

Admin, LACO

Subject: FW: Submission to the Inquiry into the role of diet in type 2 diabetes prevention and management.

From: Nick Di Lello

Sent: Wednesday, 26 September 2018 7:56 PM

To: Committee, Education & Health Standing <laehsc@parliament.wa.gov.au>

Subject: Submission to the Inquiry into the role of diet in type 2 diabetes prevention and management.

Dear Sir/Madam

Some months ago I have been diagnosed with prediabetes because one blood test showed a glucose reading of 6.8.

Consequently, my doctor prescribed Metformin twice a day, which is keeping my glucose level in check.

I now consistently get a reading of 4.9, 5.2, 5.7, fasting and 5.7 after breakfast, about which I am very pleased.

However, over the past 10 years, my glucose level very rarely exceeded 5.6, which is quite acceptable.

I exercise regularly, mainly fast walking for 45 minutes or cycling for about 10 km during Spring and Summer.

Plus, I do some gardening, even though my better half thinks I should do more, being on a corner block.

Anyway, I concur with the notion that diet and frequent exercising can prevent type2 diabetes, provided one is diligent with this regime.

Therefore, I exhort those couch potatoes to get off their posteriors and get moving, it could extend your life by 10% or more and it could save the government lots of dough.

In addition, it is important to choose the correct diet for your body and to watch the portions of the food that you eat.

The amount of food that one consumes is relative to the type of work that a person does, namely physical or sedentary, remembering that

Our body does not need much food to function efficiently. It goes without saying that if one consumes more food than one needs, then he puts on weight.

In conclusion, diet plays a very important role in preventing type2 diabetes. Consequently, I applaud the initiative advocated by the health department

Of our State Parliament in emphasising the role that diet plays in our daily lives. I hope that people will heed their very useful advice,

That we are what we eat, in the end. It is your life, so do not waste it. N.B. Food nourishes us but it can also kill us, if not used properly!

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