



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT



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THE DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES, IN COLLABORATION WITH THE GUAM DIABETES CONTROL COALITION AND THE NON-COMMUNICABLE DISEASE (NCD) CONSORTIUM ENDORSE WORLD HEALTH DAY 2016: "TOGETHER ON THE FRONT LINES AGAINST DIABETES" AND CALLS ON COMMUNITY TO END THE DIABETES EPIDEMIC

The World Health Organization will celebrate World Health Day on April 7, 2016 and will focus on ending the diabetes epidemic by calling on all stakeholders to educate, screen, control and prevent diabetes. The Guam Diabetes Control Coalition joins WHO to celebrate World Health Day 2016 - "Together on the Front Lines Against Diabetes" through a concerted effort of month long activities. All stakeholders, partners, advocates and most importantly families are invited to attend the following activities listed on the attached Calendar of Events.

World Health Day is a global health awareness day celebrated every year on April 7 by the World Health Organization. It marks WHO's anniversary and serves as an opportunity for global advocacy on a major public health issue. This year, World Health Day 2016 is dedicated to **diabetes prevention and awareness**.

One out of ten adults in Guam is living with diabetes. Diabetes is a serious, chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Over time, diabetes can damage the heart, blood vessels, eyes, kidneys and nerves.

For many, diabetes can be prevented or controlled. Community members must be informed about and understand the risks for developing diabetes. In order to decrease the risk of developing diabetes people should minimize risk factors such as tobacco use, poor nutrition and excess body fat. Increasing physical activity and taking medication as prescribed will help control the disease.

The Guam Diabetes Control Coalition urges all community members to participate in these outreach activities and become a partner in eliminating Guam's diabetes epidemic. For more information call the Guam Diabetes Prevention and Control Program at 735-7295.

JAMES W. GILLAN
Director

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WORLD HEALTH DAY CALENDAR OF EVENTS

1. On March 29, 2016, from 4:00pm to 6:00pm, a Diabetes Awareness Wave will take place at the corner of the International Trade Center (ITC)
2. On April 2, 2016, from 10:00am to 2:00pm, a Diabetes Health Fair and World Health Day proclamation signing will take place at the Micronesia Mall Center Court
3. On April 8, 2016, from 4:00pm to 6:00pm, the Government of Guam Worksite Wellness Program 2nd Quarter Raffle Drawing, Physical Fitness Marathon, and observance of World Health Day will take place at Ricardo J. Bordallo Governor's Complex in Adelup
4. On April 9, 2016, from 2:00pm, a Dinner For Life fundraiser to benefit the Guam Diabetes Association will take place at the Top O' the Mar restaurant
5. On April 12, 2016 from 5:30pm to 6:30pm, the Guam Diabetes Association Monthly Meeting will take place at the senior citizen's center in Mangilao
6. On April 22, 2016 from 5:00pm to 7:00pm, the launching of the Healthy Menu Pilot Project will take place at Pika's Café Guam