



Join the Fight Against Diabetes

Diabetes is one of the fastest-growing diseases in the world today, currently affecting 422 million people of all races, income levels, and ages, even children. As Lions, we're dedicated to fighting the diabetes epidemic to improve lives, strengthen families, and revitalize communities.

Our Goals

- Educate ourselves and our communities about diabetes.
- Develop environments that inspire and support healthy lifestyles.
- Increase access to diabetes care, medication and diagnostic equipment.
- Increase coordination and support of national policies and plans.

President Naresh's Diabetes Message

"Lions Clubs International will not sit on the sidelines as the disease mounts. We will be in the thick of efforts to prevent and treat the disease."

What is diabetes?

Diabetes is a chronic condition that occurs when the body can't produce enough insulin or use available insulin properly. Glucose remains in the blood, which can ultimately lead to nerve, organ and blood vessel damage. There are three types of diabetes:

- **Type 1 Diabetes** occurs when the immune system destroys insulin-producing cells and the body can't produce insulin. It usually develops in children and teens, but can happen at any age.
- **Type 2 Diabetes** occurs when insulin is produced but not properly absorbed by the body. It is on the rise in most countries, but simple lifestyle measures have been shown to be effective in preventing or delaying it. Worldwide education is desperately needed.
- **Gestational Diabetes** in pregnant women affects one in seven births. If not properly managed, women are at an increased risk of complications during delivery. Babies may be born with a high birth weight, breathing difficulties, or low blood sugar, and are at risk for developing type 2 diabetes in the future as well as their mothers.



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Why We Need to Join the Fight:

642M people will have diabetes by **2040**

422M adults are currently estimated to have diabetes

6th leading cause of death in the world, and the **sixth** leading cause of death among women

1 person dies every **7** seconds from diabetes

5M people die annually from diabetes

50% of people with diabetes don't know they have it

77% of people with diabetes live in low- and middle-income countries

Diabetes Affects Us All

Chances are you know someone with diabetes. Visit **fightdiabetes.lionsclubs.org** for an exercise that lets you reflect on those personal connections with fellow Club members.