



Speech by

Dale Shuttleworth

MEMBER FOR FERNY GROVE

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DIABETES

Mr SHUTTLEWORTH (Ferny Grove—LNP) (11.49 am): The Australian Bureau of Statistics reports that in 2007-08 around 600,000 children aged five to 17 years were overweight or obese—up four percentage points from 1995. There is a shift towards the higher and heavier end of the body mass index. The rates were much higher for adults, with 61 per cent of Australian adults overweight or obese in 2007-08, with 875,400 Australians reported as having diabetes in 2011-12, 85 per cent of those with type 2.

Tomorrow, 14 November, is World Diabetes Day and it is a significant date for those who suffer from type 1 diabetes in that it is the birth date of the pioneer of insulin, Frederick Banting. In an article in the *Diabetes Voice* journal, the head of communications of the International Diabetes Federation, Isabella Platon, states—

Knowledge in the right hands can bring power to those who are most in need. Simply put, in order to reduce the impact of diabetes, and thus protect ourselves for generations to come, basic knowledge on the prevention and optimal management of diabetes must reach the hands of people with diabetes, those at risk from the disease and our healthcare providers. Policy makers must be made aware of the socioeconomic benefits of our messages and spurred into action by an informed general public.

Diabetes education and prevention has been the theme of World Diabetes Day from 2009 through to 2013 and it calls upon us all to further understand and take control of diabetes. To effectively combat diabetes, each stakeholder has a significant part to play. Governments must implement strategies and strengthen policies for the prevention and management of diabetes. Healthcare professionals must continue to educate themselves and seek out evidence based recommendations and ensure that solutions are consistently practised. For the general public, it is imperative that they understand the serious impacts of diabetes and take appropriate preventive actions to avoid or delay diabetes and the complications associated with this disease.

A key initiative of this year's campaign is Pin a Personality, which was designed to lift the profile of the campaign. Participants were encouraged to photograph a well-known person wearing the internationally recognisable blue circle and post it to their own social media site. It was this activity that introduced me to one of my local constituents, Monica Egan, who joins us in the gallery this morning. Monica called my office and spoke of the campaign to raise awareness of diabetes throughout the world, pinned me with the blue circle, took a photo and also outlined to me what she was personally undertaking to play her part in challenging type 2 diabetes. Monica has written and now published a book titled *The Weightloss Mindset*. The book specifically targets women who, through the pressures of full-time parenting, employment or life in general, feel overwhelmed and bamboozled by the many fitness choices and dieting programs. The book aims to take the reader through a journey whereby they become empowered and encouraged to undertake a program of healthy living to combat their weight, which is a major contributor to the onset of type 2 diabetes later in life. The book, written in a light-hearted way, aims to empower the reader and ensure that the challenges that they face are presented with understanding and compassion. The book is full of many quotes and one the author made herself is—

I firmly believe in the 4 simple ingredients to weight loss success, Love, Encouragement, Activity and Diet. You need all of them, not just the last two!

So although I personally have never been faced with the challenge to lose weight, it is clear that I can play an important part in the challenges faced by others around me. I thank Monica for playing her part in helping those with their weight loss challenge and I wish her all the success possible with the release of her book.