

# Proclamation

- Whereas** in the U.S. type 2 diabetes is present in more than 10% of adults over 18, and more than 25% of those over 65, affecting over 30 million people<sup>1</sup>;
- Whereas** it is predicted that for children born in the U.S. after the year 2000, as many as 40% will develop type 2 diabetes, with even higher estimates for African American, Hispanic, and Native American children<sup>2,3</sup>;
- Whereas** published evidence reveals the world-wide epidemic of type 2 diabetes is approaching half a billion people<sup>4</sup>, and is common where people have been encouraged to adopt a diet of highly processed and predominantly animal-based foods<sup>5,6</sup>;
- Whereas** type 2 diabetes is one of the top risk factors for heart disease<sup>7,8</sup> and a leading cause of blindness<sup>1</sup> amputation<sup>9,10</sup>, painful neuropathy<sup>11</sup>, and kidney failure<sup>12</sup>, leading to dialysis and renal transplantation;
- Whereas** most current treatments of type 2 diabetes assume it to be an irreversible chronic illness<sup>13</sup> which will require ever-increasing levels of medical intervention<sup>14</sup>;
- Whereas** the cost of insulin has tripled in the last decade in the U.S.<sup>15</sup>;
- Whereas** diabetes results in \$237 billion in direct medical costs per year in the US, with 43% of those costs due to diabetes medications<sup>16</sup>;
- Whereas** genetics may make type 2 diabetes more likely<sup>17,18</sup>, the disease is largely a result of diet and lifestyle choices<sup>19,20</sup>, thus changes in behavior can prevent it from ever occurring<sup>21,22</sup>, and even reverse it once it has occurred.<sup>23-25</sup>
- Whereas** many people with type 2 diabetes may be able to reduce or eliminate their medications if they are successfully treated with inexpensive low-tech lifestyle measures<sup>26-28</sup>;
- Whereas** evidence-based lifestyle therapies such as a whole food, plant-based diet and physical activity are far safer and more cost effective than drugs for control of diabetes<sup>27,29</sup>;
- Whereas** most people with type 2 diabetes report never being told<sup>14,30,31</sup> their disease may be prevented, arrested, and even reversed<sup>23-25</sup> with a predominantly whole food, plant-based diet<sup>32-34</sup> and other lifestyle interventions<sup>35-37</sup>;

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Now therefore be it known that the President and Board of Directors of the American College of Lifestyle Medicine do hereby declare the following:

## Diabetes Bill of Rights

**You have the right to** be fully informed about all treatment options for Type 2 Diabetes before consenting to treatment.

**You have the right to** be given accurate, complete, and unbiased information about Type 2 Diabetes, pre-diabetes, and insulin resistance, including the benefits of treatment with a predominantly whole food, plant-based diet and other Lifestyle Medicine interventions such as physical activity, sleep hygiene, and stress management.

**You have the right to** know the full effects of all medications prescribed to you, including the side effects that can accelerate and exacerbate the underlying causes of Type 2 Diabetes.

**You have the right to** know that certain foods increase your risk of developing Type 2 Diabetes.

**You have the right to** have your Type 2 Diabetes medications reduced or eliminated, if you undergo lifestyle therapies that successfully treat the underlying causes of your condition.

**You have the right to** work with doctors and health care professionals who understand the links between lifestyle choices and Type 2 Diabetes, and who are equipped with the knowledge and strategies to treat and reverse disease through therapeutic lifestyle change.

**You have the right to** ongoing education on whole food, plant-based nutrition, meal planning, and culinary skills.

**You have the right to** know that the same diet and lifestyle changes that can prevent, arrest and, often reverse Type 2 Diabetes may do the same for other chronic conditions—coronary artery disease, obesity, high cholesterol, high blood pressure, arthritis, even some cancers and autoimmune conditions—leading to the best chance of overall good health.



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