

## Admin, LACO

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

-----Original Message-----

From: Joe Blake

Sent: Wednesday, 26 September 2018 6:55 PM

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

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

Mr K.G. Blake

26 September 2018

### SUBMISSION TO INQUIRY

I am a 68 year old single white male, who has in the last 2 years been diagnosed with Type II (Non-insulin dependent) Diabetes. In my younger days I spent 16 years in the Australian Army and became used to a very active lifestyle, with lots of exercise and outdoor activity. In 1972 I took up bicycle riding and continued this to the present day. As part of my management strategy for my Type II, I undertake nearly about an hour of cycling per day, including several hills which abound in my area. My treating specialists have commented to me that because of my very active lifestyle it is possible that I had this illness for several years before it became symptomatic, and that the cycling seems to be a satisfactory management tool adjunctive to my medication.

My submission to this committee is that there be an increase in funding for cycling-related infrastructure around the city and the state, and that cycling be encouraged as (a) a means of preventing (or minimising) diabetes and (b) a management strategy, and that the calculation of cost savings of preventing/minimising this disease be included in paying for cycling infrastructure in future funding for roads/ transport.

Yours truly,

KG Blake

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