



# Health Matters

## Reduce Your Risk of Diabetes

Diabetes is a common problem on St Helena. Some of the risk factors for Type 2 diabetes - such as age, ethnic background, or family history - can't be changed, but others can. The good news is that we can all make small changes to help ourselves to reduce the risk of developing Type 2 diabetes.

The Diabetes UK site has lots of useful information about diabetes and the link is provided below:

<https://www.diabetes.org.uk/>

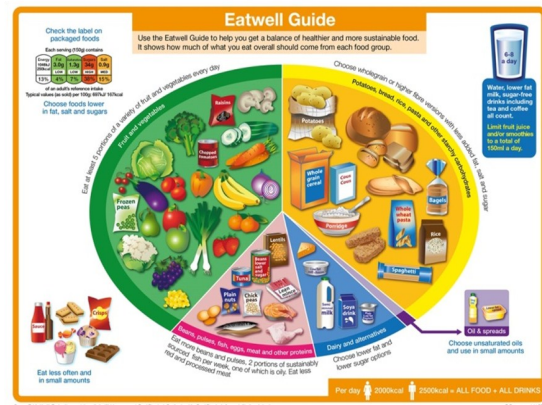
### Move More

Getting active and staying active will reduce your risk of getting Type 2 diabetes, and you'll feel great too. Pick up a 'Get Active, Stay Active' book, from any of the Outpatient Clinics or the Health Promotion Department.



### Eat Better

Eating well and keeping to a healthy weight can reduce your risk of getting Type 2 diabetes. Pick up a copy of the 'Eating Well' book, from any of the Outpatient Clinics or the Health Promotion Department.



## Roast Fish

Serves 2

### Ingredients

- 5 small potatoes (about 400g), scrubbed and cut into wedges
- 1 onion, halved and sliced
- 2 garlic cloves
- 1/2 tsp dried oregano or 1/2 tbsp chopped fresh oregano
- Spray oil
- 1/2 lemon cut into wedges
- 2 large tomatoes, cut into wedges
- 200g wahoo fillet



### Method

Heat oven to 200C/180C fan/gas 6. Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 minutes, turn everything over and bake for 15 minutes more.

Add the lemon and tomatoes, and roast for 10 minutes, then top with the fish fillets and cook for 10 minutes more. Serve.

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