Get Your Employees Moving!

According to the National Diabetes Education Program (NDEP), employees who don’t get enough physical activity may be risking your company’s health bottom line. Physical inactivity increases the risk of heart disease, diabetes, high blood pressure, and obesity. These chronic conditions lower productivity, raise health care costs, and in the case of obesity, increase the likelihood of workplace injuries by nearly 50%. The benefits of regular physical activity include:

- Feeling happier, less stressed, and mentally sharper.
- Experiencing fewer sick days.
- Being more productive.

Incorporate activities to get your staff moving:

- Walking meetings: Build physical activity into your everyday meetings by walking instead of sitting.
- Stretch breaks: Encourage employees to stand up and stretch every 60 minutes.
- Move It Monday: Research shows that starting a habit on Monday can be seen as a fresh start and has significant cultural meaning.

Find more resources to engage employees:

- CDC Workplace Tips
- Everybody Walks/Workplace Resources

Activity Builds Healthy, Strong America

This infographic shows the effects of not getting enough physical activity on our nation’s health, economy, and military readiness. It also emphasizes the many health, safety, and community benefits increased physical activity can offer.

Become a Diabetes Prevention Program Provider

Is your organization is interested in becoming a CDC-recognized provider of the National Diabetes Prevention Program (DPP)? The Chronic Disease Prevention Program and Wisconsin Lions Foundation will host National DPP Lifestyle Coach Trainings in September and October, please contact Pam Geis for more information.

The National DPP is a year-long facilitated lifestyle change program of 16 weekly classes and 6 monthly classes that focus on skill building, responding to external environment factors, and the psychological and emotional aspects of lifestyle change.

Cost of Diabetes to Your Company

The Agency for Healthcare Research and Quality (AHRQ) has created an evidence-based tool that employers can use to estimate how much diabetes costs them and the potential savings that would result from better management of diabetes. The Diabetes Cost Calculator was developed at the request of members of the Mid-Atlantic Business Group on Health and in partnership with the National Business Coalition on Health (NBCH). Based on an employer’s industry, location, and firm size, the calculator estimates:

- Number of people with diabetes.
- Annual diabetes-related medical costs.
- Annual diabetes-related productivity costs.
- Potential savings associated with better management of diabetes.
National Diabetes Education Program (NDEP) Introduces Redesigned Website

Check out the redesigned National Diabetes Education Program (NDEP) website. Now it’s easier to find evidence-based, tested, and culturally appropriate diabetes education resources and tools for community-based organizations, health care providers, and others working with people with and at risk for diabetes. NDEP also provides educational resources for American Indians and Alaska Natives, Hispanic/Latinos, African Americans, Asian Americans, Native Hawaiians, and Pacific Islander groups at risk for diabetes and those with diabetes.

Implement ADA’s Stop Diabetes @ Work in Your Organization

Stop Diabetes @ Work is a research-based initiative offered by the American Diabetes Association that can be customized to fit within your existing wellness efforts or used as a stand-alone healthy worksite program. Learn more.

Download ADA Advocacy App

A mobile app from the American Diabetes Association Advocacy provides Diabetes Advocates the tools and information needed to urge elected officials to make diabetes research and programs a national priority. The application provides:
- Talking points on critical diabetes legislative issues
- Integrated Social Media sharing of diabetes advocacy
- Congressional and state legislator directories
- Current diabetes action alerts
- Online advocate recruitment sign up for events and activities

Available in Apple App Store or Google Play Store. Search for “ADA Advocacy.”

Cancer Survivorship Website

CDC has launched a completely updated Cancer Survivorship website. Cancer survivors often face many challenges as a result of their cancer diagnosis and treatment. Visit the new site, which explains how public health professionals at CDC and other agencies are working to address the needs of cancer survivors and the survivorship community.

Summer Skin Cancer Prevention

Your employees can have fun and prevent skin cancer, too! Men, especially those with lighter skin, are more likely than anybody else to get skin cancer, so CDC created a new Sun Safety Tips for Men page featuring buttons and motion graphics that you can share on social media or your own website or blog. There is also a new Preventing Skin Cancer podcast. Check out all of CDC’s shareable resources on their Skin Cancer Awareness feature.

For More Information

If you received this email as a forward and you would like to receive Working with Diabetes directly from the listserv, contact Pam Geis of the Wisconsin Chronic Disease Prevention Program at Pamela.M.Geis@gmail.com. For more about our programs, check out www.WisconsinDiabetesInfo.org.