AGN. NO.

MOTION BY SUPERVISOR KATHRYN BARGER June 28, 2022

Step Out Walk to Stop Diabetes 2022

The American Diabetes Association will be back in person for their annual Step Out Walk to raise awareness and encourage physical activity in Los Angeles County. According to the CDC, more than 133 million people are living with diabetes or prediabetes in the U.S. Over 54% of LA County community members are living with diabetes or prediabetes. The signature event Step Out Walk will provide an opportunity for people to improve their health by learning more about diabetes management and prevention, connect with other individuals who are living with diabetes and raise funds that extends far beyond crossing the finish line. This campaign fuels every aspect of the American Diabetes Association's crucial work in our community. Funds raised through the Step Out Walk will support research to prevent, cure and manage diabetes, provides education and credible information, resources and tools and advocacy for all those living with and affected by diabetes.

Diabetes is a silent killer. It is not a disease that presents a single face; it affects people across ethnic, age and socioeconomic lines and manifests itself in many ways. This heartless disease often leads to a life of burdens and a long list of devastating and potentially deadly complications including heart disease, stroke, kidney failure, blindness and amputation.

To support the efforts of the American Diabetes Association to raise awareness and promote healthy living, join us as we meet in person again at Griffith Park on Saturday, September 17th, 2022. Participants will be able to celebrate with family and friends and connect with others living with diabetes as well as learn more about prevention and wellness. Register at diabetes.org/socalstepout.

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In addition to the participation by residents of Los Angeles County, our County departments' wellness coordinators will be asked to disseminate information regarding the Step Out SoCal walk encouraging their colleagues to support and participate in these events. Nearly 50% of Los Angeles County employees and their families are living with diabetes or prediabetes and that number is expected to increase as several studies have suggested that adults and youth face an increased risk of a diabetes diagnosis after having contracted COVID-19. It is imperative that we support and encourage participation, as it effects so many of our colleagues and their families as well as the additional millions of people affected in Los Angeles County.

I, THEREFORE, MOVE that the Board of Supervisors direct all Los Angeles County (County) departments to:

1. Support the American Diabetes Association Step Out SoCal Walk event by registering and supporting fundraising efforts;

2. Direct the County Department Public Information Officers to promote and distribute materials related to the Step Out SoCal Walk event;

3. Direct all County Departments wellness coordinators to promote the 2022 American Diabetes Association Step Out SoCal Walk and encourage colleagues to participate and support;

4. Direct the Auditor-Controller to publicize the Step Out SoCal Walk on the July 15, 2022, paycheck run and encourage active employee participation; and

5. Proclaim the month of August as "Los Angeles County Step Out Walk to Stop Diabetes Month" in support of the event, which encourages all employees to live a healthier lifestyle and successfully manage diabetes and reduce the risk for developing diabetes.

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KB:acs