

## **PRESIDENTIAL PROCLAMATION NO. 10-30**

*Declaring the month of November as Diabetes Awareness Month  
and to recognize the 14<sup>th</sup> of November as World Diabetes Day in Palau*

**WHEREAS**, the World Diabetes Day was initiated by the United States International Diabetes Federation (IDF) and the World Health Organization (WHO) as an education and prevention initiative concerning the rising world-wide number of people with diabetes.

**WHEREAS**, this day is celebrated on November 14<sup>th</sup> is to mark the birthday of Mr. Frederick Banting who, along with Mr. Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

**WHEREAS**, the Blue Circle was adopted in 2007 to mark the passage of the United Nations World Diabetes Day Resolution 61/225. Across cultures, the Blue Circle symbolizes life and health and is colored blue to reflect the sky that unites all nations.

**WHEREAS**, over 800 people in Palau have been diagnosed with diabetes mellitus.

**WHEREAS**, obesity, lack of physical activity, the use of tobacco products, the consumption of alcoholic beverages, and poor nutritional intake such as eating foods high in sugar, salt, and fat leads to diabetes mellitus and other non-communicable diseases.

**WHEREAS**, obesity in itself has become an epidemic worldwide and is the major contributor to diabetes mellitus and other non-communicable diseases.

**WHEREAS**, everyone in the community needs to be involved in the campaign to recognize obesity as a growing threat to the future of our nation and our children.

**WHEREAS**, we as a community must unite, as one voice, and take a stand in the fight against obesity.

**WHEREAS**, by taking this step means that we, as a community, must take on a “Healthy Lifestyle” approach by choosing a healthier diet low in salt, fat, and sugar.

**WHEREAS**, we must also encourage ourselves, our families, our children, our friends, and our loved ones to engage in at least 30 to 60 minutes of physical activity each day to prevent and/or decrease obesity.

**WHEREAS**, by reducing and/or preventing obesity, we can hope to see a healthier future free of diabetes mellitus and other non-communicable diseases.

**NOW, THEREFORE**, I, Johnson Toribiong, President of the Republic of Palau, do hereby declare the entire month of November as Diabetes Awareness Month and acknowledge the 14<sup>th</sup> of November as World Diabetes Day; and urge everyone this month to take part in observance and activities designed to advance the cause of awareness, prevention and control of diabetes mellitus, obesity, and other non-communicable diseases.

**SO PROCLAIMED** this 27<sup>th</sup> day of October 2010 at the Capitol, Melekeok State, Republic of Palau.

/s

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Johnson Toribiong  
President  
Republic of Palau