

diabetes  
**action month**   
1-30 November 2024



# DON'T SUGAR COAT DIABETES

KAUA E WHAKAREKA I TE MATEHUKA

More than 320,000 Kiwis live with diabetes. Not only is it life-threatening, but misinformation and stigma can make daily life even more challenging.

This Diabetes Action Month, it's time to:

- **Get the facts**  
Learn the truth about diabetes.
- **Get tested**  
Know the symptoms and take the Know Your Risk online quiz.
- **Show more aroha**  
Find out how to best support friends and whānau living with diabetes.

To find out more, scan the QR code or visit:

[www.diabetesactionmonth.org.nz](http://www.diabetesactionmonth.org.nz)



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new zealand