

## The good news story

Editor: Melissa Sweet Author: Lesley Russell Wednesday, October 27, 2021

I'm actually getting a little ahead of myself here, pushing an issue as a good news story when we don't actually know the outcome. But I think that the mere fact it is happening is good news, and I'm very optimistic.

I'm talking about the [war on diabetes](#) that Dr Michael Mosley is waging on SBS TV along with proud Gomeri man and exercise physiologist Ray Kelly and some very courageous participants.

What I love is that while there is emphasis on personal responsibility and personal agency, part of Dr Mosley's mission is to tackle systemic change.

To demonstrate this, he follows an average Australian diet and in just two weeks, his blood sugar levels become pre-diabetic and his blood pressure becomes worryingly high. Mosley thus highlights the root of Australia's obesity and type 2 diabetes epidemic – no wonder almost 200 Australians are diagnosed with type 2 diabetes every day.

"There's a whole host of things that you can do," Mosley says. "Advertising. Subsidies. A sugar tax. I see it as a bit like smoking. The war on people smoking was not won by telling people to stop smoking. It was won by taxation, by making it much harder to smoke, by banning smoking in pubs and clubs. I absolutely believe there are lots of things governments could and should be doing. That's why putting pressure on politicians is so important."

[Tune in](#) – and maybe there are some changes you can make towards being healthier!

<https://www.croakey.org/the-health-wrap-alert-on-global-vaccination-gaps-some-gaps-in-general-practice-zika-concerns-and-the-defining-narrative-of-human-health/>