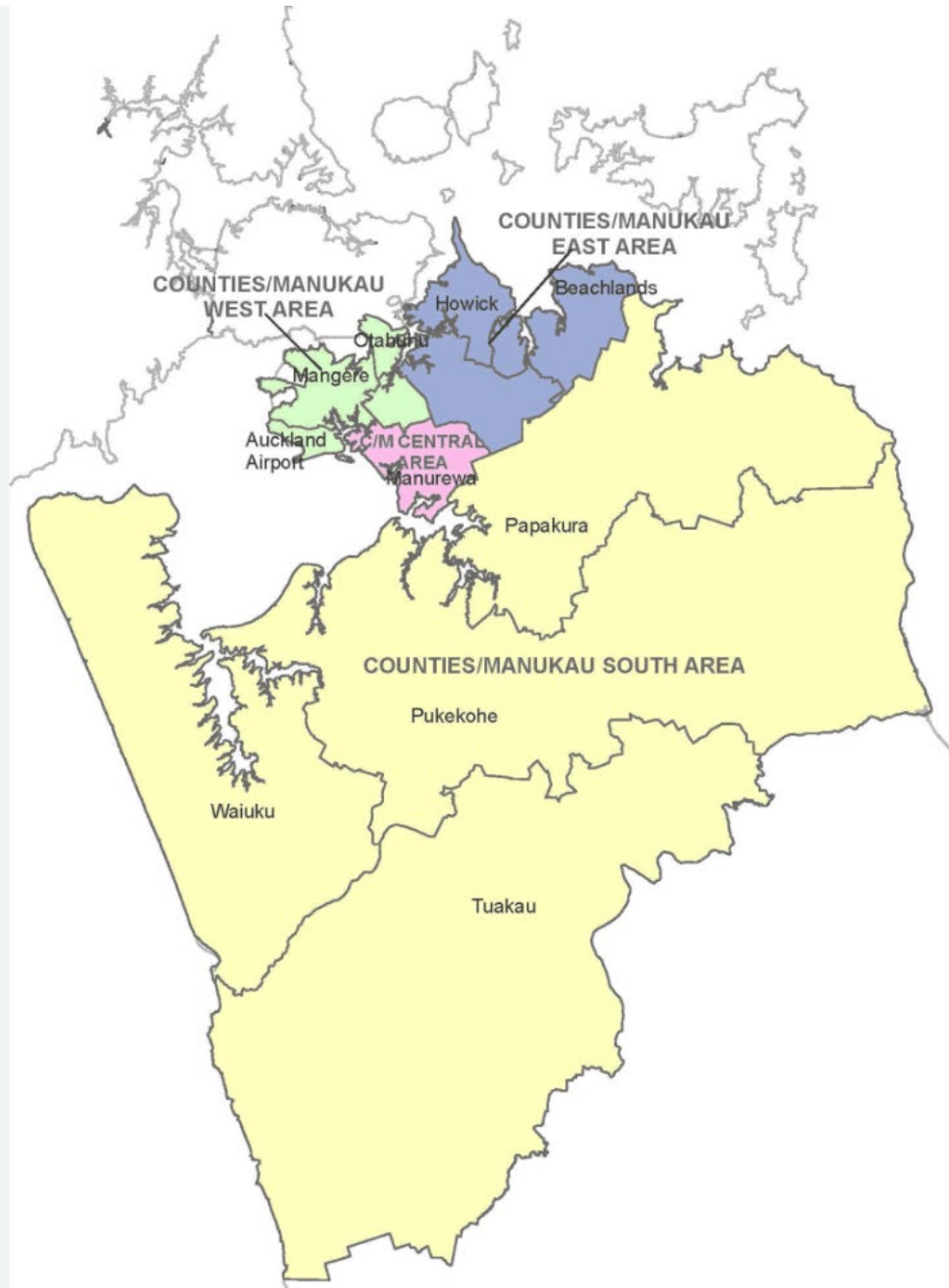


Diabetes & obesity

John Baker



Te Whatu Ora
Health New Zealand



Counties Manukau

Population	625,000
Diabetes prevalence	57,000
• Māori 13.3% • Pacific 39.5% • Indian 15.8% • Other 31.4%	
Type 1 diabetes	2,500
Diabetic Kidney Disease	40%
Overweight/obese	70%
Young onset diabetes	
Diabetes in pregnancy	

