



Legislation Details (With Text)

File #: 0319X-2019 **Version:** 1

Type: Ceremonial Resolution **Status:** Passed

File created: 11/21/2019 **In control:** Tyson

On agenda: 11/25/2019 **Final action:** 11/27/2019

Title: To declare November as National Diabetes Month in the City of Columbus and to express support for the National Diabetes Association's 2019 theme "Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease.

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Date	Ver.	Action By	Action	Result
11/27/2019	1	CITY CLERK	Attest	
11/26/2019	1	MAYOR	Signed	
11/25/2019	1	COUNCIL PRESIDENT	Signed	
11/25/2019	1	Columbus City Council	Adopted	Pass

To declare November as National Diabetes Month in the City of Columbus and to express support for the National Diabetes Association's 2019 theme "Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease.

WHEREAS, diabetes is a chronic illness that can lead to serious complications, such as heart disease, stroke, kidney disease, blindness, and amputation; approximately every 23 seconds, someone in the United States is diagnosed with diabetes and nearly 30 million Americans have diabetes, including more than 1.3 million in Ohio; an estimated 86 million adults have pre-diabetes, a condition that places them at increased risk for developing type 2 diabetes and heart disease; and

WHEREAS, the 2019 American Diabetes Association Month Theme, "Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease - partners with the National Heart, Lung, and Blood Institute (NHLBI) and NIH, focuses on the link between diabetes and cardiovascular disease as adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes - over time, high blood glucose from diabetes can damage blood vessels and the nerves that control the heart - the good news is that steps can be taken to manage diabetes thereby lowering the chances of heart disease or a stroke: this year the National Diabetes Association encourages people to stop smoking and using tobacco products; it is also encouraging people to: manage their A1C, blood pressure, and cholesterol levels; to develop and maintain healthy lifestyle habits - to become physically active and learn ways to manage stress; and to take medicines as prescribed by ones doctor; and

WHEREAS, the Central Ohio Diabetes Association reports that in Central Ohio: more than 200,000 people have diabetes; 13,000 new cases are reported bi-annually, half of all diabetes is undiagnosed, one in ten people will develop diabetes in their lifetime; and the CDC projects that this number will rise to one in three in the next twenty years if changes aren't made; and

WHEREAS, diabetes affects people from all walks of life, taking a particular toll on the disadvantaged and people from minority communities; Columbus Public Health's Office of Assessment & Surveillance reports that in Franklin County, African-Americans are 2.6 times more likely than whites to die of diabetes; and

WHEREAS, National Diabetes Month is designed to build awareness regarding a disease that affects millions of Americans and their loved ones, the National Institute of Health urges people to take action by making the simple but important lifestyle changes to achieve their health goals, whether they have diabetes or are at risk for the disease, now therefore,

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF COLUMBUS:

That this Council does hereby declare November as National Diabetes Month in the City of Columbus and supports the National Diabetes Association's 2019 theme "Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease," and further express its support for the Central Ohio Diabetes Association's efforts to raise awareness for the 200,000 Central Ohioans and millions of Americans living with diabetes.