



SPONSOR: Rep. K. Johnson & Sen. Pinkney
Reps. Hilovsky, S. Moore, Parker Selby; Sens. Gay,
Wilson

HOUSE OF REPRESENTATIVES
152nd GENERAL ASSEMBLY

HOUSE CONCURRENT RESOLUTION NO. 71

RECOGNIZING THE MONTH OF NOVEMBER AS GLUTEN-FREE DIET AWARENESS MONTH.

1 WHEREAS, the month of November is recognized as Gluten-free Diet Awareness Month; and

2 WHEREAS, it is important to recognize the retailers, restaurants, and community members that support celiac
3 disease and gluten-free communities; and

4 WHEREAS, supporting gluten-free diets and gluten-free environments helps thousands of families across the
5 country eat safely; and

6 WHEREAS, a gluten-free diet excludes any foods that contain gluten; and

7 WHEREAS, gluten is a protein found naturally in wheat, barley, and rye, and is common in foods such as bread,
8 pasta, cookies, and cakes, and many products contain gluten, such as prepackaged foods, lip balms and lipsticks,
9 toothpastes, vitamin and nutrient supplements, and, rarely, medicines; and

10 WHEREAS, a gluten-free diet consists of eating only whole foods that don't contain gluten, such as fruits,
11 vegetables, meat and eggs, as well as processed gluten-free foods like gluten-free bread or pasta; and

12 WHEREAS, the purpose of a gluten-free diet is to treat celiac disease; and

13 WHEREAS, celiac disease is a serious autoimmune disease where the ingestion of gluten leads to damaging the
14 small intestine; and

15 WHEREAS, people who have celiac disease cannot tolerate gluten, which causes inflammation in their small
16 intestines and if they follow a gluten-free meal plan, they can eliminate some of their symptoms; and

17 WHEREAS, celiac disease can develop at any age after people start consuming gluten and when it is left untreated
18 it can lead to additional serious health problems; and

19 WHEREAS, 1 in 100 people worldwide are affected by celiac disease; and

20 WHEREAS, only about 30% of people with celiac disease are properly diagnosed; and

21 WHEREAS, people with celiac disease are at risk of malnutrition, anemia (a decreased number of red blood cells
22 due to lack of iron), and osteoporosis (weakened bones from lack of calcium); and

23 WHEREAS, celiac disease is often referred to as an "invisible disability"; and

24 WHEREAS, individuals with celiac disease have different needs and because of these special needs, celiac disease
25 is considered a disability under the Americans with Disabilities Act; and

26 WHEREAS, this designation is particularly relevant in certain public settings such as schools that receive federal
27 funds;

28 WHEREAS, the law requires that these schools remove barriers to learning, which include accommodating a
29 child's gluten-free diet and disability needs; and

30 WHEREAS, other conditions may also prompt someone to cut gluten from their diets such as a wheat allergy, a
31 non-celiac gluten sensitivity, or gluten intolerance; and

32 WHEREAS, the General Assembly recognizes the importance of Gluten-Free Diet Awareness Month and
33 reaffirms the significance of maintaining gluten-free services and accommodations that play a central role in protecting
34 Delawareans living with celiac disease and those that support them.

35 NOW, THEREFORE:

36 BE IT RESOLVED by the Delaware House of Representatives of the 152nd General Assembly of the State of
37 Delaware, the Senate concurring therein, that November 2023 is hereby recognized as Gluten-Free Diet Awareness Month
38 in Delaware.

SYNOPSIS

This resolution recognizes November 2023 as Gluten-Free Diet Awareness Month in Delaware.