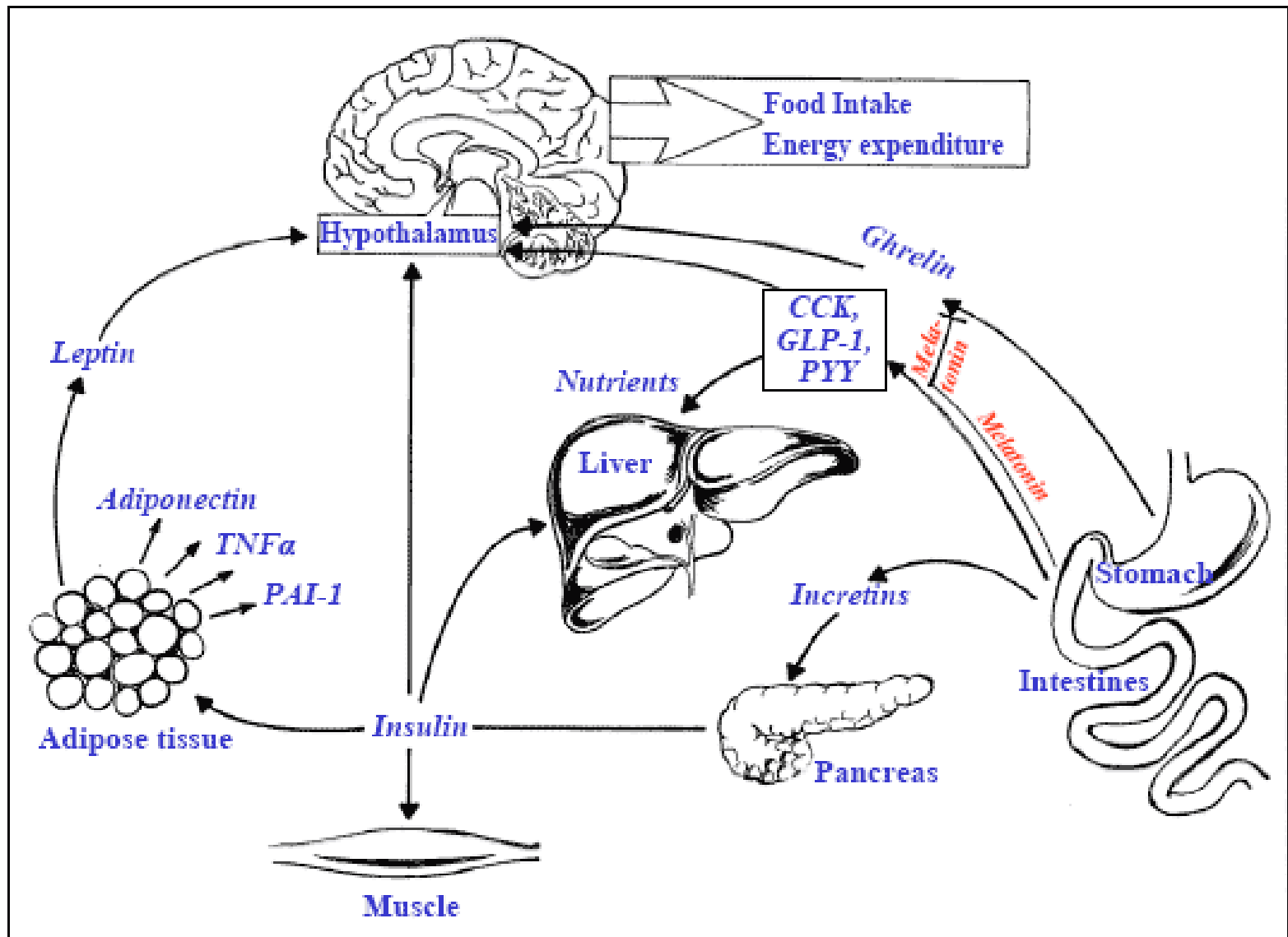


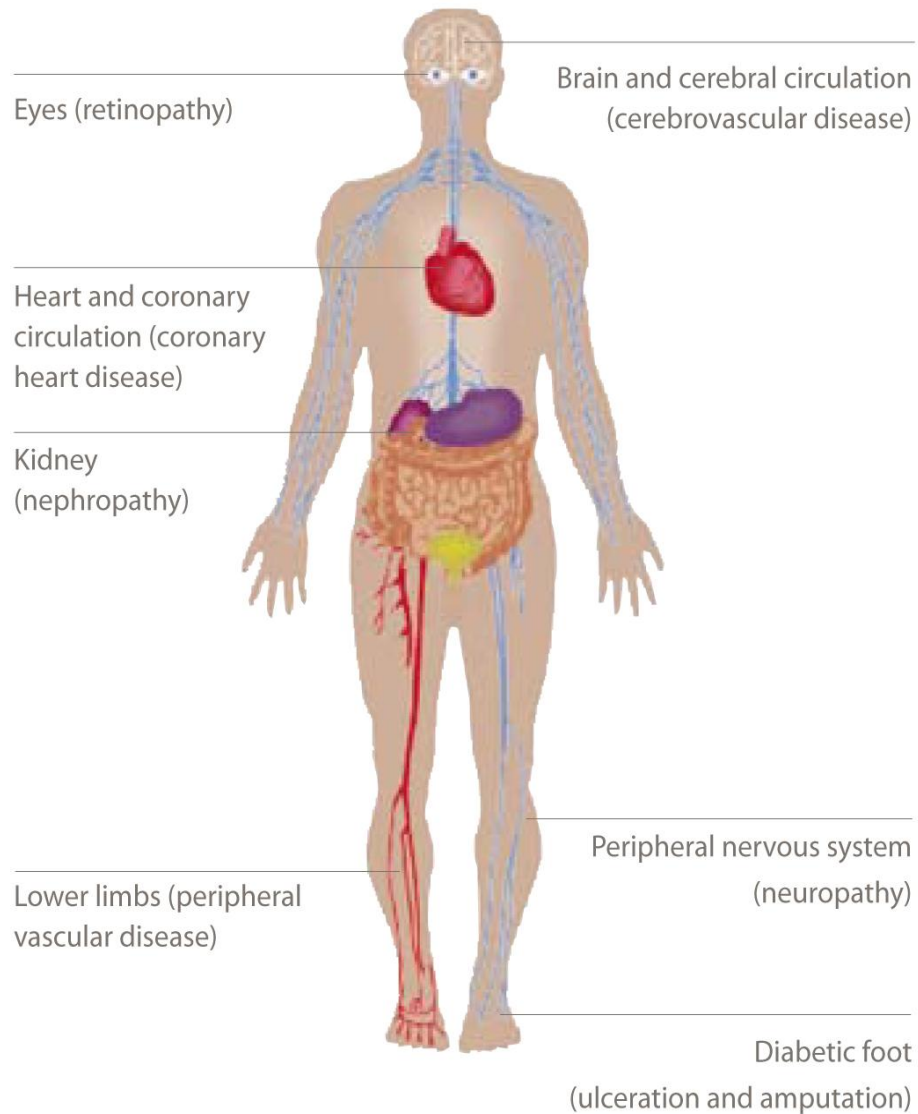
“I’ve got the sugar!”

Dr Rob Grenfell

What is it?



THE MAJOR DIABETIC COMPLICATIONS



Diabetes facts

- 3% of GP visits
- 8% of hospital admissions
- 10% of deaths (>13000/yr)
- Cost \$1 billion per year
- Will be the number one disease by 2023!

