

Inmate on Hunger Strike Because Prison
Is Jeopardizing Lives of Type 1
Diabetics ^{at} KSL etc.

To: St. Tribune, & Des. News + Press Release
(at least editorial)

by Sterling D. Allan, 228033
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I'm a Type 1 diabetic at Utah State
Correction Facility (USCF). On July 28, I only
received my morning insulin. No noon insulin.
No PM insulin. No long-acting insulin in the
evening (to hold basal metabolism sugar pro-
duction at bay). I didn't eat much, yet
my blood sugar was super high the next
morning due to their negligence.

Now, I'm in the Bear housing, where
we're required to go to a chow hall to
eat our meals in ten minutes. The meal
times are not at all regular, nor are the
pill line times. I thought it would be a
no-brainer to get clearance to receive
my meal trays delivered here to our
section, so I can time my meals per
my blood sugar level, e.g. not eating
until after I get my insulin; if my
blood sugar is high, then wait until the
insulin has brought it down before eat-
ing; not eating my meal all at once,
but spacing it out to maintain a nom-
inally steady blood sugar as the insulin
gradually dissipates. Two inmates in
my dorm, who have Parkinson's, making it
difficult for them to get to the chow
hall, have meal trays brought here to

(Get the wrongful default here for
diabetes is to only receive insulin
I had to go to a
doctor to get cleared to
get insulin with each meal.)

We can't bring
Food back to our section.



(The following is my recollection of what I extemporaneously appended to the press release. 3)

After relaying the above to a friend over the phone, to have him relay it to the media, I was told by an officer that the Lieutenant has cleared me permanently to receive meal trays in the section, as requested. Realizing that this isn't just about me, I decided to continue my hunger strike until Medical commits to two major, obvious things. 1) As a default, clear all type 1 diabetics to receive their meal trays in their section, if relevant. 2) As a default, all Type 1 diabetics will receive insulin three times a day: AM, noon, PM, rather than just twice a day.

to cover our three meals!

Sterling D. Allan
I'm Coming.com
#UTPrisonDiabeticsJeopardy

