



## Proclamation

**WHEREAS**, diabetes is a common and serious disease currently the 7<sup>th</sup> leading cause of death nationwide and in Hawai'i; and

**WHEREAS**, diabetes is characterized by high levels of blood glucose, or blood sugar, and the three main types of diabetes are Type 1 Diabetes (T1D), Type 2 Diabetes (T2D) and gestational diabetes; and

**WHEREAS**, symptoms include frequent urination, frequent thirst and hunger, unexplained weight loss, fatigue, blurry vision, slow-healing injuries and frequent infections; and

**WHEREAS**, T1D is an autoimmune disease in which a person's pancreas stops producing insulin, causing dependence on injected or pumped insulin for life; and

**WHEREAS**, T1D occurs most frequently in children and young adults, and has no prevention or cure; and

**WHEREAS**, T2D is a metabolic disease in which a person's body still produces insulin but is unable to use it effectively, putting a person at greater risk of having a heart attack, stroke, blindness, kidney failure or amputation because of complications from the disease; and

**WHEREAS**, T2D can be prevented or delayed with simple lifestyle changes such as exercising, eating a healthy diet, and controlling your weight; and

**WHEREAS**, half of the adults in Hawai'i—600,000 people—have prediabetes (borderline diabetes) or T2D; and

**WHEREAS**, Native Hawaiians, Pacific Islanders and Asians are at a greater risk for diabetes, and other risk factors include family history of T2D, age 45 or older, excess weight, physical inactivity and gestational diabetes diagnosis during pregnancy; and

**WHEREAS**, the State Department of Health's *Prevent Diabetes Hawai'i* campaign urges everyone to participate in a simple 30-second online Diabetes Risk Test at [www.PreventDiabetesHawaii.com](http://www.PreventDiabetesHawaii.com) so that people with diabetes will get the attention they need before suffering the devastating complications of the disease;

**THEREFORE I, DAVID Y. IGE, Governor, and I, DOUGLAS S. CHIN, Lieutenant Governor of the State of Hawai'i,** do hereby proclaim November 14, 2018 as

### **“WORLD DIABETES DAY”**

in Hawai'i and ask the people of the Aloha State to join us in raising awareness of risk factors and symptoms related to prediabetes and diabetes, encourage early screening, and provide support to those suffering from diabetes.

Done at the State Capitol, in Executive Chambers, Honolulu, State of Hawai'i, this ninth day of November 2018.

  
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DAVID Y. IGE  
Governor, State of Hawai'i

  
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DOUGLAS S. CHIN  
Lt. Governor, State of Hawai'i