

November Health and Wellness Observances

The Health & Well-being Interest 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. [About 38 million adults now have diabetes](#) in the United States have diabetes, and **1 in 5** of them don't know that have it. It's the 8th leading cause of death in the United States, and in the last 20 years the number of adults diagnosed with diabetes has *more than doubled* as the American population has aged and become more overweight or obese. Medical costs and lost work and wages for people with diagnosed diabetes total **\$413 billion** yearly and are **twice as high** as for people who don't have diabetes. **Prediabetes** is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. About 1 in 3 adults in the U.S. have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts people at increased risk of developing [type 2 diabetes](#), [heart disease](#), and [stroke](#).



Take Action to Prevent Diabetes in Your Workforce

[Employers can address prediabetes in the workforce](#) by offering the [CDC-endorsed National Diabetes Prevention Lifestyle Change Program \(National DPP\)](#)—proven to prevent or delay type 2 diabetes. Participants learn to make healthy food choices, increase physical activity, and manage stress. These lifestyle changes can cut their risk of developing type 2 diabetes by 58 percent (71 percent for those 60 or older). According to the CDC, outcomes have shown up to five-to-seven percent loss in body weight, reduced hypertension and improved cardiovascular health. The National DPP is offered in-person or online and is covered by many health insurers. Even without insurance coverage the cost is economical—typically \$400-\$700 in a pay-for-performance program linked to key milestones for enrollment, completion, and weight loss. By offering the program, employers can realize a value on investment (VOI) in direct and indirect financial benefits. Use the [CDC cost calculator](#) to determine ROI and view the [full list of National DPP providers nationwide](#). **Questions?** Contact Elzbieta Dziekonski at GPBCH (edziekonski@gpbch.org) to learn more.

Diabetes Self-Management Education and Support

Diabetes is complicated, and it takes practice to manage it in your everyday life. Whatever stage someone is in or type of diabetes they have, [DSMES services](#) helps with skills, such as: eating balanced meals, exercising safely, checking blood sugar, or giving injectable medicines. This program provides a diabetes care and education specialist who will help to create a plan and teach about the [7 key self-care behaviors](#). DSMES can help to improve blood sugar levels to prevent or delay complications, avoid emergency care, and save money on health care costs. DSMES can also help lower weight, blood pressure, and cholesterol.

[Click here to access the November Spotlighted Observance – Don't Let Diabetes Hold You Back!](#) This document is a ready-to-distribute flyer for your employees and colleagues.

Additional Resources:

[Employers Diabetes in the Workplace](#), [Insurers – Preventing Type 2 Diabetes](#), [What is Diabetes](#), [Diabetes Tests](#), [Prevent Type 2 Diabetes](#), [Diabetes Facts Sheets](#), [Awareness Campaigns](#)

LUNG CANCER AWARENESS MONTH

According to the Centers for Disease Control and Prevention ([CDC](#)), Lung cancer is the leading cause of cancer death among both men and women in the United States. Cigarette smoking is the number one risk factor for lung cancer. Each year, about 197,000 people in the United States are told they have lung cancer, and about 136,000 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. Nearly 9 out of 10 lung cancers are caused by smoking cigarettes. 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 20 pack-year or more smoking history, smoke now or have quit within the past 15 years, and are between 50 and 80 years old.

Additional Resources:

[Breathing Exercises](#), [Exercise & Lung Health](#), [Lung Cancer Risk Quiz](#), [LUNGEvity](#), [Protecting Your Lungs](#)

GREAT AMERICAN SMOKEOUT (NOVEMBER 21st, 2024)

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 the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

<https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html>

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/tobacco/tobacco-features/the-great-american-smokeout.html>
- GPBCH Smoking Cessation Guide (includes local and national resources):
https://www.gpbch.org/docs/member_resources/2021_smoking_cessation_resource_guide.pdf
- The ExProgram – Access the latest tobacco cessation research, news, & articles:
<https://www.theexprogram.com/resources/>

