



November Health and Wellness Observances

The Health & Well-being Work Group reviews information on national health-related observances held throughout the year, highlighting activities and resources to support workforce education. The November observances appear below and in the Members Only section at www.gpbch.org.

AMERICAN DIABETES MONTH

Diabetes continues to be one of the most significant health epidemics of our time. A new diabetes diagnosis is made every 21 seconds and according to [2018 statistics](#), 34.2 million Americans, or 10.5% of the population, had diabetes. Of the 34 million, [90-95% have type 2 diabetes](#). Visit the web links below for diabetes prevention resources.

Tools to Know Your Risk: If you're at risk of developing type 2 diabetes, there's no better time to turn things around. Start here to learn more about A1C, take a risk test, or find out your Body Mass Index (BMI). <https://www.diabetes.org/diabetes-risk/tools-know-your-risk>

Nutrition: Eating doesn't have to be boring; it's all about finding the right balance that works for you! <https://www.diabetes.org/nutrition>

Fitness: Exercise for diabetes and get a leg up! Regular exercise can help put you back in control of your life. <https://www.diabetes.org/fitness>

Step Out Walk to Stop Diabetes: To register for the (virtual) walk on November 7th, click here: [2020 Step Out – Philadelphia](#).

Additional Resources:

[ADA Community Page](#)

[ADA Resource Page](#)

[ADA Risk Test](#)

[GPBCH Diabetes Resource Page](#)



[Click here to access the November Spotlighted Observance](#) – Take Action Against Diabetes! This document is a ready-to-distribute flyer for your employees and colleagues.

LUNG CANCER AWARENESS MONTH



According to the Centers for Disease Control and Prevention ([CDC](#)), Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the United States. Cigarette smoking is the number one risk factor for lung cancer. Each year, about 218,000 people in the United States are told they have lung cancer and about 149,000 people die from this disease. Access the resources below to educate employees about Lung Cancer and prevention.

How can I lower my risk?

- **Don't Smoke** - The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke. [Smoking can cause cancer](#) and then block your body from fighting it. For help quitting, visit smokefree.gov.
- **Get Your Home Tested for Radon** - [Radon](#) is a gas that you cannot smell, taste, or see. It comes naturally from rocks and soil, and can dissolve in groundwater. Radon is thought to be the second leading cause of lung cancer in the United States, responsible for more than 20,000 lung cancer deaths each year.

- **Is Lung Cancer Screening Right for You?** - The U.S. Preventive Services Task Force [recommends](#) external icon yearly lung cancer screening with low-dose computed tomography (CT scan) for people who – have a history of heavy smoking, smoke now or have quit within the past 15 years, and are between 55 and 80 years old.

Sharable Resources

[Lung Cancer Risk Quiz](#)

[LUNGEvity](#)

[Quitter's Circle](#)

[Stories of Hope](#)

GREAT AMERICAN SMOKEOUT (NOVEMBER 19th, 2020)

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 19th be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk.



The Great American Smokeout is a nationwide annual event in November by the American Cancer Society. The event encourages Americans to stop using tobacco for one day.

Access the materials and resources below to promote the day, spread the word about your Great American Smokeout event, and help people quit.

- American Cancer Society: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/resources.html>
- Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/Features/GreatAmericanSmokeOut/?s_cid=tobacco_034
- GPBCH Smoking Cessation Guide (includes local and national resources): https://www.gpbch.org/docs/member_resources/smoking_cessation_guide.pdf
- The ExProgram - Inspire More to Quit with the 2020 Quit-smoking Calendar and Tip Sheet: <https://www.theexprogram.com/resources/report/2020-quit-smoking-calendar/>