



EDGAR DIABETES & OBESITY RESEARCH

Reducing the global burden of diabetes and obesity

Hot topics

In addition to our research activities, our Centre strives to translate and present, in a balanced manner, the national and international scientific evidence on topics relevant to diabetes and obesity.

Walking after meals reduces blood sugars

EDOR members Dr Andrew Reynolds and Professor Jim Mann have found that for people with type 2 diabetes, walking for ten minutes after meals is better at reducing blood sugar levels than taking a single 30-minute walk at any time of the day.

The study, published in the international scientific journal *Diabetologia*, has been reported in newspapers and health publications all over the world.



Assoc Prof Rachael Taylor, Prof Jim Mann, Sir Eion Edgar and Dr Kirsten Coppell

EDOR soars into the future

The Edgar Diabetes and Obesity Research (EDOR) Centre encompasses twenty prominent New Zealand researchers in the areas of diabetes and obesity, with each having national and international collaborators. EDOR has strong links with two of the health-related National Science Challenges, and we are now celebrating on-going recognition from the University of Otago of our status as a pre-eminent research centre.

Support our work

Please visit our website to learn more about our work:

otago.ac.nz/diabetes

Contact us:

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More information on our studies, and guest lecture podcasts, are on our website: otago.ac.nz/diabetes

Special guests:



Professor Stephan Rossner, from the Karolinska Institute in Sweden, gave a public talk in February, along with EDOR member Professor Dave Grattan. Their presentations explored the question ‘What is the meaning of obesity in 2016?’



Professor David Stuckler, political sociologist at the University of Oxford, gave a public talk in February on the challenges of ‘Getting evidence into policy: the role of Big Food, Alcohol and Tobacco.’

Food quality foremost

In a number of press releases this year, EDOR members, and other international nutrition experts, have emphasised that it is the *quality* of the fats and carbohydrates we eat that is important, rather than favouring one food group over another.

National Research Symposium

Over the last decade EDOR has held a number of national research forums, attracting considerable public and media interest. Here is what we have planned for early in 2017.

The ‘cost’ of sugar forum

Venue: **Auckland City Hospital**
 Date: **7pm-9pm, Thursday 16 March, 2017**
 Cost: **Free**

Chaired by renowned broadcaster Kim Hill, this panel discussion will explore the cost of sugar from a variety of different angles, including both the positive and negative impacts of sugar on our society.



The Diabetes Crisis: how can we make a difference?

Venue: **Auckland City Hospital**
 Date: **9am-5pm, Friday 17 March, 2017**
 Cost: **\$50**

Join us to hear how researchers from EDOR, international experts, and colleagues from the Healthier Lives National Science Challenge and A Better Start National Science Challenge, are working to address the diabetes and obesity crisis. Places are limited so we recommend you register early for this event.



Watch our website for registration details:

otago.ac.nz/diabetes