

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)

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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.

blood sugar was over 500. Had I eaten, on top of that, it could have put me into the coma range. (2)

The long-term consequences of chronically high blood sugar, which this situation causes, are neuropathy and a myriad of other ailments. # That's the worst-case scenario. From chronically high blood sugar, which this situation causes, are neuropathy and a myriad of other ailments. # Also, in the four days prior to my hunger strike

our section. Another no-brainer.

When I asked to be cleared for this, I was told, "No other diabetics are getting this clearance." Wow, that's massive negligence on the prison's part.

If I was living in Bear on 7/28 when Medical neglected to give me three doses of insulin, and I was required to eat the lunch and dinner meals in the chow hall, on top of not having the second long-acting insulin dose to counteract the basal metabolism's continual release of glucose through the night; then I definitely would have gone so high that I would have gone into a diabetic coma and possibly ^{have} died from trusting the prison with my life. # I know better. Other diabetics might not be so fortunate. #

I don't see why the prison is being so recalcitrant with me in refusing to give me clearance to have my meal trays brought to our section. They've disregarded my multiple attempts to explain my need.

So, yesterday, when they put their foot down to not bring my trays, I decided to launch a hunger strike, not just for myself but for the other type 1 diabetics who are also jeopardized by this massive negligence.

If you agree that this is a problem, let the prison know, e.g. Warden's office, Medical office, Governor's office. Heads need to roll. # SDA # Ind Coming.com # UT Prison Diabetics Journal

While you're at it, insist that T1 diabetics receive insulin w/ every meal. Just two.

(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

