



Guy Barnett MP

LIBERAL MEMBER FOR LYONS

TASMANIAN POLLIE PEDAL 2017

The annual three day Diabetes Tasmania Pollie Pedal raises awareness and much needed funds for people with diabetes in Tasmania and those at risk. It is also designed to promote a healthy lifestyle.

Since establishing the event with Diabetes Tasmania in 2006, I have cycled every kilometre of the nearly 3000 kilometres of Tasmania for this special cause and over \$520,000 has been raised. This year we will be joined by Her Excellency Governor Kate Warner and Mr Warner on day three of the ride from New Norfolk to Government House in Hobart. We are also encouraged this year because Diabetes Australia CEO Greg Johnson is joining us. This support is much appreciated.

Politicians, sponsors and community leaders ride bikes up hill and down dale for the cause. The community support over the years has been fantastic with some people stopping us on the street offering support.

This year, the Diabetes Tasmania Pollie Pedal launches from the Cressy District School and cyclists tackle Poatina Hill to Miena in the lake country and Central Highlands. We then cycle to Bothwell, through the beautiful Derwent Valley and finally from New Norfolk to Government House, Hobart.

We visit schools, aged care homes and host community events along the way.

Type 2 diabetes is the fastest growing chronic disease in Australia. The complications associated with the disease are serious and devastating. Diabetes is the leading cause of preventable blindness, lower limb amputation and the single most common cause of kidney failure. Heart attacks and stroke are four times more likely to kill people with diabetes.

An estimated 37,000 Tasmanians have diabetes with another 45,000 having pre-diabetes, meaning they are at high risk of developing type 2 diabetes. This is a ticking time bomb with serious consequences for our health system and the larger community.

The 21st century has brought with it access to energy dense processed food that is high in salt, fat and sugar. It is hard for all of us, especially for children swamped with new technologies and more modern sedentary lifestyle including non-active transport and urban living. All these pressures are fighting against healthy living.

The Diabetes Tasmania Pollie Pedal is designed to make a difference and it has. We have helped thousands of Tasmanians and with community support we will continue doing so.

Guy Barnett MP is a State Member for Lyons and Diabetes Australia Ambassador.

To donate to Guy's ride, go to <https://polliepedal2017.everydayhero.com/au/Guy2017>

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