
HOUSE 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 glycemic 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 glycemic 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 glycemic 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 glycemic index; and
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21 WHEREAS, various types of carbohydrates behave differently
22 in the human body and the glycemic 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 glycemic index are rapidly
27 digested and absorbed and cause marked fluctuations in blood
28 sugar levels; and
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30 WHEREAS, on the other hand, low-glycemic foods are digested
31 and absorbed slowly and thus produce only smaller and gradual
32 fluctuations in blood glucose and insulin levels;
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1 WHEREAS, low-glycemic diets have been shown to improve both
2 glucose and lipid levels in people with both type 1 and type 2
3 diabetes by reducing insulin levels and insulin resistance and by
4 helping to control appetite and delay hunger, thus assisting in
5 weight control; and

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7 WHEREAS, choosing these low-glycemic foods is critical to
8 reducing incidence of coronary heart disease, diabetes, and
9 obesity; and

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11 WHEREAS, according to the Department of Health:

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

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

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

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

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42 WHEREAS, the United States Food and Drug Administration
43 presently requires food testing for food labeling and thus has



1 an established procedure in place for glycemic index value
2 labeling;

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

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

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

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20 (1) Coordinate efforts with the United States Food and
21 Drug Administration; and
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23 (2) Evaluate the impact on the following of a Hawaii
24 glycemic index program that requires food labels to
25 include glycemic index values:
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27 (A) Food manufacturers;
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29 (B) Consumers, including those suffering from diabetes,
30 obesity, and coronary heart disease; and
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32 (C) Costs of health care, including for
33 hospitalizations due to complications from
34 diabetes, obesity, and heart disease; and
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36 BE IT FURTHER RESOLVED that the Department of Health is
37 requested to submit findings and recommendations, including any
38 necessary proposed legislation, to this body no later than
39 twenty days prior to the convening of the Regular Session of
40 2010; and

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42 BE IT FURTHER RESOLVED that certified copies of this
43 Resolution be transmitted to the Director of Health, Director-
44 General of the World Health Organization, Director-General of

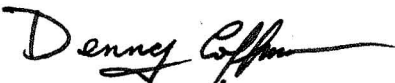





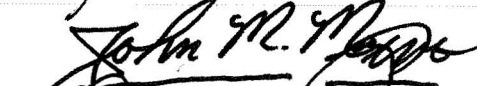





H.R. NO. 273

1 the Food and Agriculture Organization, President of the Hawaii
 2 Food Manufacturers Association, and President of the Healthcare
 3 Association of Hawaii.

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OFFERED BY:

MAR 18 2009

