

What is Type 2 Diabetes: Fact Sheet

- **Type 2 diabetes is a condition where insulin in the body cannot be used effectively due to insulin resistance.**
- **In type 2 diabetes insulin is still produced in the body but over time there may not be enough insulin to meet the needs of the body.**
- **People with type 2 diabetes need to make lifestyle changes to stay healthy.**
- **Tablets and/or a combination of tablets and insulin injections are used to treat type 2 diabetes in children.**
- **Type 2 diabetes occurs more often in people from Maori, Asian, Middle Eastern or Pacific Island ethnicity within NZ.**
- **Type 2 diabetes occurs more often in people that are overweight or obese or that do not do enough exercise.**
- **Metformin Tablets help the body use insulin more effectively.**
- **Sometime insulin is needed, if the body is not making enough insulin.**
- **Insulin must be injected, it can't be taken as a tablet.**