Figure 1: Estimated rate of diabetes per 1000 people, by district health board, 2021

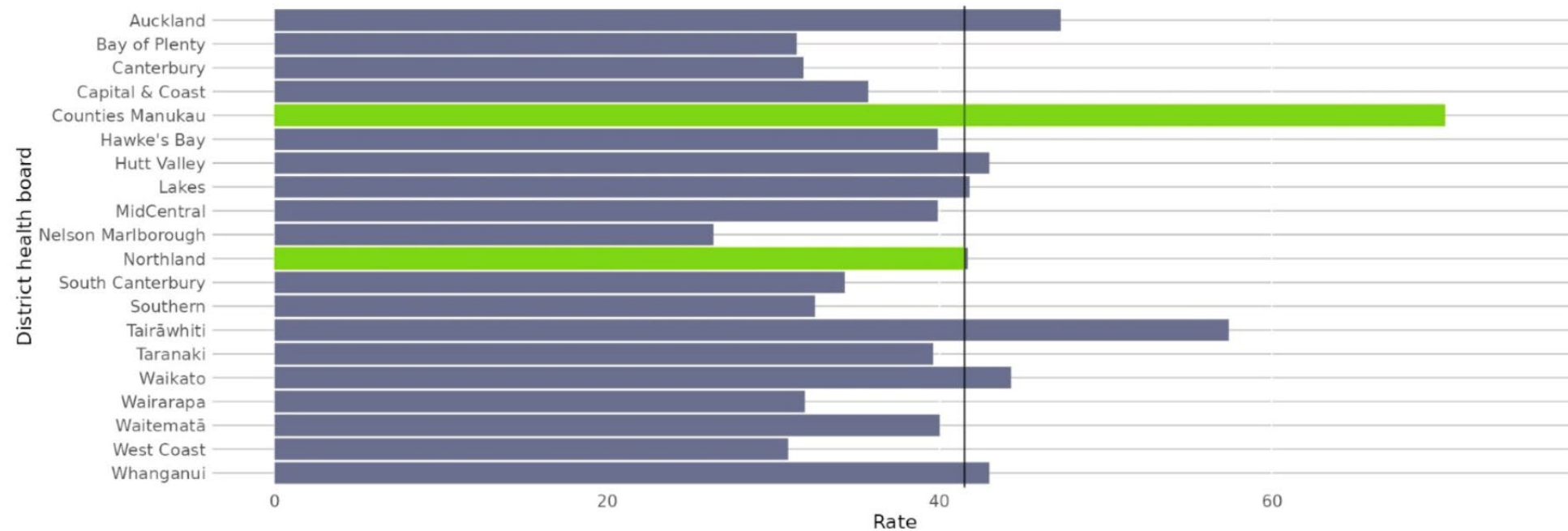
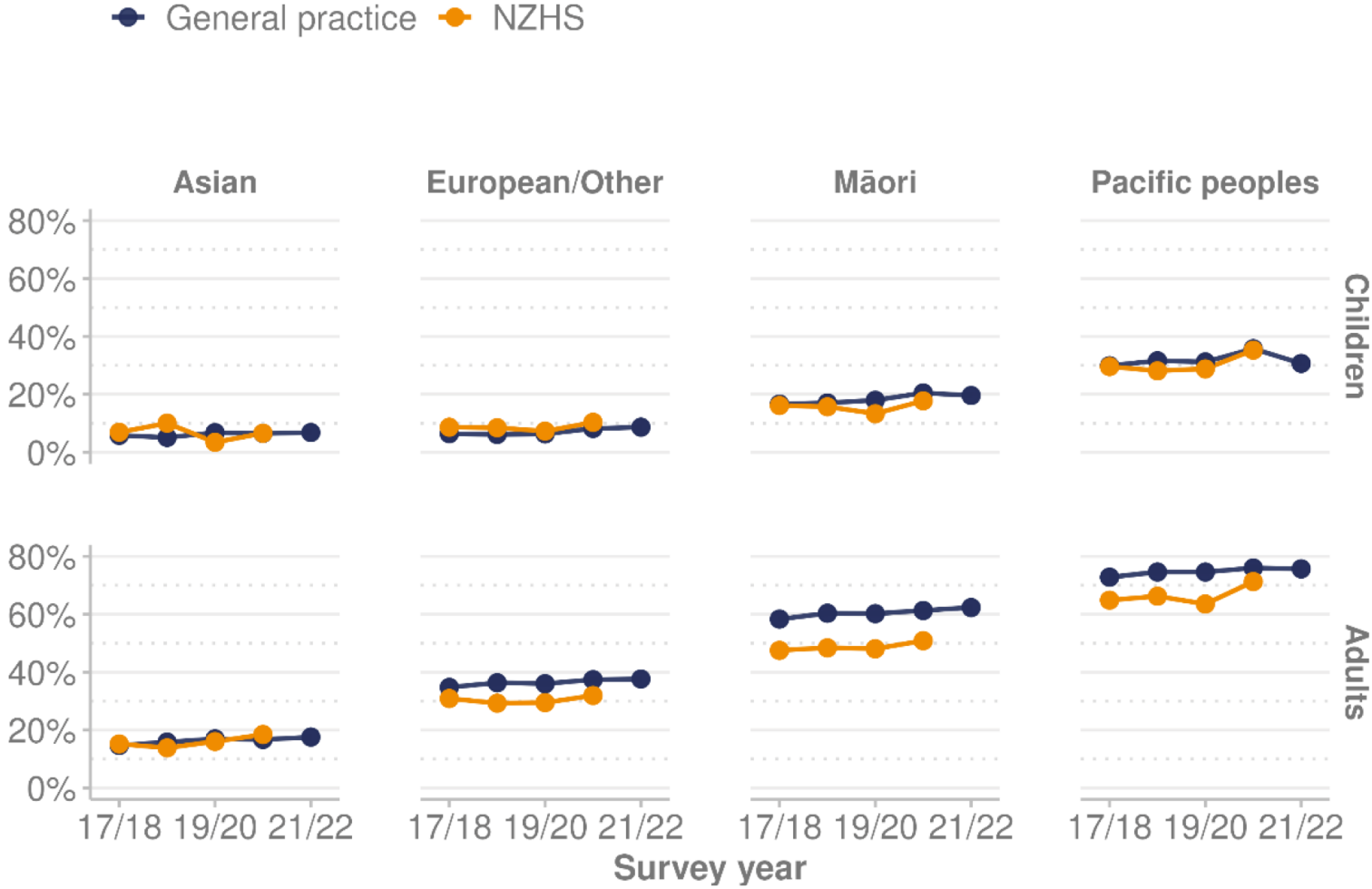
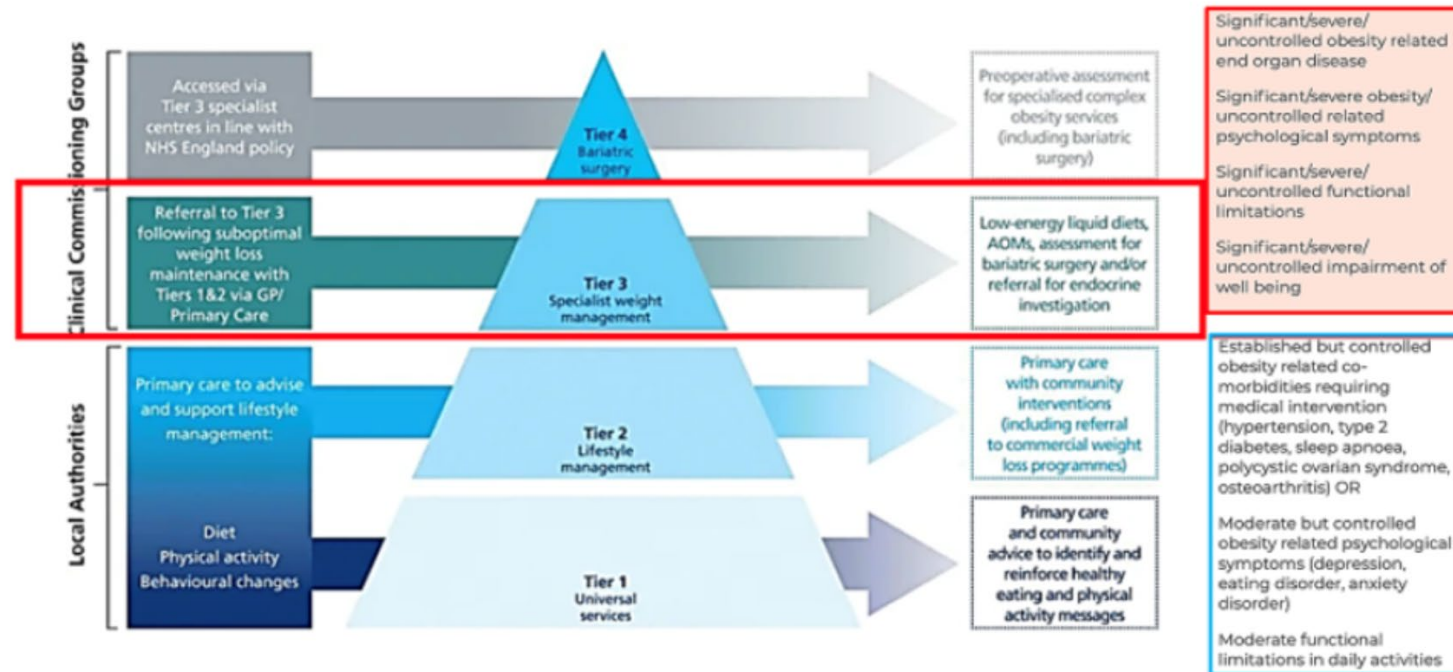


