

# THIS IS HOW DIABETES STARTS



Pacific  
Community  
Communauté  
du Pacifique



**Lack of exercise and eating food that is high in sugar will greatly increase your risk of diabetes.**



**Seek healthy living advice from your health professionals.**

**[www.spc.int](http://www.spc.int)**  
© Pacific Community (SPC) 2018

**SMOKE-FREE  
PACIFIC**



Pacific  
Community  
Communauté  
du Pacifique

# Don't SMOKE!

## Smoking will harm you and the people around you.

Let's make sure our cars, homes and public places are smoke free!



**SMOKE-FREE  
CAR**



**SMOKE-FREE  
HOME**



**SMOKE-FREE  
PUBLIC PLACES**



Seek healthy living advice from  
your health professionals.

[www.spc.int](http://www.spc.int)  
© Pacific Community (SPC) 2018



Pacific  
Community  
Communauté  
du Pacifique

**BINGE  
DRINKING  
DESTROYS**

**PEOPLE  
FAMILIES  
COMMUNITIES**

Avoid heavy  
drinking



Seek healthy living advice from  
your health professionals.

[www.spc.int](http://www.spc.int)  
© Pacific Community (SPC) 2018

# Don't give in to



Pacific  
Community  
Communauté  
du Pacifique

# DIABETES

## DON'T LET DIABETES BLIND YOU

This is Tulia Ravula, just 23 years old she has lost her eyesight due to the complications of her diabetes.

"What I miss the most is being able to walk around my village to see my friends and relatives," she said.



You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

[www.spc.int](http://www.spc.int)  
© Pacific Community (SPC) 2018

# Don't give in to



Pacific  
Community  
Communauté  
du Pacifique

# DIABETES



# DON'T LET DIABETES CRIPPLE YOU

"I am determined I will not lose any more of my limbs to diabetes. With the help of my family, I can manage my diabetes by eating a balanced diet, exercising and following my doctor's instructions."  
Chand Kunwar, 71 years old.

You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

[www.spc.int](http://www.spc.int)  
© Pacific Community (SPC) 2018

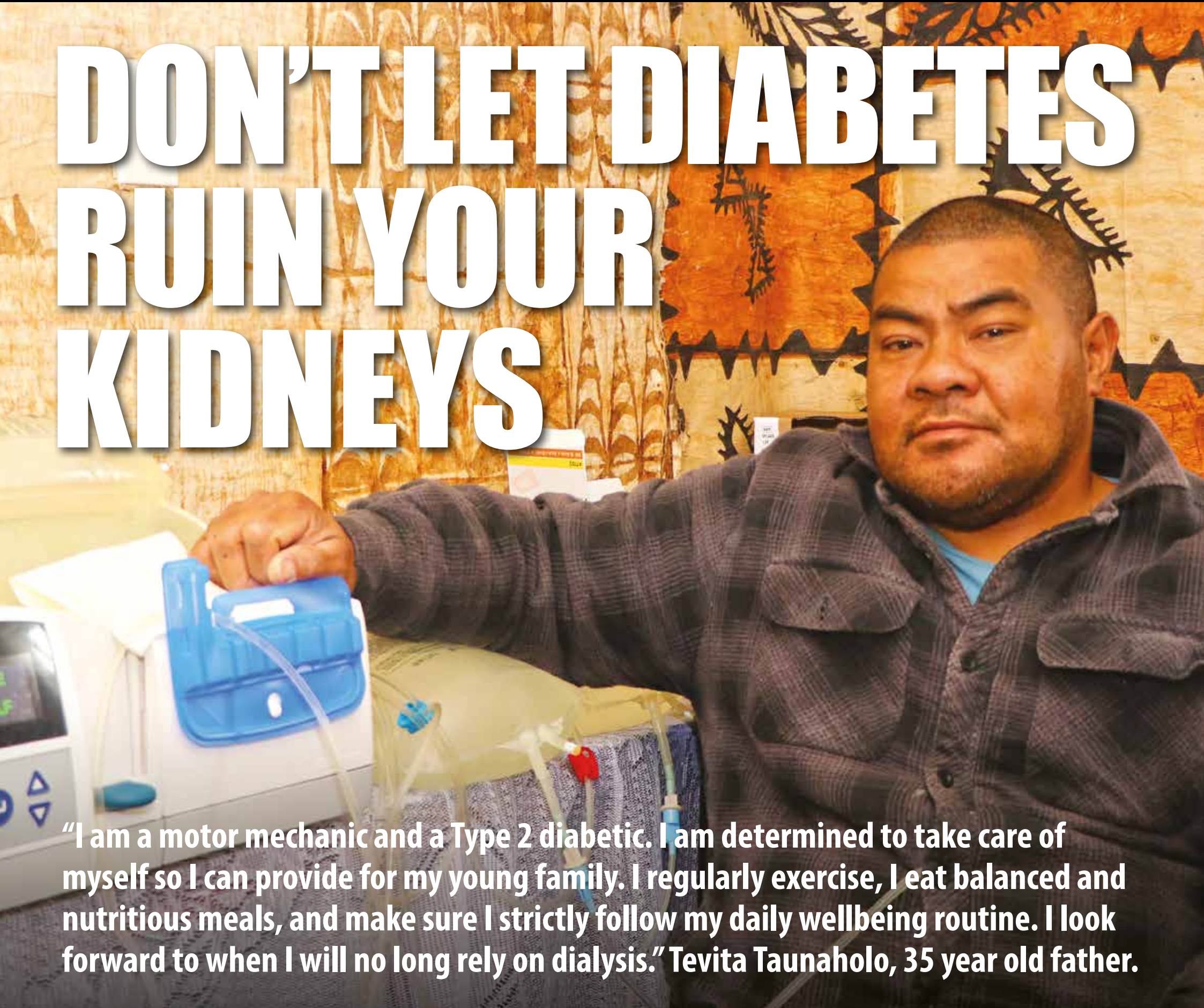
# Don't give in to



Pacific  
Community  
Communauté  
du Pacifique

# DIABETES

## DON'T LET DIABETES RUIN YOUR KIDNEYS



"I am a motor mechanic and a Type 2 diabetic. I am determined to take care of myself so I can provide for my young family. I regularly exercise, I eat balanced and nutritious meals, and make sure I strictly follow my daily wellbeing routine. I look forward to when I will no longer rely on dialysis." Tevita Taunaholo, 35 year old father.

You can avoid getting diabetes and its complications. Seek healthy living advice from your health professionals.

[www.spc.int](http://www.spc.int)  
© Pacific Community (SPC) 2018

# We all need to stay active to stay healthy



Pacific Community  
Communauté du Pacifique



There's an exercise right for you whatever your age, ability or health condition. Be active everyday in as many ways as you can, your way.



Sweeping



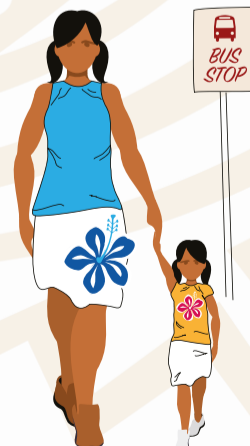
Swimming



Cycling



Gardening



Walking

Seek healthy living advice from your health professionals.

[www.spc.int](http://www.spc.int)

© Pacific Community (SPC) 2018