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**NEWS
RELEASE**

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City Recognizes World Diabetes Day, Encourages Residents to Stay Healthy

El Paso, Texas—The City of El Paso Department of Public Health (DPH) is encouraging residents to prioritize their health as the community marks World Diabetes Day on Friday, November 14.

This year's theme, "Diabetes Across Life Stages," highlights the need for integrated care, supportive environments, and policies that promote health, dignity, and effective self-management for individuals living with diabetes. It underscores the importance of a life-course approach to diabetes prevention, management, and overall well-being.

DPH will host a World Diabetes Health event from 10 a.m. to 2 p.m. Friday, November 14, at the Pavo Real Senior Center, 9311 Alameda Ave. The event will offer free A1C screenings, healthy food demonstrations, fitness activities, community resources, raffles, and more.

DPH's Diabetes Prevention Program provides educational outreach, presentations, and referrals to community resources, including Diabetes Self-Management and Diabetes Prevention classes through its network of providers.

The program focuses on prediabetes and encourages individuals to make "Small Changes to Become a New You" to lower their risk of developing Type 2 diabetes.

Diabetes remains a significant global health challenge. Today, one in ten adults worldwide lives with the condition, and more than ninety percent have Type 2 diabetes. Nearly half of those affected are not yet diagnosed, which makes early screening and preventive care even more important.

Although diabetes often has no symptoms, possible warning signs include:

- Excessive thirst or urination
- Fatigue
- Weight loss
- Blurred vision

Health officials strongly encourage residents to schedule and maintain preventive medical appointments to screen for and manage chronic conditions like diabetes before they worsen.

For more information on the services and health screenings by the Department of Public Health, visit [EPHealth.com](https://www.ephealth.com) or dial 2-1-1.

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

Media Contact: Soraya Ayub Palacios
ayubsx@elpasotexas.gov
915.212.1040