

CITY COUNCIL

The City of Orange Township, New Jersey

DATE November 8, 2023

NUMBER 432-2023

TITLE:

A RESOLUTION RECOGNIZING DIABETES MONTH IN THE CITY OF ORANGE TOWNSHIP (Submitted by Councilmember-At-Large Adrienne Wooten)

WHEREAS, more than 29 million Americans have diabetes -- a disease in which the glucose levels in one's blood are higher than normal; and

WHEREAS, although the rate of new cases is falling, the numbers are still alarming; and

WHEREAS, Diabetes is one of the leading causes of death in the United States and results in staggering health and financial costs for Americans; and

WHEREAS, with a concentrated effort to reduce the number of new diagnoses and improve treatment and care for those living with this disease, we must continue making progress in the battle against this epidemic; and

WHEREAS, each year during National Diabetes Month, we resolve to support everyone battling this chronic disease, and we recommit to fighting it so that more Americans can lead a healthy life.

WHEREAS, Diabetes can affect individuals of any age, gender, or background depending on risk factors, which can include a combination of genetics and lifestyle; and

WHEREAS, type 1 diabetes, often diagnosed in youth, affects people whose bodies do not produce enough insulin, a hormone needed to live; and

WHEREAS, type 2 diabetes occurs in people who are not able to produce enough insulin to meet their body's needs, and typically develops in adults -- however, more young people today are being diagnosed with type 2 diabetes than ever before, and it is more commonly diagnosed among those who are obese or inactive; and

WHEREAS, both types can lead to health problems such as heart disease, blindness, and kidney failure; and

WHEREAS, additionally, roughly one-third of American adults have prediabetes -- a condition in which their blood sugar levels are higher than normal, but not high enough to be diagnosed with diabetes -- placing them at higher risk for other health conditions or for developing type 2 diabetes; and


A. M. BRASH

WHEREAS, another form of diabetes, known as gestational diabetes, can develop in pregnant women, create complications during pregnancy, and increase chances of developing type 2 diabetes later in life for both mothers and their children; and

WHEREAS, type 1 diabetes accounts for a smaller proportion of diagnosed cases of diabetes; over 90 percent of all diagnosed cases are type 2 diabetes; and

WHEREAS, individuals with type 1 diabetes need to monitor their blood sugar levels and take insulin every day to survive; and

WHEREAS, Diabetes has no cure, but people with type 2 diabetes can manage their disease by following a healthy meal plan, increasing physical activity, taking prescribed medications, and quitting smoking if applicable; and

WHEREAS, for individuals with prediabetes or overweight individuals at higher risk of diabetes, losing weight through healthy eating and regular physical activity can help prevent or delay type 2 diabetes; and

WHEREAS, Americans with any type of diabetes should get regular checkups and work with health care professionals to learn more about this disease; and

WHEREAS, individuals at higher risk -- particularly those who are overweight, older than 45, or have a family history of type 2 diabetes -- should talk to their health care providers about their diabetes risk; and

WHEREAS, African Americans, Hispanic Americans, American Indians, Asian Americans, and Pacific Islanders are also at higher risk of developing type 2 diabetes; and

WHEREAS, I encourage all residents of the City of Orange Township to visit www.NDEP.NIH.gov to find resources available through the National Diabetes Education Program to help make and sustain healthy lifestyle and behavior changes; and

WHEREAS, nearly one in three American children is overweight or obese, causing a rise in the prevalence of type 2 diabetes among children; and

WHEREAS, this month, let us work to show every individual living with diabetes that they are not alone, and let us continue strengthening our investment in the fight against this disease.

NOW, THEREFORE, BE IT RESOLVED that the Municipal Council of the City of Orange Township does recognize November 2023 as Diabetes month in the City of Orange Township.

Adopted: November 8, 2023

Joyce L. Lanier
City Clerk

Tency A. Eason
Council President