

The Incidence of Diabetes and Prediabetes Presents an Excellent Opportunity for Lions to Serve Their Community

The Center for Disease Control and Prevention (CDC) estimated: Approximately 30.3 million people of all ages - or 9.4% of the U.S. population - had diabetes in 2015. This number continues to rise alarmingly each year.

Approximately 84 million American adults - more than 1 out of 3 - have prediabetes. Of those with prediabetes, 90% do not know they have it.

Prediabetes puts one at risk of developing type 2 diabetes, heart disease, and stroke. A person with prediabetes can make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

However, if someone is unaware they have prediabetes it is unlikely they will get more exercise, change their diet and/or lose weight.

Lions have an opportunity to serve members of our community by identifying their risk for type 2 diabetes. We may:

- Offer risk assessment forms at health fairs, or to those screened at sight and hearing events. Be aware of where to refer those uninsured and underinsured. (CDC's risk assessment form is available by copying and pasting the link below into your web browser.)
<https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>
- Schedule and publicize a presentation by a diabetes educator at a local library or other venue. Use healthy snacks and give away items with prevention information printed on them to increase participation.

Let me know how I can help.

- I will be happy to review your project and determine if the District may provide matching funds.
- If you tell me about your projects, I will be able to share ideas with other clubs.

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