

CMDHB Column

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“Get active at the Let’s Beat Diabetes Family Fun Walk this Saturday”

CMDHBs ‘Let’s Beat Diabetes’ campaign invites the Counties Manukau community to a fun free event this Saturday the 26th of November. The ‘Let’s Beat Diabetes Family Fun Walk’ is a great way to kick-start a healthy summer – take part in an easy walk around Hayman Park in Manukau City, and make healthy living a priority for your whole family.

The event starts at 10am, with free LBD T-Shirts for the first 300 people to register for the walk, which begins at 11am. After the walk the entertainment begins on stage. There are hip-hop, country and western and R&B groups, as well as break dancers, salsa and aerobics demonstrations. There will be lots of great entertainment, activities and face painting for the kids - so bring a picnic and enjoy a day outdoors!

The Let’s Beat Diabetes Family Fun Walk is contributing to Diabetes Awareness Week (22-28 Nov), and is the first chance for LBD partner organisations, such as CMDHB, the Food Industry Group, Auckland Regional Public Health Service, Ministry of Social Development, Counties Manukau Sport, Diabetes Projects Trust, the local councils and health providers, to show their commitment to beating diabetes in Counties Manukau. There will be a number of health organisations on site providing free information, advice and on-the-spot foot checks, prizes and free giveaways like the LBD T-Shirts, pedometers, water and fruit.

It’s hoped the community will take advantage of the many stalls offering free information and tips for healthy active lifestyles, as well as specific stalls with advice on diabetes. Counties Manukau faces an epidemic of diabetes, with 12,000 diagnosed with the disease, and as many again remaining undiagnosed. “This event demonstrates our approach to beating diabetes - everyone in our community taking responsibility for, and playing their part in making the changes needed to prevent or manage diabetes within our families and wider community” says Let’s Beat Diabetes programme manager Amanda Dunlop. “We need to focus on families/whanau, as they are the key influencers to bring about change. More often than not, if someone in a family has diabetes, then the rest of the family are at risk”.

Diabetes is the biggest health problem facing Counties Manukau. CMDHB has allocated \$10 million dollars to the ‘Let’s Beat Diabetes’ programme, a five year, district-wide plan to prevent the people of Counties Manukau getting Type 2 diabetes, to slow the onset and progression of the disease and to increase the quality of life for people who have diabetes.

LBD key partner organisations include: Auckland Regional Public Health Service, the Food Industry Group, Ministry of Social Development, Manukau City Council, Housing New Zealand Corporation, Counties Manukau Sport,

The new Let's Beat Diabetes website is up and running – check it out at www.letsbeatdiabetes.org.nz