

REPORT FROM DIABETES AWARENESS CHAIR

Reported by: Lion Gloria Mathur

Jan. 17, 2026 (3rd Cabinet meeting) Mid-Winter Conference

Chair Report

Chair to Continue presenting Diabetes Awareness Education to Lions Clubs when requested .

DAWN (Diabetes, Awareness & Wellness Now) & Diabetes EXPO–

Kindness Matters Service Award by the Lions Clubs International Board of Directors Service Diabetes EXPO & DAWN event was held On Nov. 15, 2025 at Georgia Farrow Rec. Center in Irving, in collaboration with UTSW Medical Center. Featured in this event include A1c test, Kidney Function test, Blood Pressure Check, BMI and vision screenings. We have exhibitors from various organizations with education and informational resources, Handouts and freebies. Nutrition booth from Parkland, TB screening by Dallas County Public Health Service, National Kidney Foundation, MEED Center, Asian Breast Health Outreach, Methodist RMC, Diabetes & Mental Health (ADA), UTSW MC- diabetes & mental health informations. Among other participating groups at the event were food vendors, arts & crafts, nutritional supplements table. Total of 242 screenings including 34 vision screenings were performed . We collaborated with the Veggie Project (Farmers Market) and distributed a bagful of fresh farm produce to those screened.

This project is continuing due to the demands of the community with funding from District charities and other sources. For the LY 2025-2026, we have again scheduled to have 5 screenings to start in November 2025 – July 2026

DFLC DAWN project was recently selected for the 2024-2025 Activities Committee.

Virtual diabetes stride – Virtual diabetes stride – with MD2 –“ Striding for Healthy Living. “ “ On your Own “ ie at your leisure and place in observance of World Diabetes day (Nov. 14th) and diabetes awareness month. The stride is open to all clubs in the district as a contest, beginning Nov. 1st till Dec. 31st for 2 months

This is a great way to support Diabetes Awareness and get the much needed exercise during this pandemic. Announcement and flyer posted on the link newsletter for clubs to participate. Here’s the result from 2X1.

Clubs participating - Garland Evening, Dallas Founder and Dallas Filipino Lions Clubs. Most miles walk, run and biked by Club - DFLC – 343.7 miles; Dallas Founders LC 2nd – 195 miles ; Garland Evening (Hon. Mention) – 115 miles
Most miles Walk (individual) – Rajnish Karan (DFLC);114 miles runner up – Vinod Mathur (Dallas Filipino) 81 miles ; Hon . mention – Conrad San Diego – GELC- 74miles.

Most miles run – (individual) – Nia MacKay (Dallas Founder); runner up – Mickey MacKay (Dallas Founder)

Most miles aerobic (individual) – Meena Vyas (DFLC) 108 miles

Most miles Dance /ice skating – (individual) – Anisa MacKay (Dallas Founder LC)

Names of the 1st place winners from the district in each category will be submitted and entered for the MD-2 stride award. Winners announce at the COG meeting in Kerrville Feb. 5-7

The Diabetes Wellness and Beyond Webinar Series is a free monthly webinar widely participated and viewed by Lions worldwide .. The webinars are not only focused on Diabetes but also around the 5 global areas of need, (ie. Diabetes, vision hunger, childhood cancer, environment) including youth, disaster and “Beyond” encompasses, humanitarianism, volunteerism and lionism. We will have webinars every other month and will be including 2 podcast for this Lion Year. These free webinars are posted on the MD2 website and posted on the website of LCI.

Please visit MD2 webpage for updates and upcoming events

<https://texaslions.org/diabetes/>

Upcoming webinar:

Wednesday Jan. 28, 2026 – 12noon-1:00pm CST

Title : The Link Between Obesity and Diabetes

Podcast launched : Podcast Title : NEW HORIZONS : LIONS INITIATIVE

Date : rescheduled for March 2026

Topic : The State of Diabetes

Reported by : Gloria Mathur - District 2X1 Chair Diabetes Awareness 1-17-2026