

RESOLUTION 290(23)

October 18, 2023

WHEREAS, **November is National Diabetes Month**, a time when communities across the country team up to bring attention to diabetes and raise awareness about the risk factors and the actions to take to help prevent the disease; and

WHEREAS, diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems, kidney disease and can sometimes require amputations of lower limbs; and

WHEREAS, Type 1 diabetes often develops in youth and is a result of the body not producing enough insulin. Insulin treatment and keeping blood glucose levels as close to normal as possible can help people manage this disease; and

WHEREAS, the theme for 2023 National Diabetes Month is **“Take Charge of Tomorrow – Preventing Diabetes Health Problems.”** It is estimated 37.3 million people in the United States, or 11.3% of the population, have diabetes. About 1 in 4 adults with diabetes don’t know they have the disease. An estimated 96 million American adults have prediabetes, which means their blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes; and

WHEREAS, **the Ocean County Diabetes Self-Management, Education and Support program (DSMES)** being offered by the Ocean County Health Department provides an evidence-based foundation to empower people with diabetes to navigate self-management decisions and activities. The DSMES is a cost-effective tool proven to help improve health outcomes for those people living with the daily realities of the disease; and

WHEREAS, considerable evidence exists linking DSMES participation to positive changes in health behaviors and improved diabetes-related outcomes. Benefits of DSMES participation can include: Improved hemoglobin A1c levels, Improved control of blood pressure and cholesterol levels, Higher rates of medication adherence, Fewer or less severe diabetes-related complications, Healthier lifestyle behaviors (such as better nutrition, increased physical activity, and use of primary care and preventive services), and Decreased health care costs, including fewer hospital admissions and readmissions.

NOW THEREFORE BE IT RESOLVED, by the Ocean County Board of Health, County of Ocean, State of New Jersey that November 2023 is hereby proclaimed as American Diabetes Month and the Ocean County Health Department will continue to work with our communities to encourage healthy lifestyles and reduce the incidence of diabetes.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓					✓
Abstain									
Nays									
Absent					✓	✓	✓	✓	


Assistant Secretary