

2018 Regular Session

HOUSE RESOLUTION NO. 151

BY REPRESENTATIVE FOIL

A RESOLUTION

To recognize Wednesday, May 2, 2018, as Get Fit Don't Sit Day at the state capitol and to commend the American Diabetes Association.

WHEREAS, every twenty-one seconds, someone in the United States is diagnosed with diabetes, and in Louisiana approximately 575,000 people, or 15.3% of the adult population, has diabetes; and

WHEREAS, an additional 1,272,000 people in Louisiana, or 37.5% of the adult population, have prediabetes, and blood glucose levels are higher than normal, but have not been diagnosed; and

WHEREAS, diabetes is the costliest disease in the nation, and one of every four dollars that is spent on health care is incurred by someone who has been diagnosed with diabetes; and

WHEREAS, one of every seven health care dollars is spent treating diabetes and its complications, and in Louisiana, diabetes costs an estimated \$5.7 billion each year; and

WHEREAS, the complications of diabetes include heart disease, stroke, amputation, end-stage kidney disease, blindness, and death; and

WHEREAS, the risk for type 2 diabetes can be prevented or delayed through healthy diet, weight loss, exercise, other lifestyle changes, and medication; and

WHEREAS, National Get Fit Don't Sit Day represents an opportunity for the American Diabetes Association to increase awareness of the adverse health consequences of excessive sitting, and to highlight the importance of a more active lifestyle; and

WHEREAS, studies indicate that moving throughout the day and getting the recommended thirty minutes of physical activity per day may prevent or delay type 2 diabetes; and

WHEREAS, the American Diabetes Association recommends breaking up sitting time with three or more minutes of light physical activity, such as walking, leg extensions, and overhead arm stretches, every thirty minutes; and

WHEREAS, in 2017, Louisiana State University's Pennington Biomedical Research Center was recognized by the American Diabetes Association for "excellence in diabetes research, prevention, treatment, and education to improve the lives of those affected by diabetes"; and

WHEREAS, in the future, the center will continue performing research and conducting clinical trials to discover groundbreaking new treatments for diabetes.

THEREFORE, BE IT RESOLVED that the House of Representatives of the Legislature of Louisiana does hereby recognize Wednesday, May 2, 2018, as National Get Fit Don't Sit Day at the state capitol and commends the American Diabetes Association for its pivotal contributions to a healthier future for the state of Louisiana.

BE IT FURTHER RESOLVED that a suitable copy of this Resolution be transmitted to the chief scientific, medical, and mission officer of the American Diabetes Association, William T. Cefalu, MD.

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SPEAKER OF THE HOUSE OF REPRESENTATIVES