

## **Australia's largest service organisation is on a mission to reduce prevalence of Diabetes**

- *Across Australia over 1.3 million people have diabetes and 283 people are diagnosed every day*
- *Lions Clubs are encouraging those in their community to stay active particularly through the COVID-19 health pandemic*
- *Lions volunteers are putting their walking shoes on and are aiming to have a combined distance travelled that will exceed Australia's circumference (25,760 kms) by World Diabetes Day on 14th November*

It's National Diabetes Week and Lions Clubs across Australia are on a mission to reduce the prevalence of diabetes and improve the quality of life for those diagnosed.

Diabetes has been named one of the Lions' 5 key focus areas and the organisation is encouraging those in their community to stay active particularly through the COVID-19 health pandemic.

Lions volunteers across the country are putting their walking shoes on and are aiming to have a combined distance travelled that will exceed Australia's circumference (25,760 kms) by World Diabetes Day on 14th November.

The 'Lions Lap the Map' family friendly walks and campaigns in the community will encourage people to get outside and have a walk to promote healthy lifestyle and raise awareness of the Diabetes epidemic in Australia.

"Across Australia 1.3 million people have been diagnosed with Diabetes and 283 people are diagnosed every day," says Lions Australia Lions National Diabetes Coordinator Pat Mills.

"The disease can lead to serious health issues affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In most high-income countries, Diabetes is a leading cause of cardiovascular disease, blindness, kidney failure, and lower limb amputation. It's expected to affect 629 million adults by 2045," says Pat.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications and in recent years Lions Clubs across Australia have been focused on raising awareness and funds to support more vital research into the diagnoses and treatment.

"Over 130 events were held across the country last year as part of the inaugural 'Lions Lap the Map'. 134 Lions Clubs, 2 Leo Clubs and 3 Lioness Clubs participated with over 3000 Australians attending the Lap the Map walks. A total of 14,705 kms were logged by Lions Clubs. This year we are on a mission to crack the 26,000 kms. Although right now fundraising and community events may be difficult, it's more important than ever for Australians to stay active and healthy," adds Pat Mills.

With over 1.4 million members, Lions is the largest service organisation in the world. Since the first club was formed in Australia 70 years ago Lions has grown dramatically in size and impact with over 1300 Lions Clubs now in Australia giving back to the community.

In addition to the thousands of community service and support projects across Australia each year, Lions support a range of other major research projects and support programs including medical research, environment work and emergency disaster relief. Some Lions foundations include Australian Lions Childhood Cancer Research Foundation, Australian Lions Children's Mobility Foundation, Lions Eye Health Program, Lions Hearing Dogs, Australian Lions Drug Awareness Foundation.

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### **About Lions**

Where there's a need, there's a Lion. Lions Australia is Australia's largest service organisation with more than 1300 clubs in Australia and Papua New Guinea. Lions Australia promotes youth, support medical research, provide aid to people with disability, community service and disaster relief.

For more information, please visit <https://lionsclubs.org.au>