

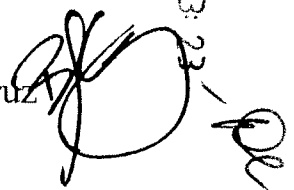
I MINA' TRENTA I UNU NA LIHESLATURAN GUÅHAN
2011 (First) Regular Session

2011 OCT 21 PM 3:23

Resolution No. 258-31(COR)

Introduced by:

B.J.F. Cruz



Relative to calling awareness to diabetes and non-communicable diseases, to bring attention to the diabetes epidemic on Guam and to encourage Guamanians to live a healthier lifestyle through the principles of good nutrition and exercise.

BE IT RESOLVED BY THE COMMITTEE ON RULES OF *I MINA TRENT AI UNU NA LIHESLATURAN GUÅHAN*:

WHEREAS, People with diabetes report poor mental health, trends towards obesity, and a quality of life lower than their counterparts; and

WHEREAS, the Center for Disease Control has reported that the number of Americans with diabetes has tripled from 5.6 million in 1980 to 18.1 million affected persons in 2008, with diabetes being the seventh leading cause of death in the United States; and

WHEREAS, After WWII, Guam's culture and dietary habits incurred many changes due to westernization and these changing cultural patterns brought chronic disease, including diabetes, to our island community; and

WHEREAS, Behavioral Risk Factor Surveillance Survey (BRFSS) data from 2003 show Guam's overall prevalence of diabetes to be 101 per 1,000 adults. Persons with diabetes aged 40 and above account for over 85% of self reported diabetes cases in the 2003 BRFSS; and

1 **WHEREAS**, The vast majority of people with diabetes have type 2 diabetes,
2 also known as non-insulin dependent diabetes. Diabetes was the fourth leading
3 cause of deaths on Guam in 2005, comprising 4.74 percent of deaths; and

4 **WHEREAS**, Diabetes and diabetes-associated mortality rates on Guam are
5 similar to those of the general United States population; however, the age-specific
6 rates in persons aged forty-five (45) years and over were two to three times greater
7 on Guam; and

8 **WHEREAS**, The average age of the Guam population with diabetes is only
9 nineteen (19) years old, about ten (10) years younger than the United States
10 mainland and these circumstances could result in the number of persons aged
11 forty-five (45) years and over increasing disproportionately in the future thereby
12 dramatically increasing the number of persons at risk to develop non-insulin-
13 dependent diabetes; and

14 **WHEREAS**, Chamorro's, the indigenous people of the island of Guam,
15 were found to have the highest rates for diabetes and diabetes related
16 complications; and

17 **WHEREAS**, Chamorro's experience most of the complications associated
18 with diabetes, heart disease and hypertension being important causes of morbidity
19 and mortality on Guam and many of the complications of pregnancy associated
20 with diabetes go unrecognized; and

21 **WHEREAS**, The National Conference of State Legislatures reports that in
22 2010, ten percent of Guam's population have diabetes; and

23 **WHEREAS**, According to the World Health Organization (WHO), the four
24 main non-communicable diseases – cardiovascular disease, cancer, chronic lung
25 diseases and diabetes – kill three in five people worldwide, and cause great
26 socioeconomic harm within all countries; and

1 **WHEREAS**, According to the Department of Public Health and Social
2 Services, non-communicable disease cause tremendous suffering among Pacific
3 peoples and consume the largest part of United States-Affiliated Pacific Islands
4 health budgets; and

5 **WHEREAS**, According to the Harvard School of Public Health, the global
6 economy last year spent an estimated \$300 billion on newly-diagnosed cancer
7 cases, \$400 billion on chronic obstructive pulmonary disease, and billions more on
8 diabetes; and

9 **WHEREAS**, Island residents must increase their awareness of diabetes-
10 related complications including heart and blood vessel problems, nerve damage
11 and foot problems, and dental disease; and

12 **WHEREAS**, some of the signs and symptoms of diabetes include increased
13 thirst, frequent urination, blurry vision, feeling tired, weight loss, dry skin,
14 numbness of tingling in the feet, and vomiting; and

15 **WHEREAS**, the principles of good nutrition are the keys to preventing and
16 controlling diabetes on Guam and residents are encouraged to maintain a healthy
17 weight because obesity increases the risk for diabetes, hypertension and coronary
18 heart disease; and

19 **WHEREAS**, Guam residents should eat less fat, including non-fried fish,
20 seafood, poultry, and other lean meats along with fewer high-fat foods such as
21 canned meats, salad dressing, gravy, and chicken/turkey wings; and

22 **WHEREAS**, Guam residents should limit their sugar intake from pastries,
23 sweet drinks and candy and island residents should eat less salt and soy sauce and
24 limit their alcohol intake; and

25 **WHEREAS**, Guam residents are encouraged to increase the amount of
26 carbohydrates and fiber they eat including suni taro, yams, sweet potato, cassava,

1 bananas, breadfruit, dried beans, and peas; more whole grain breads, cereals, and
2 more fruit and vegetables; and

3 **WHEREAS**, the American Diabetes Association recommends that people
4 with pre-diabetes, diabetes, or the general adult public should aim for a minimum
5 of thirty (30) minutes of exercise daily and walking, gardening, doing yard work,
6 swimming, or cleaning their homes to meet this goal.

7 **WHEREAS**, the aforementioned principles are the fundamental premises
8 for controlling and preventing diabetes on Guam and the Government of Guam is
9 responsible for promoting good health among its residents and providing
10 opportunities to improve quality of life; and

11 **WHEREAS**, in conjunction with the Department of Public Health and
12 Social Services and the Guam Diabetes Association island residents are
13 encouraged to practice the principles of good nutrition and exercise for thirty (30)
14 minutes daily to prevent, decrease, and control diabetes on Guam; now, therefore,
15 be it

16 **RESOLVED**, that the Committee on Rules of *I Mina 'trentai Unu Na*
17 *Liheslaturan Guåhan* does hereby, on behalf of *I Liheslaturan Guåhan* and the
18 people Guam, urge the Department of Public Health and the Guam Diabetes
19 Association to continue their hard work and awareness programs related to
20 diabetes on Guam; and be it further

21 **RESOLVED**, that certified copies of this Resolution be transmitted to the
22 Speaker and the Chairperson of the Committee on Rules certify, and the
23 Legislative Secretary attest to, the adoption hereof, and that copies of the same be
24 thereafter transmitted to the Department of Public Health and Social Services; the
25 Guam Diabetes Association; and to the Honorable Edward J.B. Calvo, *I*
26 *Maga'lahaen Guåhan*.

**DULY AND REGULARLY ADOPTED BY THE COMMITTEE ON RULES
OF *I MINA'TRENTAI UNU NA LIHESLATURAN GUÅHAN* ON THE -----
TH DAY OF ----- 2011.**

JUDITH T. WON PAT, Ed.D.
Speaker

RORY J. RESPICIO
Chairperson, Committee on Rules

TINA ROSE MUÑA BARNES
Legislative Secretary