

PROCLAMATION #11-18-19-01
DIABETES AWARENESS MONTH – NOVEMBER 2019

WHEREAS, diabetes is growing at an epidemic rate worldwide affecting more than 422 million people. The International Diabetes Federation (IDF) estimates by 2040 there will be more than 642 million people living with the disease. The United States rank #3 out of 10 in diabetes diagnoses; and

WHEREAS, diabetes is growing at epidemic rate in the United States. According to the Centers for Disease Control and Prevention (CDC), nearly 31.2 million Americans have diabetes and face its devastating complications. What's true nationwide is also true in Iowa; and

WHEREAS, according to the American Diabetes Association, diabetes affects approximately 286,000 people in Iowa – 10.8% of the population, and is a serious disease for which there is no known cure and which is the seventh leading cause of death by disease in the United States; and

WHEREAS, according to the American Diabetes Association, approximately 75,000 people in Iowa have diabetes but do not know they have the disease and may experience damage to the heart, eyes, kidneys, and limbs greatly increasing their health risk; and

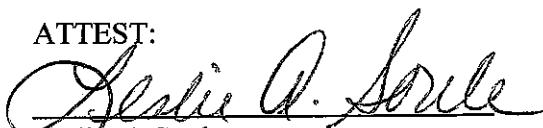
WHEREAS, according to the American Diabetes Association, another 810,000 people in Iowa, 35.2% of the adult population have prediabetes, a condition which puts them at greater risk for developing Type 2 diabetes, and if current trends continue, 1 in 3 American adults will have diabetes by 2050; and

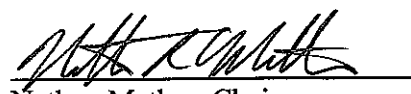
WHEREAS, diabetes has many faces, affecting everyone, young and old alike – Caucasians, African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders, with minority populations in the United States having an increased risk for developing the disease; and

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

THEREFORE, be it resolved that the Muscatine County Board of Supervisors do hereby proclaim November, 2019, as Diabetes Awareness Month in Muscatine County, Iowa, and encourage all citizens to help fight this disease and its deadly complications, including heart and kidney disease, stroke, blindness, and amputation, by increasing awareness of the risk factors for diabetes, and by providing support to those suffering from diabetes.

ATTEST:


Leslie A. Soule
Muscatine County Auditor


Nathan Mather, Chairperson
Muscatine County Board of Supervisors



Iowa Lions District 9EC

Muscatine County Lions Clubs

Fruitland Community, Muscatine, West Liberty

November 2019

Muscatine County Board of Supervisors

Mr. Nathan Mather, Chair

414 E. Third St., Ste. 101

Muscatine, IA 52761

Dear Mr. Mather:

As local Lions Clubs here in Muscatine County, we would like to bring awareness to diabetes in our county in November, which is National Diabetes Awareness Month. Enclosed you will find a copy of the Muscatine County Diabetes Awareness Month Proclamation for November 2019. Lions all over the world will organize diabetes events in their communities to heighten awareness of diabetes and its complications and to provide information on preventing and managing the disease.

We would request you as Chair, and the Muscatine County Board of Supervisors to sign the enclosed Proclamation. We would also welcome the opportunity to take a photo of the Supervisors and the Muscatine County Lions Clubs with the Proclamation. You can reach me, Lion Kim Seligman at 563-260-2763.

We Serve,

Kim Seligman, District 9EC Iowa Lions | Diabetes Chairperson 2019-2020

411 Parkington Drive

Muscatine, IA 52761

Muscatine County Lions Clubs:

Fruitland Community – Nadine Brockert, President

Muscatine – Pravin Patel, President

West Liberty – Jeff Owen, President

Enclosure

**MUSCATINE COUNTY, IOWA PROCLAMATION
DIABETES AWARENESS MONTH – NOVEMBER 2019**

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

NOW, THEREFORE, I _____, do hereby proclaim November, 2019, as DIABETES AWARENESS MONTH in Muscatine County, Iowa, and encourage all citizens to help fight this disease and its deadly complications, including heart and kidney disease, stroke, blindness, and amputation, by increasing awareness of the risk factors for diabetes, and by providing support to those suffering from diabetes.



