

## LETTER TO THE EDITOR

Monday 11 December 2013

Dear Sir/Madam

Tasmania has the unfortunate record of the highest levels of obesity, diabetes, heart disease and smoking of any Australian state. Type 2 diabetes is on the march and we need a determined effort to address this epidemic.

The answer is easy to say but harder to do. A balanced healthy diet and more regular exercise. Healthy food options should be available in all schools, hospitals, government departments and agencies. An increase in our levels of regular exercise is essential.

It is a matter of applying the common-sense test.

There are now an estimated 35,000 Tasmanians with diabetes and a further 45,000 Tasmanians with pre-diabetes. That means they are at high risk of getting type 2 diabetes in the next five years.

World Diabetes day is Thursday 14 November and agreement on measures to combat this growing diabetes epidemic is strongly encouraged.

Kind regards,

***Guy Barnett***

*Diabetes Australia Ambassador*

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