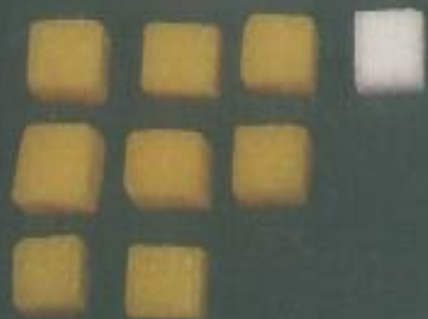
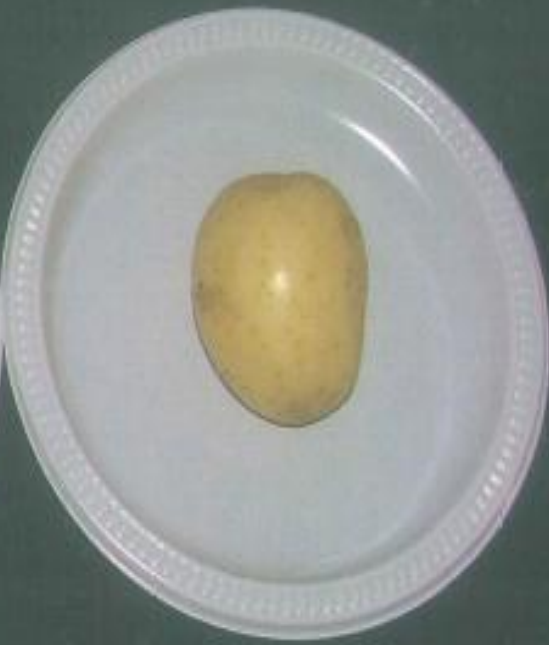
Why is it happening?



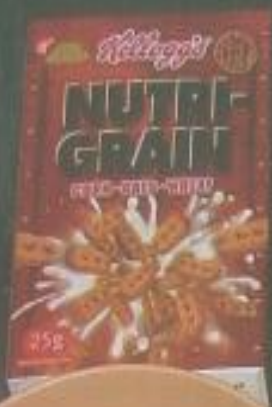


























Cousins tackle 8kg hamburger

NOW, THAT'S ONE MIGHTY CHALLENGE: Horsham's Adam Bush and his cousin Xavier Murray set themselves a mighty challenge this week. Adam and Xavier ventured to Cavendish to attempt to devour Australia's biggest hamburger in a one-hour time limit. The Cavendish Cafe and Store signature burger weighs eight kilograms and features three meat patties, 20 pieces of bacon, nine cheese slices, eight eggs, two layers of onion, two layers of tomato, a tin of beetroot, a tin of pineapple, two layers of lettuce, tomato sauce and mayonnaise between two 28-centimetre diameter buns. So, how did the boys go? Turn to page 12 today to find out.

Picture: CONTRIBUTED

What can you do?

Know your risk factors

- Family history
- Weight
- Activity levels
- Blood pressure
- Cholesterol
- Fasting blood sugar
- Smoking

“Am I at risk?”

Welcome to Malboro Country.



SURGEON GENERAL'S WARNING:
Smoking causes hypothermia
as well as premature death.