Lions Clubs International Diabetes Fact Sheet



Lions Clubs International

2018-19 EDITION

Constitutional Area 1 United States of America, Its Affiliates, Bermuda & The Bahamas



Number of clubs
in this region:

43,582

Average no. of adults with diabetes
in each club's community

714

Constitutional Area overview	
Adult population 239.3 million	Adults with diabetes 31.2 million
Regional prevalence 13.0%	Undiagnosed diabetes cases 1.4 million
Diabetes-related deaths 182,800	Children with Type 1 diabetes (0-19 years) 92,110

Highest adult (20-79 years) diabetes cases	
① United States of America	30.2 million
② Puerto Rico	400,570
③ Jamaica	209,340
④ Trinidad & Tobago	117,420
⑤ Guyana	52,380

Global statistics

▶ **1 in 11**
adults has diabetes

▶ **Over 425 million**
people have diabetes; by 2045 this
number will reach 629 million

▶ **1 in 2**
adults with diabetes is
undiagnosed (212 million), and at
a higher risk of developing harmful
and costly complications

▶ **352 million**
people are at risk of developing
Type 2 diabetes, which is
increasing in most countries

▶ **Over 1.1 million**
children are living with
Type 1 diabetes

▶ **4 million deaths**
were caused by diabetes in 2017

▶ **79%**
of adults with diabetes are living in
low- and middle-income countries

▶ **1 in 7**
More than 21 million live births
(1 in 7) were affected by diabetes
during pregnancy in 2017

▶ **727 billion**
In 2017, diabetes caused at least
US\$727 billion dollars in health
expenditure—12% of total
spending on adults.

IN PARTNERSHIP WITH



**International
Diabetes
Federation**

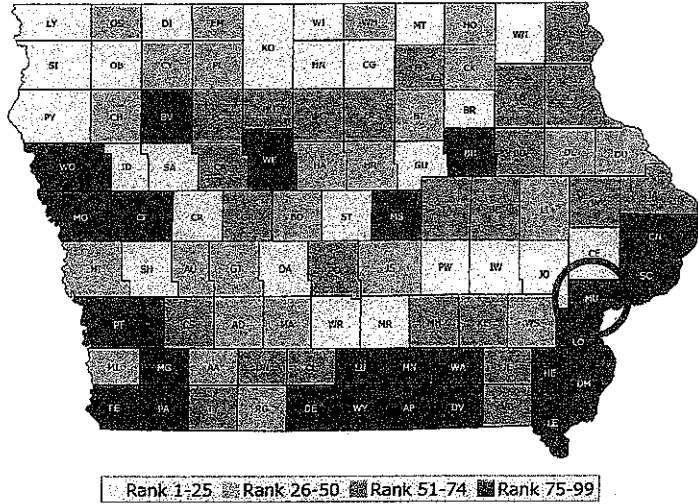
NEED MORE INFORMATION?

Visit lionsclubs.org to learn how Lions Clubs
International is serving on the frontlines of diabetes

Data source: International Diabetes Federation (IDF) Diabetes Atlas 8th Edition 2017. Visit diabetesatlas.org for more information.
Lions Clubs International expresses its gratitude to IDF for its leadership in the global diabetes community.

Help rank Muscatine County #1 by 2021!

The **2019-2021 Muscatine County Empowering Healthy Behaviors Initiative** goal is to increase access and education to nutrition and physical activity opportunities throughout Muscatine County to decrease the prevalence of obesity and diabetes. The 2018 Community Health Needs Assessment identified **Muscatine County with an obesity prevalence at 49.2%, and diabetes prevalence at 17.9%.**



Source: <http://www.countyhealthrankings.org/app/iowa/2019/downloads>

The Health Factors in the *County Health Rankings* represent the focus areas that drive **how long people live and how well they live**. The 2019 data shows Muscatine County rank at 81/99.

November is National Diabetes Awareness Month and we invite you to join us on **World Diabetes Day – Thursday, November 14** – and make your mark on diabetes and take the diabetes risk assessment test.

- The 7-question **Prediabetes Risk Test** takes 1-minute to complete. Approximately 84 million American adults – more than 1 out of 3 – have prediabetes and 90% don't know they have it.
- Included is your **2019 November Diabetes Awareness Participation Certificate**.
 1. As your employees complete the risk test, we ask that they add their thumbprint to the certificate. *(blue ink pad enclosed)*
 2. When completed, we ask that you take a group photo and post on social media with the hashtags: #MuscatineDiabetesAwareness2019 | #EmpoweringHealthyBehaviors
 3. Share the photo to the **Muscatine Diabetes Project** Facebook page.
 4. Please leave the “blue ink” on the thumbprint as it brings awareness to the individual and others of supporting diabetes awareness.
- We also encourage you to wear “blue” as it is the color for world diabetes awareness!

✓ **Thank you for making YOUR mark  on diabetes!**

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+

1 Point 2 Points 3 Points

← You weigh less than the 1 Point column (0 points)

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

