

**Fighting Diabetes in the County of Los Angeles through Exercise and Education**

Diabetes is a chronic, deadly disease that kills more people each year than breast cancer and AIDS combined. It now affects one out of every seven adults (over 1 million people) residing in Los Angeles County (County). Nationally, there are 25.8 million people living with diabetes and another 79 million adults are considered to have pre-diabetes.

The costs of diabetes are also high; the total health care and related costs for the treatment of diabetes is roughly \$174 billion nationally per year.

Recent statistics show that diabetes is on the rise throughout the nation. The American Diabetes Association is leading the fight to stop diabetes by locally working in partnerships with many community-based groups, schools, hospitals and houses of worship to raise awareness to slow the growth of this deadly disease. Targeted

- MORE -

MOTION

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**MOTION BY SUPERVISOR MARK RIDLEY-THOMAS  
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outreach programs to high-risk populations in 2010 reached 93,126 African Americans and 58,673 Latinos in the greater Los Angeles region.

The premier fundraising event for the American Diabetes Association is a 5K, "Step Out Walk to STOP Diabetes," which will be held on Sunday, October 2, 2011 in Culver City. Proceeds from the event will be used to support vital research and education programs at academic institutions throughout the County, including the University of California at Los Angeles and the University of Southern California.

County employees can become informed and educated through the County's six-week diabetes education and prevention program currently underway called "YeSSS! Take the Challenge! Stop Diabetes" campaign.

**THEREFORE, I MOVE THAT THE BOARD OF SUPERVISORS:**

1. Proclaim Sunday, October 2, 2011 as "Step Out Walk to STOP Diabetes Day" throughout Los Angeles County;
2. Direct the Chief Executive Officer's Office of Workplace Programs and the wellness coordinators within each County department to publicize the event and post promotional flyers and information about the walk; and
3. Encourage County employees to support and participate in "Step Out Walk to STOP Diabetes Day" on October 2, 2011.