Common Sense Obesity Warning



The Sopranos*,
Season Three

Wife's
Lasagna

Bought Sony
PlayStation*

Hired
Lawn Service

Fats, Oils, & Sweets
Use Sparingly

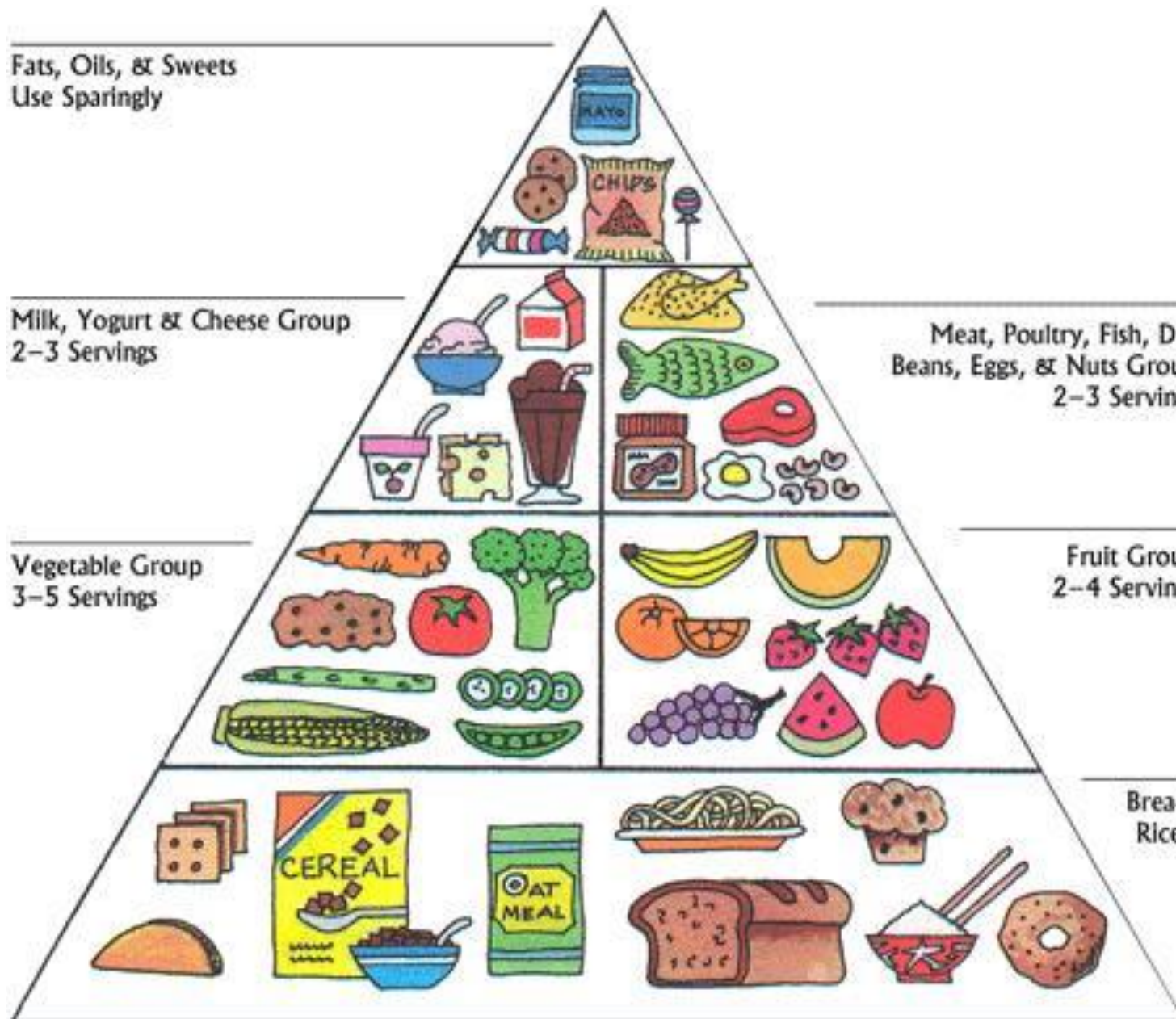
Milk, Yogurt & Cheese Group
2-3 Servings

