

**Coalition of Labor Union Women
16th Biennial Convention
Orlando, Florida
September 7 - 10, 2011**

KEEP WOMEN AND MEN HEALTHY

Diabetes affects 8.3 percent of the U.S. population. Slightly more than half the cases are in men but approximately 11.5 million women over the age of 20 have it and one-third of them remain undiagnosed according to the American Diabetes Association. It affects 1 in 4 black women over the age of 55 and is also much higher among Hispanic/Latino, Native-American and Asian/Pacific women than Caucasian women. This disease can affect mothers and their unborn children causing miscarriage or birth defects. The risk of diabetes also increases with age.

The National Diabetes Education Program of the National Institutes of Health has found through a survey that persons report they do not receive enough information from their health care providers on risk factors for diabetes, symptoms, treatment, complications, and the importance of lifestyle changes.

Heart disease and stroke are common complications of diabetes. Heart disease is the #1 killer of women as well as men. Hispanic women are likely to develop heart disease ten years earlier than Caucasian women. Blacks have almost twice the risk of first-time strokes compared to whites and African Americans in the U.S. have the highest rate of high blood pressure in the world.

Eighty percent of heart attacks and first-time strokes are preventable through knowledge and improved lifestyle choices according to the American Heart Association, which fights heart disease through awareness programs, support for research and prevention, and advocacy for quality care and access to care. Action as well as awareness is necessary to prevent heart disease.

CLUW is on record as recognizing that women need to take charge and take care of their health and their lives. CLUW also recognizes the major role women have as gatekeepers of health care, as they are the ones who usually schedule health care appointments and make sure that preventive care and treatment is provided to all family members.

The men in women's lives are greatly affected by diabetes, heart disease, cancer and other diseases. Women as gatekeepers need awareness and education on men's health issues and sensitivity to issues affecting their care.

Lifestyle factors such as eating well, spending time with other people rather than being alone, and exercising regularly are important to good physical and mental health for women and men.

THEREFORE BE IT RESOLVED:

CLUW will continue its efforts to educate its members — male and female — about the risk factors associated with diabetes and heart disease and promote physical activity, healthy eating, credible information and self-empowerment practices to help improve the health of its members and communities.

CLUW will provide information on diabetes to the chapters through the CLUW website to increase awareness on this disease and the severe impact it may have if it goes undetected or inadequately treated.

CLUW will encourage its members to support the American Heart Association's advocacy efforts through www.youarethecure.org and other programs, and to take an active role in supporting legislation aimed at improving the lives of Americans suffering from heart disease and stroke or those at risk for developing cardiovascular disease.

CLUW will provide awareness on men's health issues by initiating an educational process to inform members of what women should know to help keep men in their lives healthy, and will encourage CLUW chapters to promote education in their communities on male health issues in addition to women's health issues.

CLUW encourages all members to participate in exercise programs offered during this convention and at regularly scheduled NEB meetings, and to exercise to their own level of fitness in their homes and communities.

American Heart Association: www.americanheart.org 1-800-242-8721

American Diabetes Association: www.diabetes.org 1-800-366-1655

National Diabetes Education Program: www.ndep.nih.gov 1-800-438-5383