

TYPE 2 DIABETES (T2D) FOR MAAORI IN AOTEAROA NZ

Prevalence and Impact:

- T2D is a significant public health concern in Aotearoa NZ, affecting approximately 300,000 people.
- The number of people with T2D is projected to increase by 70-90% in the next 20 years.
- T2D has a substantial economic burden, with total healthcare expenditure reaching \$2.1 billion per year.
- Many individuals with T2D remain undiagnosed, leading to delayed treatment and increased complications.

Inequities for Maaori

- Maaori populations experience disproportionately higher rates of T2D compared to non-Maaori.
- Māori are more likely to develop T2D at a younger age and have higher rates of complications.
- Maaori mortality from diabetes is seven times higher than non-Māori.
- Maaori face barriers in accessing healthcare, including lower rates of referral to specialist services, reduced access to effective medication, and shorter hospital stays.
- Cultural assimilation, marginalisation, and socioeconomic disparities are just a few of the contributing factors to these health inequities.

Key Challenges and Opportunities

- The current healthcare system in Aotearoa NZ is not adequately managing T2D populations in primary care.
- Treatment targets for T2D are often not met, indicating poor glycemic control.
- Maaori populations require culturally tailored diabetes educational resources to improve outcomes.
- Addressing the root causes of health inequities, including systemic racism and cultural assimilation, is essential for improving the health of Māori communities.

