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**NEWS
RELEASE**

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City Recognizes World Diabetes Day, Encourages Residents to Stay Healthy

El Paso, Texas – The City of El Paso Department of Public Health (DPH) reminds the community to put their health first in celebration of World Diabetes Day on Tuesday, November 14.

This year's theme is "Access to Diabetes Care" and focuses on the importance of getting screened and the crucial need for adequate healthcare for those suffering from diabetes.

DPH is hosting a World Diabetes Health event from 10 a.m. to 1 p.m. Thursday, November 30, at the Sylvia A. Carreon Community Center, 709 Lomita Drive. There will be health screenings, information, raffles and more.

DPH's Diabetes Prevention Program offers the community educational outreach, presentations, and referrals to a variety of community resources, including Diabetes Self-Management and Diabetes Prevention classes through its network of providers.

The program's primary focus is on prediabetes and its goal is to encourage individuals to make "Small Changes to Become a New You" to reduce the risk of developing Type 2 Diabetes.

1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed.

Diabetes often has no symptoms, but when symptoms do occur, they include the following:

- Excessive thirst or urination
- Fatigue
- Weight loss
- Blurred vision

Health officials strongly encourage the public to schedule and maintain preventative medical appointments to screen for and/or manage chronic conditions like diabetes that could worsen and become medical emergencies.

For more information on the services and health screenings provided by the Department of Public Health visit EPHealth.com or dial 2-1-1.

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Promoting **Transparent & Consistent** Communication
Among All Members of the Community

Media contact: Soraya Ayub Palacios
Strategic Communications Office
(915) 212-1040 or (915) 781-4386