

WHEREAS, diabetes affects 30.3 million American people across all ages, races, and economic classes and is a serious disease with no known cure, is the fifth deadliest disease in the United States and 1 in 4 adults is unaware they have the disease; and

WHEREAS, complications from diabetes can lead to heart disease, stroke, kidney disease, renal failure, blindness, and loss of limbs caused by nerve damage; and

WHEREAS, over 90% of all diagnosed diabetes cases are type 2 diabetes where a person is not able to produce enough insulin to meet their body's needs and typically develops in adults; and

WHEREAS, another form of diabetes, known as gestational diabetes, can develop in pregnant women, create complications during pregnancy, and increase chances of developing type 2 diabetes later in life for both mothers and their children; and

WHEREAS, more young people today are diagnosed with type 2 diabetes than ever before and unless we act, approximately one-third of all children born since the turn of the century will suffer from diabetes during their lifetimes; and

WHEREAS, prediabetes is a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes, putting them at greater risk for developing type 2 diabetes and nearly one in three adults in the United States has pre-diabetes but nine out of 10 of those don't know they have it; and

WHEREAS, African Americans, Hispanic Americans, American Indians, Asian Americans, and Pacific Islanders; those who are obese or inactive; who have a family history of type 2 diabetes; who are over age 45 and who have high blood pressure are at increased risk of the disease; and

WHEREAS, people with type 2 diabetes can manage their disease by following a healthy meal plan, increasing physical activity, taking prescribed medications, and quitting smoking and those with prediabetes who lose weight through healthy eating and regular physical activity can help prevent or delay onset; and

WHEREAS, an increase in community awareness of risk factors and symptoms related to diabetes can lead to early diagnosis and improve the likelihood that people with diabetes will get the attention they need before suffering the devastating complications of the disease; and

WHEREAS, the Lighthouse Foundation Restoring the Village Initiative is holding its Diabetes Awareness 5K Run/Walk on March 23rd to support improved health and prevention of diabetes in the community.

NOW, THEREFORE, I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim March 26, 2019 as:

Diabetes Alert Day

a day to sound the alarm about the prevalence of type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test available from the American Diabetes Association online at www.diabetes.org or by calling 1 888 DIABETES.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Fort Pierce, Florida, to be affixed this 4th day of March, 2019.

MAYOR/COMMISSIONER