

HEALTH COMMISSION
City and County of San Francisco
Resolution 15-13

**ENDORISING THE SCREENING FOR TYPE 2 DIABETES MELLITUS AT A BODY MASS INDEX OF 23 IN ASIAN
AMERICAN ADULT RESIDENTS OF SAN FRANCISCO COUNTY**

WHEREAS, Residents of Asian American heritage comprise 34 percent of the population of the City and County of San Francisco; and

WHEREAS, Diabetes is the fifth leading cause of death among Asian Americans, and Asian Americans are 30 percent more likely to have diabetes than White Americans, and are also at greater risk of developing pre-diabetes, diabetes, and associated risks at a lower body mass index (BMI) than White, Hispanic, Black, or Native Americans; and

WHEREAS, Asian Americans face a health care disparity in type 2 diabetes detection and diagnosis, as the current guidelines for screening Asian Americans at a BMI of 25 not only miss 32 percent of diabetes diagnoses in San Francisco, but also underestimate the prevalence of pre-diabetes among Asian Americans; and

WHEREAS, Two out of three persons with type 2 diabetes die from heart attack or stroke, and adults with diabetes are at risk for developing end stage renal disease and kidney failure, blindness, and lower limb loss; and

WHEREAS, The per capita health care cost of diabetes is \$7,800 per year; and the annual cost for diabetes in California is \$37.1 billion, including \$27.6 billion in medical costs and \$9.5 billion in indirect costs and productivity loss; and

WHEREAS, Early detection and treatment can mitigate diabetes-related complications, risks and costs; and interventions focusing on nutrition, physical activity, and healthy weight loss have been shown to reverse pre-diabetes, improve glucose function in diabetics, and reduce the need for multiple medications in diabetics; and

WHEREAS, Screening Asian American patients at a BMI of 23 instead of 25 would unmask over 3,600 diabetes cases, and approximately 5,000 pre-diabetes cases in San Francisco, thereby initiating treatment or early interventions to reduce negative co-morbidities like heart diseases, kidney diseases, and limb amputation; and

WHEREAS, The National Institutes of Health recently found that more than half of Asian Americans with diabetes are undiagnosed; and community based participatory research and studies on Asian American subpopulations have shown that Asian Americans develop diabetes at a lower BMI; and

WHEREAS, The World Health Organization recommends screening Asian patients at a lower BMI than non-Hispanic Whites, and the 2015 official guidelines of the American Diabetes Association recommend that Asian Americans should be considered for testing for diabetes at a BMI of 23; and

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WHEREAS, The Asian American, Native Hawaiian, and Pacific Islander Diabetes Coalition has coordinated the “Asian BMI” efforts of over fifteen national and regional organizations, culminating in the launch of the “Screen at 23” campaign; and

WHEREAS, The City and County of San Francisco has the opportunity to be the first city to formally recognize and recommend screening adult Asian Americans for type 2 diabetes at a BMI of 23, enabling thousands of individuals to get the early care and treatment needed to live healthier and happier lives;

NOW, THEREFORE BE IT RESOLVED that the San Francisco Health Commission commends and endorses the Screen at 23 campaign’s efforts to increase awareness of diabetes among Asian American communities and to eliminate disparities, and encourages all public and private health providers and facilities to also participate in these efforts; and be it

FURTHER RESOLVED that the Health Commission directs the Department of Public Health through the San Francisco Health Network and other appropriate resources to support the “Screen at 23” campaign.

I hereby certify that the San Francisco Health Commission at its meeting on October 20, 2015 adopted the foregoing resolution.

Mark Morewitz
Executive Secretary to the Health Commission