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New national dietary guidelines highlight case for diabetes prevention programs

Diabetes Australia welcomes the release of the new Australian Dietary Guidelines by the National Health and Medical Research Council (NHMRC). The new Dietary Guidelines provide information about the types of and amounts of foods that we should be eating for good health and well-being.

The NHMRC notes that a weight loss of 5kg in all people who are overweight or obese would reduce the national prevalence of type 2 diabetes by 15 per cent.

Diabetes Australia CEO Professor Greg Johnson says the link between the obesity epidemic and the type 2 diabetes epidemic is a huge challenge for Australia. "Over 1 million Australians have diagnosed diabetes and 2–3 million adults have pre-diabetes and are at high risk of developing type 2 diabetes in the next five years. And we have powerful evidence that we can prevent up to 60 per cent of type 2 diabetes developing in this high risk, pre-diabetes population."

"The seriousness of type 2 diabetes is underestimated. The complications including heart attacks, strokes, kidney damage, blindness, amputations and depression mean that diabetes will become the number one cause of disease burden in Australia in the next few years and will bankrupt our hospital system." Professor Johnson said.

"The new Dietary Guidelines strengthen the focus on healthy food choices in some important areas. But we know that guidelines alone won't prevent type 2 diabetes and that a serious, national diabetes prevention program is needed to focus on the 2–3 million high risk Australians with pre-diabetes." Professor Johnson said.

Diabetes Australia is the national body for people affected by all types of diabetes. We are committed to reducing the impact.

Diabetes Australia works in partnership with consumers, health professionals, researchers and health care providers to reduce the impact of diabetes in Australia.

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