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Written Testimony in Support of HB 2219
Senate Public Health & Welfare Committee
Thursday, March 16, 2017
Submitted by Jennifer Bruning, KS State Alliance of YMCAs

Chairwoman Schmidt and Members of the Senate Public Health & Welfare Committee:

My name is Jennifer Bruning, and I am the Executive Director of the Kansas State Alliance of YMCAs, an organization that brings together 10 YMCA associations working in Kansas communities and serving 556,525 Kansans to forward the goals of youth development, healthy living and social responsibility.

I am submitting written testimony today in support of House Bill 2219 which would help Kansas establish a plan of action to educate, prevent and reduce the incidences of diabetes in Kansas. Over 29 million Americans have diabetes, but that is just the tip of the iceberg as 86 million adults in the United States have prediabetes. People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay the disease. *

According to the *2010-2014 Kansas Vital Statistics* report issued by the Kansas Department of Health & Environment, Bureau of Epidemiology and Public Health Informatics, diabetes was the seventh leading cause of death in Kansas in 2014, and approximately 294,000 Kansas adults age 18 years and older (12.6%) were diagnosed with diabetes in 2015. Furthermore, during the period from 2000 through 2015, the percentage of Kansans 18 years and older diagnosed with diabetes increased from 5.9% in 2000 to 12.6% in 2015, a 119% increase.

Diabetes is one of the most significant public health threats our country has ever faced – the U.S. spends an estimated \$245 billion in related annual medical expenditures.** According to one of the nation's largest insurance companies, it costs roughly \$3,700 a year to treat a person with prediabetes. In contrast, treating someone with advanced stages of diabetes tops \$20,000 annually. Among adults, diabetes is the leading cause of new cases of blindness, kidney failure, and non-traumatic lower-limb amputations. A person with diabetes has a shorter life expectancy and about twice the risk of dying on any given day as a person of similar age without diabetes. These dire statistics clearly show that diabetes is an important health concern that the State of Kansas should take very seriously.

As the leading charitable organization for strengthening community, the YMCA believes that all people should be able to live life to its fullest, healthiest potential. In fact, the YMCA was one of the inaugural partners in the Center for Disease Control's (CDC) National Diabetes Prevention Program, an evidence-based lifestyle change program for preventing type 2 diabetes. The YMCA's Diabetes Prevention Program (YDPP) helps participants take control of their health by adopting lifestyle choices to reduce their chances of developing type 2

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diabetes and improve their overall health and well-being. With a group of peers and a trained Lifestyle Coach, participants in YDPP are in a safe and supportive environment. Together the small group learns about eating healthier and being more active. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% in adults of all ages, and 71% in adults over the age of 60.

All Kansas YMCA associations stand ready to be a community partner with the State of Kansas to devise a plan that identifies goals and sets benchmarks related to reducing the impact of diabetes in Kansas, as well as provide suggestions on how to improve diabetes care and control complications associated with diabetes.

*Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2014

** American Diabetes Association, Economic Costs of Diabetes in the U.S. in 2012, Diabetes Care, April 2013

