

# STATE OF ALASKA



## *Executive Proclamation* by *Sarah Palin, Governor*

Diabetes is at epidemic proportions. In the United States, 20.8 million adults have diabetes and this number is predicted to reach 30 million by 2030. In 2005, 1.5 million new cases were diagnosed in people 20 and older.

The prevalence of diabetes in Alaska has doubled in the past 10 years. Currently five percent of Alaskans over 18 years old (22,130 individuals) have been told by a doctor that they have diabetes.

Up to 12,000 additional Alaskans have undiagnosed diabetes. The risks of premature mortality, disability, and other diabetes-related complications are even greater with undiagnosed diabetes, because effective disease management delays or prevents these consequences.

Having diabetes substantially increases the risk of heart disease and stroke. More than half of the deaths of Alaskans with diabetes were from heart attack or stroke. Alaskans with diabetes are much more likely to have other risk factors for heart disease than those without: many more have high blood pressure or high cholesterol, and very high proportions are obese and/or physically inactive.

In 2002, although Americans with diabetes comprised 6.5 percent of the population, they consumed 10 percent of U.S. health care dollars or \$92 billion. In 2001 through 2005, health care costs for Alaska Medicaid recipients were twice as much per person as they were for recipients without the disease.

The frequency of diabetes diagnoses among youths is rising along with the increasing numbers of youths who are overweight and/or physically inactive. Predictions are that one in three children born in the year 2000 will develop diabetes as a consequence of obesity. In Alaska, between one-fourth and one-third of school children and adolescents are overweight or at risk of being overweight.

Alaskans can prevent diabetes and diabetes complications by maintaining a healthy weight, eating a healthy diet, and being physically active. Working with their health care providers, Alaskans with diabetes who want to stay healthy can manage their blood glucose, blood pressure, and cholesterol levels.

NOW, THEREFORE, I, Sarah Palin, Governor of the State of Alaska, do hereby proclaim March 2007 as:

### *Diabetes Alert Month*

in Alaska, and ask all Alaskans at risk to *get checked* for diabetes, blood pressure, and cholesterol status; to *eat well and be active* to extend the benefit of the good health they have, and if they have diabetes, to *take control* of their disease to reduce their risk of diabetes complications.

Dated: February 28, 2007



A blue ink signature of Sarah Palin.

Sarah Palin, Governor  
who has also authorized the  
seal of the State of Alaska to  
be affixed to this proclamation.