

2018 Regular Session

SENATE RESOLUTION NO. 174

BY SENATORS CLAITOR, ERDEY AND WARD

SPECIAL DAY/WEEK/MONTH. Recognizes 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.

1 A RESOLUTION

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

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

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

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

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

17 WHEREAS, the risk for type 2 diabetes can be prevented or delayed in many
18 individuals through healthy food choices, weight loss, exercise, other lifestyle changes

1 and/or medication; and

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

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

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

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

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

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

The original instrument and the following digest, which constitutes no part
of the legislative instrument, were prepared by Jerry J. Guillot.

SR 174 Original

DIGEST
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Claitor

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