

# TYPE 2 DIABETES IN AUSTRALIA

DIABETES A GLOBAL EPIDEMIC

CURRENT

## 1.2 MILLION

OUT OF WHICH 29.4% ARE UNDIAGNOSED

### HOSPITALIZATIONS

## 652,931

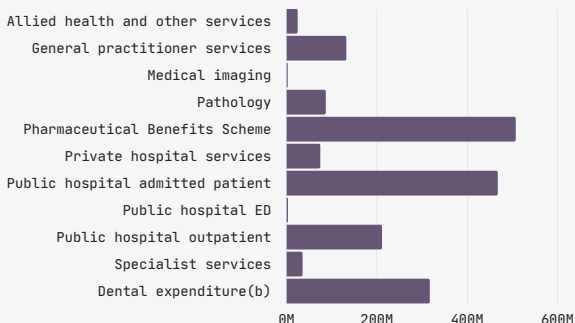
Only around 1 in 4 Australians with diabetes are able to manage their condition effectively, according to the Australian Diabetes Council

### SOCIETY



1 in 6 adults over the age of 25 are pre-diabetic. In 20 years, 3+ million Australians may have diabetes which can reduce life expectancy in Australia by up to 6 years, on average.

### EXPENSES



Health system expenditure by area for the treatment of type-2 in the year 2018-2019

## CAUSES

GENETIC  
PREDISPOSITION

OBESITY

STRESS

SMOKING AND  
ALCOHOLISM

## SYMPTOMS

FREQUENT  
UNRINATION

INCREASED  
THIRST

SUDDEN  
WEIGHT LOSS

EXCESSIVE  
EATING

EXTREME  
FATIGUE

### Complications with type-2 diabetes

Uncontrolled diabetes can lead to a number of complications in Australians

#### BLINDNESS

21.9%

higher chances of diagnosing with Diabetic retinopathy

#### STROKE

29%

of Australians with diabetes will have Cardiovascular disease

#### HEART ATTACK

3times

higher risk of having heart diseases when diabetic

#### KIDNEY FAILURE

16.7%

Australians are diagnosed with kidney failure

#### AMPUTATION

13%

of Australians with diabetes have a higher risk of having damaged nerves in their legs and feet

# NATURAL WAYS TO REDUCE DIABETES

## Be Active

Moderate physical activity for 30 minutes per day and a **5-10%** reduction in body weight led to a **58%** reduction in diabetes.



## Eat Healthy

It has been suggested that adopting healthy eating habits may reduce type 2 diabetes by **38%** in men and **47.4%** in women.



## Practice Meditation

Meditation practices such as mindfulness, yoga, and Qi Gong reduced HbA1c levels by **0.8%** in people with type 2 diabetes.



## Get Plenty of Sleep

Research suggests that getting sufficient sleep of at least 7 hours per night may lower the risk of diabetes by reducing daily calorie intake by about **20%**.

