

# Working with Diabetes

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## November is Diabetes Awareness Month Start Planning Now!

November is National Diabetes Month. Why should we care?

- About 1.5 million Wisconsin adults have prediabetes, yet nearly 90% do not know it. Without lifestyle change, prediabetes can lead to type 2 diabetes within five years.
- Approximately 356,000 adults in Wisconsin are diagnosed with diabetes. It is estimated that an additional 138,000 have diabetes but do not know.
- Two out of five adults are expected to develop type 2 diabetes in their lifetime.

Diabetes is the seventh leading cause of death in Wisconsin, incurring an estimated \$5.5 billion annually in health care and lost productivity costs. Each year, more than 1,300 Wisconsin residents die from diabetes and many more suffer disabling complications, such as heart disease, kidney disease, blindness, and amputations. This burden is higher among minority populations.

The Ad Council and CDC have developed a campaign to help spread the word about prediabetes. Creating awareness of prediabetes and the fact that it does not have to develop into type 2 diabetes if moderate lifestyle changes are made is an important message to share.

The [DolHavePrediabetes.org](http://DolHavePrediabetes.org) website offers [website banners](#) and [posters](#). Spread the word through [videos](#) you can use on your closed-circuit networks and employee websites. CDC also has sample [social media messages](#) about preventing type 2 diabetes for use on Facebook and Twitter.

## CDC Updates Prediabetes Risk Test

The Centers for Disease Control and Prevention (CDC) recently updated its [Prediabetes Risk Test \(en español\)](#) to ensure that CDC and the American Diabetes Association (ADA) provide the same risk test to the American people, avoiding potential confusion. The new ADA/CDC prediabetes risk test ensures questions are easy to understand and users can access further information easily. The new ADA/CDC risk test also provides stronger calls to action, a results page that can be emailed and printed, an explanation of what results mean, and an opportunity to share the test with friends and family. A [pdf version \(en español\)](#) of the new risk test is also available.



## November is National Family Caregivers Month: Powerful Tools for Caregivers® Can Help!

If you have employees who are [family caregivers](#), they understand both the rewards and challenges of caregiving. Your employees may not even think of themselves as caregivers—they're simply helping someone they love. But when the stresses and difficulties that often come with caregiving become overwhelming, it's important to take care of themselves. That's where [Powerful Tools for Caregivers](#) can help. In just six weeks, Powerful Tools for Caregivers can help your employees identify and manage the physical, emotional and financial challenges that family caregiving can present and connect them with other caregivers who are facing some of the same feelings and problems they may be facing. [Learn more.](#)

[www.DolHavePrediabetes.org](http://www.DolHavePrediabetes.org)

## Employee Wellness Programs Pay Off, Research Wrong

Employers believe in workplace wellness programs. More than eight in 10 large employers—and half of small companies—now sponsor at least one wellness initiative. Companies invest more than \$8 billion annually to help workers quit smoking, lose weight and exercise more. Some even offer stress and resilience training and programs to improve sleep and mental health. But, is the investment paying off? Some of the research says not so much. But that same research is focusing on the wrong things. [Read more.](#)



## CDC Outlines 13 Best Evidenced-Informed Workplace Health Strategies

A report developed by the Centers for Disease Control and Prevention's (CDC) Division for Heart Disease and Stroke Prevention, *What Could Be Addressed in an Evidence-Informed State Workplace Health Promotion Law*, assesses best available evidence, including worksite health intervention studies and expert opinion, for 13 "best" evidence practices that organizations can adopt for workplace health. There are eight additional strategies that may be considered as having "promising" and "emerging" evidence.

## Your Workout, Your Way

Physical activity is good for your employees—really, really good. It can help employees maintain their weight, feel happier, sleep better, and much more. But even knowing all that, it can still be hard to get moving. Is willpower all you need? No, you also need a plan. Check out [Make Your Workout Work for You](#) for tips on how to get started (and keep going!). Spoiler alert: Work out like you're at summer camp instead of boot camp (unless you like boot camp). A bonus: what's good for employee health is good for their family's health, too. Get everyone in on the action!



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

## Plan Ahead!

Resources for Upcoming Health Observances



### SEPTEMBER 2019

Fruits and Veggies – More Matters Month  
National Childhood Obesity Month

### OCTOBER 2019

National Breast Cancer Awareness Month  
Oct. 10 – National Depression Screening Day

### NOVEMBER 2019 – *Diabetes Awareness Month*

American Diabetes Association (ADA)  
Centers for Disease Control and Prevention (CDC)  
Diabetic Eye Disease Month  
National Family Caregivers Month  
Nov. 19 – The Great American Smokeout

## For More Information

If you received the *Working with Diabetes* as a forward, [SIGN UP HERE](#) to receive the publication directly from the listserv.

For more about our program, check out [www.PreventDiabetesWI.org](http://www.PreventDiabetesWI.org).