

A Proclamation  
By the  
Louisville/Jefferson County Metro Council

To all whom these letters shall come, Greetings.  
Know Ye, that the Louisville Metro Council  
hereby proclaims November as Diabetes Awareness Month

**Whereas**, today, nearly 30 million Americans have diabetes. This devastating disease affects men and women of all backgrounds and ages, and can cause serious health complications, including blindness, kidney failure, heart disease, stroke, and the loss of lower limbs. During National Diabetes Month, we stand with all those battling this chronic, life-threatening disease and their families, and we pay tribute to the advocates, researchers, and health care professionals who are committed to supporting healthy lifestyles in communities across our city.

**Whereas**, the most commonly diagnosed in young people, type 1 diabetes has no known method of prevention. However, it can be managed with regular exercise, good nutrition, and proper medication. Type 2 diabetes accounts for roughly 90 to 95 percent of diagnosed cases of diabetes in adults, and the risk of developing it is commonly associated with older age, obesity, physical inactivity, and a family history of diabetes. African Americans, Hispanic Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for this disease and its complications. In some cases, losing weight, eating healthy, and being more active can help prevent or delay type 2 diabetes. Americans who are at risk for this disease should consult with a health care provider to discuss the steps they can take to reduce their chances of developing diabetes.

**Whereas**, everyone deserves the chance to lead healthy lives and achieve their full potential. During National Diabetes Month, we honor the memory of those we have lost to diabetes, and we recommit to pursuing solutions that will shed light on this disease, moving our nation closer to a healthier tomorrow for all.

**NOW THEREFORE, THE LOUISVILLE/JEFFERSON COUNTY METRO  
GOVERNMENT, (THE COUNCIL) HEREBY PROCLAIMS NOVEMBER 2015 AS  
“LOUISVILLE/JEFFERSON COUNTY METRO GOVERNMENT DIABETES AWARENESS MONTH”.**

Done, at the Louisville/Jefferson Metro  
Council, this, the 5<sup>th</sup> day of November 2015

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Mary C. Woolridge, Councilwoman  
Metro Council District 3