



MD19 DIABETES AWARENESS REPORT

February 6&7, 2026

Council Chair and Council,

Diabetes is one of the most common chronic diseases affecting people WORLD WIDE. Around 589 million people over a year old live with **diagnosed** diabetes. This number excludes gestational diabetes. Worldwide at the end of 2024 there were 589 million adults (20-79) living with diabetes, it is projected that by 2050 there will be a rise of 853 million adults living with diabetes. It's also projected that as of today there are 252 million people living with undiagnosed diabetes, it's time we got out in our communities to bring awareness to everyone so we can slow that down.

I have found over the past few years that getting the word out to our clubs/members regarding diabetes is difficult. I am unable to travel to each and every club to show off my "sugar board" which would certainly be a wake me up for anyone who glances at it. The monthly newsletters have the same old news each month; which I would not be surprised that almost everyone who receives it files it in the round storage bin. So how can I help us get the word out to all of our members, I ask you, please send me suggestions.

Step Challenge update.

At the challenges halfway point of fifteen weeks there are 363 participants in our Multiple District taking part in this challenge. As of January 25th the total number of steps for all is: **262,419,859** steps. The participation fee of \$5.00 per person has been submitted by over half of the group, those that still need to submit can contact me for where to send their cheque.

Respectfully Submitted

PDG Georgia D Medwedrich

District L & MD19 Diabetes Chair

