
HOUSE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF HEALTH TO INVESTIGATE THE
FEASIBILITY OF IMPLEMENTING A GLYCEMIC INDEX PROGRAM IN THE
STATE TO LEAD THE NATION IN A GLYCEMIC INDEX LABELING
INITIATIVE.

1 WHEREAS, the Human Nutrition Unit of the School of
2 Molecular and Microbial Biosciences at the University of Sydney
3 developed the glyceimic index, which is a ranking of
4 carbohydrates on a scale from 0 to 100, according to the extent
5 to which they raise blood sugar levels after eating; and
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7 WHEREAS, recent studies from the Harvard School of Public
8 Health indicate that the risks of diseases such as type 2
9 diabetes and coronary heart disease are strongly related to the
10 glyceimic index of an individual's overall diet; and
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12 WHEREAS, in 1999, the World Health Organization recommended
13 that people in industrialized countries base their diets on foods
14 that are low on the glyceimic index to prevent the most common
15 diseases of affluence, such as coronary heart disease, diabetes,
16 and obesity; and
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18 WHEREAS, the American Diabetes Association suggests meal
19 planning based upon the glyceimic index; and
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21 WHEREAS, various types of carbohydrates behave differently
22 in the human body and the glyceimic index describes those
23 differences by ranking different carbohydrates according to their
24 effect on blood glucose levels; and
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26 WHEREAS, foods with a high glyceimic index are rapidly
27 digested and absorbed and cause marked fluctuations in blood
28 sugar levels; and
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1 WHEREAS, on the other hand, low-glycemic foods are digested
2 and absorbed slowly and thus produce only smaller and gradual
3 fluctuations in blood glucose and insulin levels;

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5 WHEREAS, low-glycemic diets have been shown to improve both
6 glucose and lipid levels in people with both type 1 and type 2
7 diabetes by reducing insulin levels and insulin resistance and by
8 helping to control appetite and delay hunger, thus assisting in
9 weight control; and

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11 WHEREAS, choosing these low-glycemic foods is critical to
12 reducing incidence of coronary heart disease, diabetes, and
13 obesity; and

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15 WHEREAS, according to the Department of Health:

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17 (1) It is estimated that 72,000 to 100,000 individuals have
18 diabetes in Hawaii, of which 25,000 or more remain
19 undiagnosed. Native Hawaiians, compared to other
20 major ethnic groups, have the highest diabetes
21 mortality rate. Obesity rates are significantly
22 higher among adults with diabetes when compared with
23 adults without diabetes;

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25 (2) Lower educational attainment is associated with higher
26 diabetes prevalence and mortality rate. The glycemic
27 index is a quick and easy reference for individuals to
28 understand and monitor and thus reduces the need for
29 extensive state funded educational programs; and

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31 (3) Hawaii has a higher prevalence than the national
32 average of patients with end-stage renal disease
33 requiring kidney dialysis. Almost sixty per cent of
34 patients receiving kidney dialysis for end-stage renal
35 disease have a primary diagnosis of diabetes and incur
36 high Medicaid costs; and

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38 WHEREAS, labeling on foods often identifies complex
39 carbohydrates and sugars, now recognized as having little
40 nutritional or physiological significance, and the World Health
41 Organization and the Food and Agriculture Organization of the
42 United Nations has recommended that these terms be removed from
43 the label and be replaced with a food's total carbohydrate
44 content and its glycemic index value; and



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2 WHEREAS, the United States Food and Drug Administration
3 presently requires food testing for food labeling and thus has
4 an established procedure in place for glycemic index value
5 labeling;

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7 WHEREAS, adding a food's glycemic index value to the
8 existing labeling procedure would require only a minor
9 modification and would not significantly affect the cost of
10 testing while providing consumers with a valuable tool for
11 selecting appropriate healthy foods; now, therefore,

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13 BE IT RESOLVED by the House of Representatives of the
14 Twenty-fifth Legislature of the State of Hawaii, Regular Session
15 of 2009, the Senate concurring, that the Department of Health is
16 requested to investigate the feasibility of implementing a
17 glycemic index program in the State to lead the nation in a
18 glycemic index labeling initiative; and

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20 BE IT FURTHER RESOLVED that, in its study, the Department
21 of Health is further requested to:

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23 (1) Coordinate efforts with the United States Food and
24 Drug Administration; and
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26 (2) Evaluate the impact on the following of a Hawaii
27 glycemic index program that requires food labels to
28 include glycemic index values:
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30 (A) Food manufacturers;
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32 (B) Consumers, including those suffering from diabetes,
33 obesity, and coronary heart disease; and
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35 (C) Costs of health care, including for
36 hospitalizations due to complications from
37 diabetes, obesity, and heart disease; and
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39 BE IT FURTHER RESOLVED that the Department of Health is
40 requested to submit findings and recommendations, including any
41 necessary proposed legislation, to the Legislature no later than
42 twenty days prior to the convening of the Regular Session of
43 2010; and
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1 BE IT FURTHER RESOLVED that certified copies of this
2 Concurrent Resolution be transmitted to the Director of Health,
3 Director-General of the World Health Organization, Director-
4 General of the Food and Agriculture Organization, President of
5 the Hawaii Food Manufacturers Association, and President of the
6 Healthcare Association of Hawaii.

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OFFERED BY:

