

Latino Community

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Millions of Americans don't know they have

Diabetes...

are **YOU** at risk?



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Get Screened!
10 things that you
can do today to
improve your health.

Healthy Eating!
Simple home cooked
meals, prepared
in 20 minuets or less.

Walk It Up!
A 30 minuet brisk
walk a day, keeps the
doctor away.

Free Diabetes Screening Event!
Join us on Saturday, May 12 for a free health fair
at Saint Joseph's Cathedral in San Jose.

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Check your Weight!



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Eat the
Right Foods!



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As Simple as
Walking



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[Legislative Task Force
on Diabetes & Obesity Report
to the California Legislature
Brochure.pdf](#)

The California Legislative Task Force on Diabetes & Obesity

Summit Findings:

Californians continue to be at significant risk of serious and chronic illness. Though we are now well into the information age, and despite significant efforts by many groups, the physical well-being of many underserved groups appears to be worsening instead of improving.

Over twenty-three million US children and adults have diabetes. Sixty-four percent of adults are overweight. Rates of diabetes and obesity have exploded in the US and California over the past 20 years. Many of these increases are the result of cultural shifts toward unhealthy eating and physical inactivity.

Some populations are more affected than others. Race and ethnicity continues to be a definer of the prevalence of obesity and diabetes and other chronic illnesses for large sections of our society. There exist significant disparities in behavior, information, access to treatment and management of chronic among significant California populations. These healthcare disparities also exist for cancer, heart disease, HIV/AIDS, Alzheimer's and others.

We were privileged to bring together the Chairs of both the Assembly and Senate Health Committees, along with the Vice Chair of the Latino Caucus, key members of the Governor's healthcare team and many who now sponsor important health programs. Together we examined the depth of the issue, significant progress already made, and the challenge which remains before us. We invite your full and active participation in our program and your on going assistance as we move forward on this issue..

Legislative Task Force:

Assemblymember Joe Coto, Chair

Senator Elaine Alquist

Senator Abel Maldonado

Senator Alex Padilla

Senator Mark Ridley Thomas

Dr. Patricia Crawford, UC Berkeley

Dr. Alka M. Kanaya, UC San Francisco

Dr. Lois Jovanovic, UC Santa Barbara

Dr. Freny Mody, American Heart

Dr. Fran Kaufman, American Diabetes