

True or False: Eating too much sugar causes diabetes.

FALSE

Diabetes occurs when the cells that produce insulin in the pancreas are destroyed by the immune system.

Factors you cannot change such as family history and ethnicity, contribute to your risk of developing diabetes.

True or False: People with diabetes need special food

FALSE

Healthy eating is important for everyone – no matter if you have diabetes or not. People with diabetes do not need ‘special foods’ and there is no need for a zero-sugar diet.

A person living with diabetes can have birthday cake and the occasional. They may need to check their blood glucose levels and take some insulin to manage it;

Living with diabetes can be stressful, challenging and tiring. Although people often mean well, telling someone what they ‘should’ or ‘shouldn’t’ be eating, adds to the challenge. If you’re unsure what foods or drinks to offer, just ask!

True or False: People living with diabetes can eat carbs

TRUE

Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be included in meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that count in a meal plan.

True or False: Diabetes is a ‘mild’ condition

FALSE

There is no such thing as “mild” diabetes. Diabetes is the fastest growing chronic disease in Australia. All types of diabetes are serious and can lead to complications if not well managed. Did you know that all people living with diabetes have 4 times the risk of stroke or heart attack?

True or False: People only get diabetes if they are overweight

FALSE

Whilst being overweight is a risk factor for developing this disease, other risk factors such as family history, ethnicity and age also play a role. Many overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

True or False: People living with type 1 diabetes should not participate in sport or exercise



FALSE

Exercise is good for everyone. Many Australian sport champions have type 1 diabetes, for example Izzy Anstey who is living with type 1 diabetes and pursuing a professional basketball career. Izzy joined the famous UCLA women's basketball team in late 2019.

True or False: No one in my family has diabetes so I don't have to worry.

FALSE

Diabetes is not necessarily tied to genetics, it can also be tied to lifestyle and environmental as well as race.

True or false: You only get type 1 diabetes when you're young

Myth: You only get type 1 diabetes when you're young

FALSE

The onset of type 1 diabetes occurs most frequently in people under 30 years, however new research suggests almost half of all people who develop the condition are diagnosed over the age of 30.

Thank you for taking the time to include these myth busting questions in your trivia event. We'd love it if you could share the QR code for donations to Diabetes Victoria.

