

**Southern Health Association
Resolution
Diabetes Awareness and Prevention**

WHEREAS, according to the Center for Disease Control and Prevention (CDC), the incidence of diabetes has jumped nearly 50% in the past ten years, and the disease is expected to grow another 165% by the year 2050 under current trends, which include:

- (1) Obesity of children and adults
- (2) Sedentary lifestyles
- (3) Poor food choices; and

WHEREAS, in 2002, the cost of diabetes in the United States accounted for 19 cents of every dollar spent on health care; and

WHEREAS, diagnosed diabetes is increasing each year; and

WHEREAS, the poor and African-American populations develop most of the diseases like, end state renal disease, cardiovascular disease, peripheral neuropathy, and blindness at earlier ages, suffer from these diseases more frequently, and die from them sooner; and

WHEREAS, results from the Diabetes Prevention Program showed individuals at high risk for developing diabetes could delay or prevent the onset of diabetes by almost 60% over a three year period by losing weight and exercising; and

BE IT THEREFORE RESOLVED, that the Southern Health Association, via this resolution, ask that the United States Congressional Delegation, the Governor, the local State General Assembly, the Local Commissioners of Health and Education, be appraised of the devastating effect that diabetes has on the state residents, and furthermore that the potential of early prevention is paramount in reversing this epidemic.

Steps essential in promoting diabetes awareness and prevention would include, but not be limited to the following:

- (1) Immediate statewide action to promote daily exercise in schools, thus supporting activities to assist with weight reduction and maintaining healthy weight.
- (2) Decrease access to high-calorie, nutrient-poor foods and beverages in public schools.
- (3) Support community-wide interventions to reverse sedentary lifestyles by increasing the availability of safe community areas for physical activity, such as walking, bike trails and community fitness center.
- (4) Support community-wide efforts and media campaigns to increase awareness of the risk factors associated with diabetes.

- (5) Educate and promote healthy food choices in accordance with the recommendations of the American Dietetic Association and the American Diabetes Association.

BE IT THEREFORE RESOLVED, that health plans, communities, churches, schools, employers, health profession organizations, and state and local governments need to work together to battle the diabetes epidemic through education, community-wide health promotion and programs, and improved quality of care for all residents with diabetes and those at risk for diabetes.

That a copy of this resolution be forwarded to the Affiliate States Governor, the Secretary of the Cabinet of Health Services, the Commissioner for the Department of Public Health and members of the General assembly.

Ted Hanekamp, President
Southern Health Association

May 5, 2006

Date