



House Bill 1451
Proponent Testimony

Matt Prokop
Director, State Government Affairs
American Diabetes Association®

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Chairman Rudy and Members of the House Human Services Committee:

Thank you for the opportunity to express our support for HB 1451.

The American Diabetes Association (ADA) strongly supports providing comprehensive access to the evidence-based interventions to treat and manage the chronic disease of obesity in accordance with ADA's clinical Standards of Care. These interventions include intensive lifestyle modification counseling, obesity medications, and bariatric/metabolic surgery as recommended by a health professional.

Obesity is a complex, multifactorial, common, serious, relapsing, and costly chronic disease that serves as a major risk factor for developing conditions such as heart disease, stroke, type 2 diabetes, renal disease, non-alcoholic steatohepatitis, and 13 types of cancer (which make up 40 percent of all cancer diagnoses).¹ Additionally, obesity contributes to many chronic and costly conditions including sleep apnea and increases the rate of physical injury including falls and sprains by 48 percent.²

ADA's 2025 Standards of Care reviewed the evidence and demonstrate that obesity management can delay the progression from prediabetes to type 2 diabetes. Additionally, with greater than 10 percent BMI reduction other significant health benefits can be achieved.

North Dakota ranks nineteenth in states impacted by obesity.³ 71% of North Dakotans are experiencing overweight (35.6%) or obesity (35.4%).⁴

On behalf of your constituents who are experiencing overweight or obesity and may have or be at risk for diabetes, I urge you to support HB 1451.

If you have any questions, please contact me at mprokop@diabetes.org.


Thank you very much for your consideration

¹ Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/risk-factors/obesity.html?CDC_AAref_Val=https://www.cdc.gov/cancer/obesity/

² Finkelstein EA, Chen H, Prabhu M, Trogon JG, Corso PS. The relationship between obesity and injuries among U.S. adults. *Am J Health Promot.* 2007 May-Jun;21(5):460-8. doi: 10.4278/0890-1171-21.5.460. PMID: 17515011.

³ <https://www.obesityaction.org/wp-content/uploads/ND.2024.pdf>

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Matt Prokop
Director, State Government Affairs
1 (402) 519-5019 Ext. 5019
mprokop@diabetes.org

[@AMDietesAssn](https://diabetes.org)