



## Whakaheke taumaha



Me whakakori tinana mō te 30 meneti, neke atu rānei i te nuinga o ngā rā o te wiki



Kia tōtika te kai



Tirohia tā mātou puka tunu kai a Kai Pai Ora Pai mō ngā kai reka, iti te utu, hauora hoki



Te whakatutuki me te whakahaere pai i te pēhanga toto me te ngakototo



Tirohia tā mātou Kete Utauta Mana Whakahaere i runga i tā mātou pae tukutuku mō ētahi atu huarahi kia hauora tonu ai



Me whai tirohanga ia tau mō te manawa me te mate huka mai i tētahi mātanga hauora



Kimihia tō kāhui tautoko, ā, me tūhono hoki ki ngā whānau me ngā hoa kātahi ka whakatinanahia



## Rapu tautoko

Mā te tautoko, ka taea te whakaiti, te whakaroa rānei i tō mōrearea mate huka momo 2, te noho pai rānei me te mate huka.

He āwhina nui pea ngā hoa me te whānau, e māmā ake ai mōu ki te whiri i ngā kai tōtika me ngā koringa tinana pai. He āwhina hoki te tūhono ki ētahi atu e pāngia ana e te mate huka, kia taea e koutou te āwhina anō i a koutou ki ngā kōrero tohutohu me ngā akiakitanga.

He rōpū mahi aroha a Mate Huka Aotearoa e tū ana hei māngai, hei kaitautoko hoki o te hunga e pāngia ana e te mate huka. Mā mātou koe e āwhina ki te rapu mōhiohio me te tautoko i a koe ki te whakahaere i tō hauora me tō oranga.



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# Mate huka

Ngā mea me mātua mōhio koe



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Kia piki ake tō mohiotanga e te mate huka, ā, tō tūhonotanga ki a Diabetes New Zealand  
**toro mai [www.diabetes.org.nz](http://www.diabetes.org.nz)**  
**waea mai 0800 DIABETES (0800 342 238)**

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- Kia mōhio ki tō mōrearea
- Kia mōhio ki ō tohumate
- Kia mōhio ki te rerekētanga
- Kia mōhio ki hea rapu tautoko ai

## He aha te mate huka?

He mate mauroa te mate huka ka pā mai ina kore e taea e te ateroa te whakaputa taiaki huka, kāore rānei e taea e te tinana te whakamahi tika i te taiaki huka e whakaputahia ana. He taiaki te taiaki huka e whakaputahia ana e te ateroa e mahi pēnei i te kī ki te tuku i ngā kūhuka mai i ngā kai e kainga e tātou mai i ngā toto ki roto i ngā pūtau o te tinana hei whakaputa pūngao.

## E toru ngā momo mate huka matua:

**TYPE 1** Ko te mate huka momo 1 ko te tikanga ka pā mai i tētahi mate paturopi e whakaekehia ana e te pūnaha tiaki i te tinana ngā pūtau whakaputa taiaki huka. He tino iti, kore ana rānei, te whakaputa taiaki huka a te mate huka momo 1. Ka pā tēnei mate ki ngā taipakeke katoa, engari i te nuinga o te wā ka pā ki ngā tamariki, rangatahi rānei. Ko ngā tāngata e pāngia e tēnei momo mate huka me wero ia rā ki te taiaki huka kia pai ai te whakahaere i ngā taumata kūhuka i roto i ō rātau toto.

**TYPE 2** Ko te mate huka momo 2 te momo mate e pāngia e te 90% o ngā tāngata katoa e mate huka ana. Ka pā pea te mate huka momo 2 i ngā taipakeke katoa. Ka noho huna te mate huka momo 2 mō ngā tau maha, ā, i te nuinga o te wā ka tūtohua te mate ina kitea he raruraru, ka whakamātautauhia rānei te toto. Ka taea e ngā tāngata mate huka momo 2 te whakarata i tō rātau mate mā te whakakori tinana me te kai i ngā kai tōtika i te tuatahi. Engari, ā tōna wā me whai rongoā ā-waha, taiaki huka rānei ētahi tāngata.

**Ka pā mai te mate huka hapūtanga (GDM)** ina nui rawa te kūhuka i roto i ngā toto o tētahi wahine kei te hapū. Ko te rerekē o te mate huka hapūtanga ki te mate huka momo 1 me te momo 2 he rangitahi te mate huka hapūtanga, ā, i te nuinga o te wā ka ngaro atu i muri i te hapūtanga. Engari, ko te wahine ka pāngia e te mate huka hapūtanga ka piki te tūponotanga (50-60%) o te pānga mai o te mate huka momo 2 i roto i te 10 tau i muri atu.

## Kei te mōhio anō koe ki tō mōreareatanga ki te mate huka?

He tīmatanga pai te whai mōhio ki te kaha o tō tūpono ki te mate huka momo 2 mēnā e hiahia ana kia haere koe ki te kite i tō tākuta mō ngā whakamātautau tōtika. Me whakautu i ngā pātai tere i raro nei, ā, ka whiwhi i a koe tētahi tatau hei āwhina i a koe kia mōhio ai koe ki te kaha o tō tūponotanga ki te mate me ngā upane e whai ake.

ĀHUA NOHO	KĀO	ĀE
He mōmona rawa ahau mō tōku tāroaroa	0	3
He iti nei aku mahi whakakori tinana	0	3
He kaha rawa taku kai i ngā kai nui te mōmona me te huka	0	3
WHĀNAU - PŪTAKE	KĀO	ĀE
Kei roto te mate huka i tōku whānau	0	3
He Māori ahau, nō te Moananui-a-Kiwa, Āhia ki te Tonga, Rāwhiti Waenga rānei.	0	3
He pēpi tāku nui atu i te 9lbs (4kg), he kūhuka toto teitei rānei ōku i te wā o te hapūtanga.	0	6
TAU	KĀO	ĀE
Kei waenga ōku tau i te 35 me te 64	0	1
Neke atu ōku tau i te 65	0	3
TAPEKE		

### Tatau 3-5

He iti pea tō tūponotanga ki te mate huka momo 2 i tēnei wā. Engari, ka nui haere ake pea tō tūponotanga ā tōna wā.

### Tatau 6, nui atu rānei

He nui ake tō tūponotanga ki te mate huka momo 2.

Ko tō kaiwhakarato hauora anake ka taea te whakatau mēnā e pāngia ana koe e te mate huka.

Haere ki tō tākuta mō ētahi atu kōrero.



## Kia mōhio ki ō tohumate

Mēnā e mōhio ana koe ki ngā mea hei hihiratanga, ka taea e koe te āwhina i ō kaitiaki rongoā ki te whakatau wawe i te mate huka. Mā tēnei pea e whakaiti i te tūkinotanga o te mate nei, ā, me te whakapiki i tō oranga.

Ko ngā tohumate o te mate huka momo 1 ka tīmata pea i te tamarikitanga. Ko ētahi o ngā tohu ko te matewai, te mate mimi, te whakaheke taumaha, te ngenge me te rerekētanga o ngā piropiro.

I te nuinga o te wā ko ētahi tohumate ka ara mai i te mate huka momo 2 ko te ruhitanga, te korou kore, te matewai, te mate mimi, te pāngia auau e ngā pokenga, ngā mea rānei kāore i ora mai, te atarua, matarehu rānei, ā, me te matekai.

Ki te rapu i ētahi atu kōrero haere ki [www.diabetes.org.nz](http://www.diabetes.org.nz)