STATE *of* MINNESOTA

Proclamation

WHEREAS: November 14, 2014, is designated as World Diabetes Day by United Nations Resolution 61/225, and November is National Diabetes Awareness Month. Diabetes affects 382 million people worldwide, including 30 million in the United States, and 290,000 in Minnesota; and

WHEREAS: Diabetes is a group of diseases that happen when blood glucose (sugar) builds up in the blood because insulin, a hormone that helps your body use glucose, is not working as it should. Glucose comes from the food we eat and it provides energy for the body to work; and

WHEREAS: There are several types of diabetes, but the two most common types are type 1, where the pancreas stops making insulin, and type 2, where insulin does not work correctly. Ninety percent of those with diabetes have type 2; and

WHEREAS: People are at high risk of developing type 2 diabetes if they have pre-diabetes, a condition in which glucose levels are above normal but not yet high enough to be type 2 diabetes. As many as 1 in every 3 (1.4 million) adults in Minnesota have pre-diabetes, yet only a small percentage know they have it; and

WHEREAS: There is no cure for diabetes and if it is not successfully controlled, serious complications and disabilities can result. People with type 1 diabetes need insulin to survive, while type 2 diabetes can sometimes be controlled through medication and lifestyle changes in diet and exercise; and

WHEREAS: Public education is important to ensure that all Minnesotans have a better understanding of diabetes, what is needed to control it, and how to lower the risk of developing type 2 diabetes by making healthy lifestyle changes.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim the month of November 2014, as:

DIABETES AWARENESS MONTH

in the State of Minnesota.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 27th day of October.

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GOVERNOR

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SECRETARY OF STATE