



Connected **for Life**

January 23, 2023

Dear Chair Youakim and Committee Members,

On behalf of the American Diabetes Association (ADA) please accept my thanks for hearing House File 5 (HF 5) to create a program to provide no cost breakfast and lunch to all students in Minnesota.

The ADA is extremely concerned with food insecurity as it is associated with higher rates of obesity and diabetes. People who experience food insecurity have a twofold risk of developing diabetes and we know from studies that food insecurity and going without meals can contribute to weight gain.¹ Obesity is a leading risk factor associated with type 2 diabetes, the most common form of the disease. Mitigating risk for diabetes is critical to our state's continued health and provision of universal meals to school children can greatly reduce food insecurity, related obesity, and diseases like diabetes for future generations of Minnesotans.

Ensuring access to school meals is also critical for children diagnosed with diabetes. Skipping meals can disrupt blood glucose levels and put individuals at higher risk of hypoglycemia. Additionally, if the meals are unhealthy an individual with diabetes may experience high blood glucose levels, which can increase the risk of long-term complications.²

Nearly 386,480 Minnesotans has diabetes and another 1.4 million have prediabetes and are at high-risk for developing the disease. The disease carries a terrible personal and economic burden. It is a leading cause of heart disease, stroke, kidney failure, blindness among adults, and amputation of the lower extremities. Preventing diabetes is critical to the health of future generations of Minnesotans

HF 5 will allow our schools to serve free meals to all students as the negative economic stresses of the pandemic continue to impact Minnesota families in the years to come. We respectfully ask for the committee's support of this important legislation. The American Diabetes Association is pleased to offer our support for this legislation. If you have questions please don't hesitate to contact me at ckemp@diabetes.org.

Sincerely,

Carissa Kemp
Director of State Government Affairs

¹ See American Journal of Public Health, 102(3), 520-526. 49 Dammann, K. & Smith, C. (2010). *Food-related attitudes and behaviors at home, school, and restaurants: perspectives from racially diverse, urban, low-income 9- to 13-year-old children in Minnesota*.

See also Journal of Nutrition Education and Behavior, 42(6), 389-397. 50 Olson, C. M., Bove, C. F., & Miller, E. O. (2007). *Growing up poor: long-term implications for eating patterns and body weight*. *Appetite*, 49(1), 198-207.

² See American Diabetes Association, *Food Insecurity and Diabetes*