

SENATE RESOLUTION NO. 174

BY SENATORS CLAITOR, ERDEY AND WARD

A RESOLUTION

To recognize Wednesday, May 2, 2018, as Get Fit Don't Sit Day at the state capitol and the American Diabetes Association for its leadership in developing National Get Fit Don't Sit Day and encouraging everyone to be more active throughout the day.

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

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

WHEREAS, diabetes is the costliest disease in the nation; one of every four health care dollars is incurred by someone with diagnosed diabetes; one of every seven health care dollars is spent treating diabetes and its complications; and in Louisiana, diagnosed diabetes costs an estimated \$5.7 billion each year; and

WHEREAS, the serious 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 in many individuals through healthy food choices, weight loss, exercise, other lifestyle changes and/or medication; and

WHEREAS, National Get Fit Don't Sit Day is the opportunity for the American Diabetes Association to increase awareness of the adverse consequences on our health of excessive sitting, and the importance of getting up, moving, and enhancing activity, especially at work; and

WHEREAS, studies indicate that moving and increasing activity 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 basic exercise by breaking up sitting time with three or more minutes of light physical activity-such as walking, leg extensions or overhead arm stretches-every thirty minutes; and

WHEREAS, LSU's Pennington Biomedical Research Center was recognized in 2017 by the American Diabetes Association for "Excellence in Diabetes Research, Prevention, Treatment, and Education to Improve the Lives of Those Affected by Diabetes" and will continue its ongoing research and clinical trials with Louisiana participants testing ground breaking new treatments for diabetes.

THEREFORE, BE IT RESOLVED that the Senate 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 the American Diabetes Association for its pivotal contributions to a healthier future for the state of Louisiana.

BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to the Chief Scientific, Medical and Mission Officer of the American Diabetes Association, William T. Cefalu, MD.

PRESIDENT OF THE SENATE