



NEW YORK STATE SENATOR

Mark Walczyk

Senator Mark Walczyk Wears Red Bow Tie for Diabetes Alert Day

MARK WALCZYK March 28, 2023

| ISSUE: **DIABETES, BOW TIE TUESDAY**



Senator Mark Walczyk has chosen a red tie for today's Bow Tie Tuesday as March 28th symbolizes American Diabetes Alert Day. This day focuses on understanding how to prevent diabetes and learning how your lifestyle choices can put you at risk for the disease.

According to the CDC, many cases of diabetes go unreported, it's still recognized as the 7th leading cause of death in the United States. In the last 20 years, the number of adults

diagnosed with diabetes has more than doubled as the American population has aged and become on average more overweight or obese.

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“While Diabetes becomes more prominent in the United States, in many cases it’s completely avoidable. It’s incredibly important to raise awareness to preventable diseases and promote a healthy lifestyle to avoid living with this life altering ailment. That’s why my bow tie is red today and tied to the cause of diabetes awareness ,” said Walczyk.

“According to the National Institute of Diabetes and Digestive and Kidney Disease (NIDDK), an estimated 30.3 million people in the United States have diabetes and about 84.1 million Americans aged 18 and older have prediabetes. Making healthier choices and knowing the risks for diabetes can make a huge difference in preventing the disease and living well with it,” [Carly R. Draper, RD, CDN, CDCES](#), Director of [Nutrition Services](#) at Carthage Area Hospital.

“Living with diabetes can be challenging, especially if you don’t know where to start, but it is so important to remember the most powerful tool to manage it is you. By working closely along doctors or care teams, you can identify the management methods that are best and most sustainable for you. By prioritizing routine physical activity and healthy nutritional habits you are not only rising above the challenge, but you are committing yourself to leading a healthy lifestyle. Living with diabetes can be tough, but you are tougher,” said the [Hamilton County Public Health Department](#).

Laurel Headwell, [Public Health Director of Fulton County](#) says, " Chances are you know someone living with diabetes. It may be a friend, family member, or even you. Diabetes is a chronic health condition that affects how your body turns food into energy. When you have diabetes your body doesn't make insulin or doesn't use it's insulin well causing blood [sugar](#)

to rise. What can you do to reduce your risk of diabetes? Talk to your health care provider, find a diabetes self management program, be active, eat healthy, and manage stress. Making small changes to your lifestyle that are manageable will help to reduce or prevent your risk of diabetes.

Senator Walczyk represents the 49th Senate District of New York State which encompasses either the entirety or part of Jefferson, Lewis, St. Lawrence, Oswego, Herkimer, Hamilton, and Fulton counties. Bow Tie Tuesday is a fun initiative by the Senator to raise awareness to important issues and will be released each Tuesday on his website and social media.