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. More than 34 million people in the United States have diabetes, and 1 in 5 of them don’t know that have it. It’s the 7th leading cause of death in the United States (and may be underreported), 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. In addition, the medical costs for people with diabetes are twice as high as for people who don’t have diabetes. To learn more about what can be done to prevent and manage diabetes, visit the resources provided below.

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/risk-test

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

On Your Way to Preventing Type 2 Diabetes
The Centers for Disease Control & Prevention (CDC) created this guide to help prevent type 2 diabetes. This guide will help individuals take small, practical steps that will add up to a healthy lifestyle. Included in the guide is a self-assessment, nutrition plan, tips while at the grocery store, fitness goals, and more! Access this guide by clicking here:

Additional Resources:
ADA Community Page
ADA Resource Page
Prediabetes Risk Test
GPBCH Diabetes Prevention Resource Page
Project Power

Click here to access the November Spotlighted Observance – Take a Stand 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 among both men and women in the United States. Cigarette smoking is the number one risk factor for lung cancer. Each year, about 218,500 people in the United States are told they have lung cancer, and about 142,000 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 50 and 80 years old.

Sharable Resources

Lung Cancer Risk Quiz
LUNGevity
Stories of Hope

GREAT AMERICAN SMOKEOUT (NOVEMBER 18th, 2021)

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.

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.

- Centers for Disease Control and Prevention (CDC): [https://www.cdc.gov/Features/GreatAmericanSmokeOut/?s_cid=tobacco_034](https://www.cdc.gov/Features/GreatAmericanSmokeOut/?s_cid=tobacco_034)
- The ExProgram - Inspire More to Quit with the 2020 Quit-smoking Calendar and Tip Sheet: [https://www.theexprogram.com/resources/report/2021-quit-smoking-calendar/](https://www.theexprogram.com/resources/report/2021-quit-smoking-calendar/)