



POLICY RECOMMENDATIONS

What Individuals and Families Can Do

- Learn about diabetes and pre-diabetes and see your doctor for regular screenings.
- Maintain a healthy weight by eating foods that are low in fat, sugar and calories; by limiting portion sizes; and by engaging in 30 minutes of physical activity at least five days a week.
- Because of the uniquely harmful effects of liquid sugar, drink water instead of soda and other sugary drinks.
- Advocate for federal, state, and local policies to address the growing diabetes epidemic.

What Health Insurers and Providers Can Do

- Educate providers about effective diabetes and pre-diabetes prevention, screening and early detection, and treatment programs and referrals.
- Ensure patient access to and provider reimbursement for pre-diabetes and diabetes prevention services and screenings, self-management education, and treatment services provided by medical and non-medical providers and specialists.
- Remove sugary drinks from health care facilities.
- Dedicate a substantial proportion of community benefits funds to building healthy communities.
- Advocate for federal, state, and local policies to address the growing diabetes epidemic.

What Cities and Counties Can Do

- Implement diabetes prevention recommendations by developing walkable communities, healthy transportation, healthy community design, access to fresh fruits and vegetables and safe water, and safe places to play and be physically active.
- Ensure access to clean, free drinking water in public parks and other public places.
- Conduct public education campaigns about products known to contribute to diabetes, particularly sugary drinks, and promote consumption of healthy products including water.
- Establish local taxes on sugary drinks, designating funds for programs to prevent, detect, and treat diabetes.

What the California Legislature Can Do

- Require public and private health insurers to cover early screening and detection programs, diabetes management support services and equipment, and diabetes prevention services, including those provided by medical and non-medical providers.
- Require warning labels on sugary drinks describing the harmful effects of consuming liquid sugar.
- Establish a tax on sugary drinks and use revenues for diabetes prevention efforts.
- Prohibit marketing of unhealthy food and beverages on public school campuses K-12.
- Use funding from a statewide water bond to ensure that all Californians, particularly those who are economically disadvantaged, have access to clean safe drinking water.