



MEN'S DIABETES & WEIGHT HEALTH

Mens Health Night



Why This Matters

- Type 2 diabetes is common and increasing in NZ
- Strongly linked to weight, diet, and activity levels
- Can lead to heart disease, kidney failure, blindness
- Often develops silently over years
- Early intervention can prevent or delay complications

Symptoms of Diabetes

- Increased thirst and frequent urination
- Unusual fatigue or low energy
- Blurred vision
- Slow healing wounds
- Frequent infections
- Unexplained weight loss (late sign)
- Tingling or numbness in hands/feet

SELF CHECK

- Over 40 and had a diabetes check?
- Waist > 102cm?
- Family history of diabetes?
- Low activity levels?
- High processed/sugar intake?
- Feeling tired or run down?
- Any symptoms listed?

NZ Snapshot

- Over 300,000 Kiwis have diabetes
- 90% is Type 2 diabetes
- Higher rates in Māori and Pacific men
- Strong link with obesity and inactivity
- Major contributor to heart disease

KNOW YOUR NUMBERS

HbA1c:

- Normal: < 41 mmol/mol
- Prediabetes: 41–49 mmol/mol
- Diabetes: ≥ 50 mmol/mol

Fasting glucose:

- Normal: < 5.5 mmol/L
- Prediabetes: 5.5–6.9 mmol/L
- Diabetes: ≥ 7.0 mmol/L

Waist: <94cm ideal, >102cm high risk

Ask your GP for full metabolic risk check

RED FLAGS – SEE A DOCTOR

- Very high thirst and urination
- Rapid weight loss
- Severe fatigue
- Vision changes
- Recurrent infections

Waist & Weight Risk

- Waist < 94cm = lower risk
- Waist 94–102cm = increased risk
- Waist > 102cm = high risk
- Abdominal fat strongly linked to diabetes & heart disease
- Even small reductions (5–10%) improve health

What Obesity Increases Risk Of

- Type 2 diabetes
- Heart disease and stroke
- High blood pressure
- Sleep apnoea
- Joint problems (knees, hips)
- Fatty liver disease
- Reduced testosterone levels

Treatment Options

- Lifestyle: diet, activity, weight loss
- Metformin (first-line medication)
- GLP-1 medications (help weight loss + sugar control)
- SGLT2 inhibitors (heart + kidney protection)
- Monitoring with regular blood tests
- Remission possible with significant weight loss

Talking to Your Doctor

- “I’m concerned about my weight and diabetes risk”
- “I feel tired and want my blood sugar checked”
- “I’ve gained weight and can’t shift it”
- “Can we check my HbA1c and risk?”
- Ask about lifestyle plans and medication options

Prevention & Health Tips

- Focus on whole foods, reduce sugar
- Move daily – walking is powerful
- Aim for gradual weight loss
- Improve sleep and reduce stress
- Small consistent changes > quick fixes

Diabetes is preventable and manageable. Early action changes outcomes.