

*City of Albany*  
*Proclamation*

**IN HONOR OF DIABETES AWARENESS MONTH**

**WHEREAS**, more than 100 million Americans have diabetes or prediabetes (CDC. July 2017) - an auto-immune disease in which the glucose levels in one's blood are higher than normal; and

**WHEREAS**, diabetes is one of the leading causes of death in the United States and results in staggering health and financial costs for Americans; and

**WHEREAS**, diabetes can affect individuals of any age, gender, or background depending on risk factors, which can include a combination of genetics and lifestyle; and

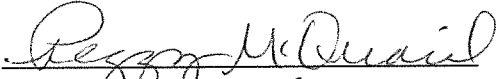
**WHEREAS**, African Americans, Hispanic Americans, American Indians, Asian Americans, and Pacific Islanders are at higher risk of developing type 2 diabetes; and

**WHEREAS**, there are several different types of diabetes:

- Type 1 diabetes, often diagnosed in youth, affects people whose bodies do not produce insulin, a hormone needed to live, and they must take insulin injections to survive
- Type 2 diabetes typically develops in adults; occurs in people who are not able to produce enough insulin to meet their body's needs or do not use their produced insulin effectively; can often be controlled with diet and exercise, or they must take oral medication to help stimulate their pancreas to produce more insulin, and if uncontrolled can require having to take insulin injections
- Prediabetes -- a condition in which their blood sugar levels are higher than normal, but not high enough to be diagnosed with diabetes -- placing them at higher risk for other health conditions or for developing type 2 diabetes
- 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**, there is no cure for diabetes and if uncontrolled, diabetes can lead to health problems such as heart disease, blindness, and kidney failure;

**NOW, THEREFORE BE IT PROCLAIMED**, that the Albany City Council hereby recognizes November 2017 as Diabetes Awareness Month. We encourage everyone to foster environments that support healthy choices; promote physical activity; provide healthy foods in our schools; and ensure families have access to nutritious, affordable foods and the information they need to make healthy choices.

  
Peggy McQuaid  
Peggy McQuaid, Mayor