Figure 3: Prevalence of obesity in the New Zealand Health Survey data by total response ethnicity and general practice data, by prioritised ethnicity, 2017/18–2021/22



Management of obesity

Best Practice Models of Care



Since 2021...

1. New Pharmac-funded therapies have been a success

- A SGLT2 inhibitor medicines and a GLP-1 agonist medicine for T2DM (2021/2022)
- Insulin pumps & glucose sensors for T1DM (2024)

2. Areas for new funding

- Co-funding of SGLT2 inhibitor and GLP-1 agonist medicines
- Primary & Secondary care access to obesity drugs (e.g. GLP1-RA)
- Wider availability of bariatric surgery for severe morbid obesity

Case 1 55 yo Māori man

1. T2DM 1990

- Class 3 obesity (wt 125kg), hypertension, chronic kidney disease, Bilateral knee replacement, Obstructive sleep apnea, HbA1c 75

2. Management

- Long-acting insulin, SGLT2 inhibitor and GLP-1 agonist , Metformin, Losartan

3. Progress

- Weight loss 14 kg, CKD stable, retinopathy stable
- Plays 2 rounds of golf per week

Case 2

18 yo Tongan man

1. T2DM 2011

- Class 3 obesity (139kg),
- Hypertension, chronic kidney disease, HbA1c 114

2. Treatment

- Long-acting insulin units bd, GLP-1 agonist , Metformin, Losartan
- Medical management of obesity 2020
- Bariatric surgery 2024

3. Progress

- Total weight loss 42 kg to date
- Remains on metformin, Losartan, insulin stopped, HbA1c 37

Case 3 35 yo Middle Easte

1. T1DM 2009

- Diabetic ketoacidosis 2014
- Bilateral vision threatening retinopathy
- HbA1c 113

2. Treatment

- Long-acting insulin, Quick-acting with meals, SMB

3. Progress

- Insulin pump / Sensor / HCL June 2025
- Currently HbA1c 55

