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Facts of the matter -- childhood diabetes
 by Jason Grotto
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Diabetes affects more than 240 million people worldwide. That number is expected to increase to 380 million by 2025, with the largest growth in the developing world. In the United States, one in three children born in 2000 will develop diabetes in their lifetime.

Children and young adults diagnosed with diabetes before the age of 20 have a life expectancy that is 15 to 27 years shorter than those without the disease. Childhood diabetes is a leading cause of kidney disease, eye damage, heart disease, and nerve damage. Along with asthma and cystic fibrosis, it is among the most prevalent severe chronic illnesses in U.S. Children.

There are two kinds of diabetes, type 1 and type 2. Type 1 is caused when the body's immune system prevents the pancreas from producing the hormone insulin, which turns food into energy. Type 2 diabetes occurs when the pancreas either produces insufficient amounts of insulin or the cells do not respond properly. In 2007, about 440,000 children worldwide had type 1 diabetes, which accounts for roughly 97 percent of all childhood diabetes cases.

The majority of children with type 1 diabetes have no history of the disease in their families. But a series of studies point to a wide range of children – 45 to 80 percent – with type 2 diabetes who have at least one parent with the disease.

Of children with type 1 diabetes, more than a quarter live in Southeast Asia, and more than a fifth live in Europe. Every year, about 70,000 children worldwide are expected to develop type 1 diabetes. Symptoms include blurred vision, frequent urination, and sudden weight loss.

RI President's Message
November 2022

Being asked to Imagine Rotary can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that — humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. and by sharing our Rotary moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary.

It brings to mind that wonderful aphorism: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them — when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, it can take years, before seeing the joy in the eyes of someone we serve. Or perhaps in hearing from another member something that hit close to home.

As Nick and I share this journey, we are amazed at the work you are performing and the lives that are transforming. Throughout the year, I'm going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings or on social media. For the most savvy and ambitious, it could be an event you publicize with local media. Even sharing your stories with friends has impact.

We need ambassadors for Rotary's message and our dreams for a better world. The best ambassadors are you. The more you share stories — and share them from the heart — the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It's important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you'll tell.

Jennifer Jones
President 2022-23

Type 2 diabetes is rare among children, but there are concerns that the incidence is increasing. Children with type 2 diabetes are usually asymptomatic. In Japan, the number of junior high school students with type 2 diabetes doubled between 1980 and 1995, and it now exceeds the number of those with type 1 diabetes.

Higher rates of type 2 diabetes are reported for Asians, Hispanics, indigenous populations, and African Americans than for Caucasians. The rate of children with type 2 diabetes in Arizona's Pima Indian tribe is among the highest in the world: 50.9 per 1,000 among 15- to 19-year-olds.

The rise in type 2 diabetes mirrors the rise in urbanization in the developing world, which is linked to changes in diet and a decrease in physical activity. Eight-five percent of children with type 2 diabetes were overweight or obese when they were diagnosed.

The Rotary Foundation funds eight programs focused on diabetes and children, in Cameroun, Nicaragua, and Nigeria. In 2008, the RI Board of Directors approved a new Rotarian Action Group to help fight this growing epidemic, with an initial focus on type 1 diabetes.

Many people believe that eating too much sugar and other carbohydrates causes diabetes. Researchers don't know why certain people become diabetic.

Message for the week

Fortune is in one's own hand.

Expression

To have fortune in one's own hands doesn't mean to have it in the lines of one's hands. It means to have the ability to make the best use of all the resources available. When they are put to the best use, they naturally increase. Through right actions one can draw the line of fortune as long as desired.

Experience

When I understand the significance of my actions and create an elevated fortune for myself through right actions, I am able to experience constant progress in my life. I also naturally become an inspiration for others too, so that they can discover their inner resources to create an elevated fortune for themselves.

To the absentee members : We have missed you in the last RWM. We shall be happy to see you in the next RWM.

Invite your friends and relatives to attend our regular weekly meeting.

