

2018 Regular Session

HOUSE RESOLUTION NO. 151

BY REPRESENTATIVE FOIL

SPECIAL DAY/WEEK/MONTH: Recognizes May 2, 2018, as National Get Fit Don't Sit Day at the state capitol and commends the American Diabetes Association

1 A RESOLUTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

HR 151 Original

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