



# KAUA E WHAKAREKA I TE MATEHUKA

Neke atu i te 320,000 ngā tāngata o Aotearoa e ora ana me te matehuka. He mōrearea ā-oranga tēnei, otirā ka uua ake te ora o te tangata i ngā kōrero horihori me te tāpoapoa.

Hei tēnei Marama Hohe Matehuka, kua tae ki te wā kia:

- **Rapua ngā meka**  
Ākona ngā kōrero pono o te matehuka.
- **Whakamātauria koe**  
Me mōhio he aha ngā tohumate, ā, me whakauru hoki ki te kēmu pātaitai tuihono o Know Your Risk.
- **Aroha ki te tangata**  
Rapua he kōrero me pēhea tō tautoko i ō hoa me te whānau e ora ana me te matehuka.

Ki te rapu i ētahi atu kōrero, matawaia te waehere QR, haere rānei ki:

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

