doctor or nurse



Eat healthy food – follow the Diabetes New Zealand Healthy Eating Plan



Do at least 30 minutes of physical activity daily



Check your feet daily



Brush your teeth twice a day and floss regularly



Make sure you have a regular health check at least yearly



Have your eyes checked regularly by an Optometrist



Be smoke-free



Ask for support from your family, whānau, friends and Diabetes NZ



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