

**PROCLAMATION DECLARING NOVEMBER AS  
NATIONAL DIABETES AWARENESS MONTH**

**WHEREAS**, November is National Diabetes Awareness Month and November 14<sup>th</sup> of every year is World Diabetes Day; and

**WHEREAS**, the 2020 diabetes prevalence rate for Hidalgo County is projected to reach 22.9 percent, among the highest in the State of Texas; and

**WHEREAS**, having diabetes increases a person's risk of nerve damage, amputation, heart disease, stroke, blindness and kidney failure if uncontrolled; and


**WHEREAS**, the risk of financial and physical burdens associated with diabetes and its related complications must be reduced; and

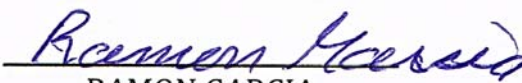
**WHEREAS**, Type 2 Diabetes is a preventable and manageable disease with a balanced diet, regular exercise and healthy lifestyle choices; and

**WHEREAS**, diabetes awareness education regarding prevention, detection and self-management is essential to combating this debilitating disease in Hidalgo County.

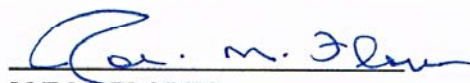
**NOW, THEREFORE, BE IT RESOLVED** that the Hidalgo County Commissioners Court does hereby proclaim the month of November 2014 as Hidalgo County Diabetes Awareness Month; and encourages all Hidalgo County residents and employees to incorporate diabetes awareness, prevention and self-management practices into daily family activities, and honor World Diabetes Day by wearing blue on Friday, November 14, 2014.

Approved this 10<sup>th</sup> day of November, 2014.

  
A.C. CUELLAR, JR.  
County Commissioner, Pct. 1

  
RAMON GARCIA  
County Judge

  
HECTOR "TITO" PALACIOS  
County Commissioner, Pct. 2

  
JOE M. FLORES  
County Commissioner, Pct. 3

  
JOSEPH PALACIOS  
County Commissioner, Pct. 4

  
Attest: ARTURO GUAJARDO, JR.  
County Clerk