

DIABETES AWARENESS REPORT

Report by: IPDG HARRY LIPPINCOTT, Chairperson

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To date, as the MD19 Diabetes Awareness Chairperson, I have written eight newsletters regarding the subject. These newsletters were sent to the five Districts Diabetes Chairpersons for their use or suggested they write their own articles for their district newsletters.

The articles have highlighted the importance of understanding diabetes. Included are statistics on its prevalence and impact. Also addressed were other practical tips for prevention, such as maintaining a healthy diet and exercising regularly. I introduced readers to common symptoms and risk factors, urging them to get screened regularly. When known, I noted upcoming events or initiatives related to diabetes awareness. I encouraged Clubs/Districts to have a call to action by hosting diabetes events, having brochures and other information at events, etc., and encouraged readers to share the newsletter and take proactive steps towards better health.