Meat, Poultry, Fish, Dry
Beans, Eggs, & Nuts Group
2-3 Servings

Vegetable Group
3-5 Servings

Fruit Group
2-4 Servings

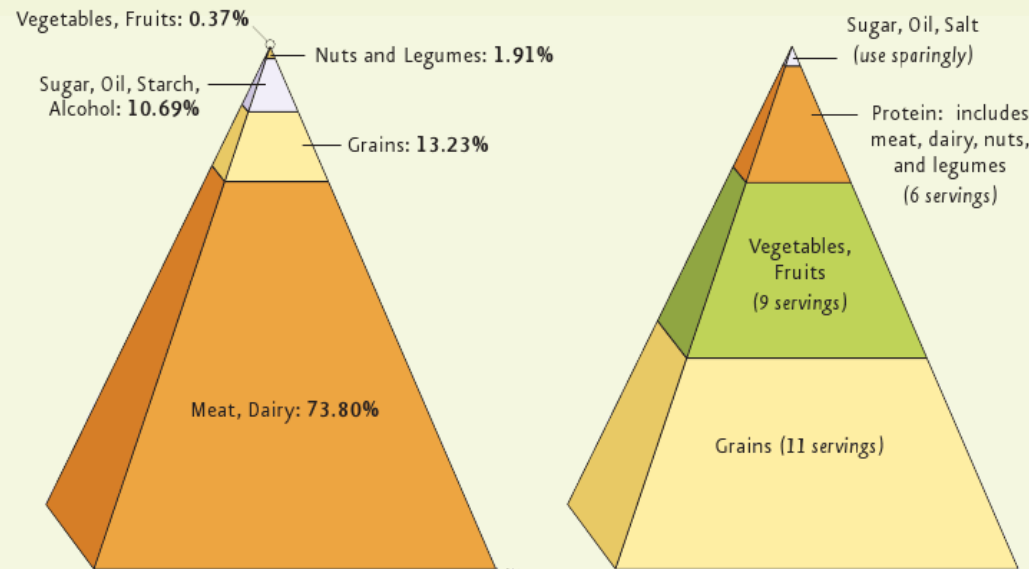
Bread, Cereal,
Rice, & Pasta
Group
6-11
Servings



Why Does a Salad Cost More Than a Big Mac?

Federal Subsidies for Food Production, 1995-2005*

Federal Nutrition Recommendations



The Farm Bill Subsidies Breakdown

| | | | |
|--------------------------------------|-------------------------|---------|--|
| Meat, Dairy: | \$51,832,388,116 | 73.80% | (direct and indirect through feed) |
| Grains for Human Consumption: | \$9,288,990,323 | 13.23% | (corn, wheat, sorghum, oats, rice, barley) |
| Sugar, Starch, Oil, Alcohol: | \$7,507,636,820 | 10.69% | (corn, sugar beet, canola, 80% sunflower as oil) |
| Nuts and Legumes: | \$1,339,263,892 | 1.91% | (soy, peanuts, 20% sunflower as seeds) |
| Apples: | \$261,540,987 | 0.37% | |
| Total Agricultural Subsidies | \$70,229,820,137 | 100.00% | |

*This calculation applies only to domestic food consumption. Therefore, exports and corn grown for ethanol are excluded. Also excluded is any federal support not specified in Title I of the Farm Bill. Therefore, disaster payments, conservation payments, and purchases for food assistance programs are not included.

SOURCES:

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Monitor

- Weight
- Activity levels
- Blood pressure
- Cholesterol
- Fasting blood sugar

“I’ve got the sugar”

