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A resolution by Supervisors Taylor and Martin, recognizing November as Diabetes Awareness Month and increasing community awareness through Diabetes education, and promoting healthy living through a balanced diet and physical activity, by recommending adoption of the following:

A RESOLUTION

WHEREAS, according to the United States (U.S). Centers for Disease Control and Prevention (CDC), there are three types of Diabetes:

- Type 1: The body does not produce sufficient insulin to metabolize carbohydrates, fats, and protein
- Type 2: The body is unable to properly utilize its insulin supply to metabolize carbohydrates, fats, and protein, and is preventable with a good diet, healthy weight, and sufficient physical activity
- Gestational: A temporary condition where the female body cannot produce enough insulin during pregnancy, predisposing women for Type 2 Diabetes as 50 percent go on to develop the condition

; and

WHEREAS, according to the CDC, 30.3 million American adults, or 10 percent, have diabetes, and 25 percent are not aware they have the condition; and

WHEREAS, according to the CDC, another 84.1 million people, more than a third of U.S. adults, have prediabetes, and 90 percent are not aware of their predisposition; and

WHEREAS, according to the CDC, Diabetes is the most significant cause for adult blindness, kidney failure, and lower-limb amputations while also predisposing people for heart disease and strokes; and

WHEREAS, according to the CDC, medical costs for persons with Diabetes is twice as great than for those without the condition, and Americans spend approximately \$245 billion on total medical costs related to Diabetes; and

41 WHEREAS, according to the CDC, Type 2 Diabetes is preventable, and those
42 who are prediabetic can reverse their condition by:

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- 44 • Eating healthy, and reducing sugar consumption in particular
- 45 • Reducing weight if overweight
- 46 • Remaining physically active, by exercising for 150 minutes a week, or 30 minutes
47 per day for five days, by at least walking briskly

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49 ; and

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51 WHEREAS, the American Diabetes Association marks November as Diabetes
52 Awareness Month; and

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54 WHEREAS, the Committee on Health and Human Needs, at its meeting of
55 January 29, 2020, recommended adoption of File No. 19-966 (vote 4-0); now, therefore,

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57 BE IT RESOLVED, Milwaukee County (the County) recognizes and declares
58 November as Diabetes Awareness Month in the County, and encourages County
59 residents to talk to their doctors, drink more water, eat healthy, and increase physical
60 activity.

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