Monitor

- Weight
- Activity levels
- Blood pressure
- Cholesterol
- Blood sugar



Fats, Oils, & Sweets
Use Sparingly

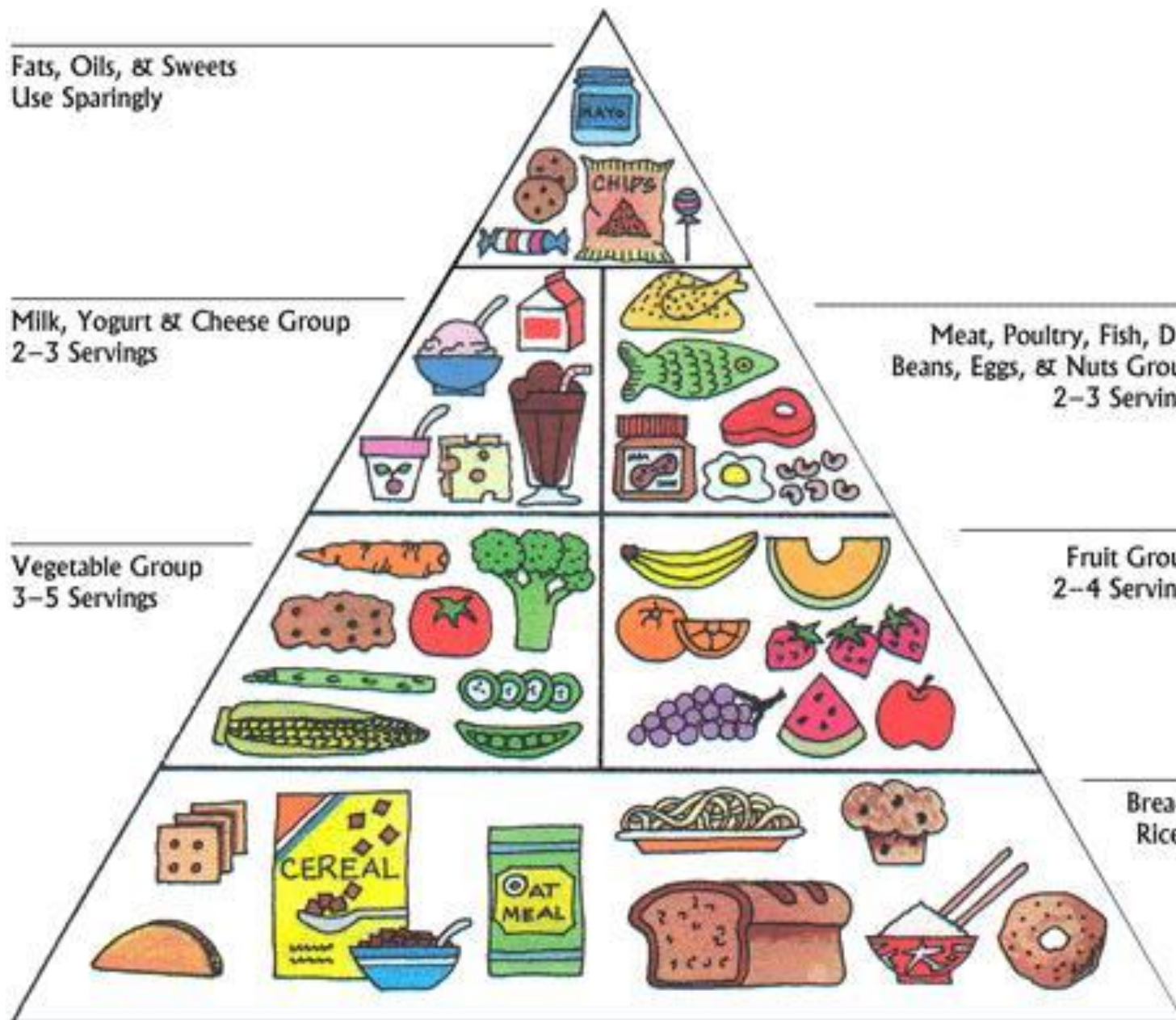
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2-3 Servings

Vegetable Group
3-5 Servings

Fruit Group
2-4 Servings

Bread, Cereal,
Rice, & Pasta
Group
6-11
Servings















Who can help?

- Your local health service
- “Go for your life”
- The “Life” program
- Diabetes Australia
- Vic Health
- Heart Foundation



PHEW, ALMOST THERE: Xavier Murray and cousin Adam Bush feel all right with 38 minutes to go while friend Anthony McGregor provides support from a safe distance.

Pictures: CONTRIBUTED

Burger beats boys, for now

By ADELE HOLLAND

A FORMER Horsham resident and his cousin attempted to eat Australia's biggest hamburger in an hour on Tuesday.



Mr Bush said the \$149 burger, which includes three meat patties, 20 pieces of bacon, nine slices of cheese, eight eggs, two layers of cooked onion, two layers of tomato, a tin of beetroot, a tin of pineapple, two

