



# Working with Diabetes

## November 2013

news and resources for wellness coordinators compiled by the  
Wisconsin Chronic Disease Prevention Unit  
State of Wisconsin Division of Public Health

### NDEP Webinar: Using Plain Language to Make Diabetes Messages Clear and Simple

November 12 – 1 pm to 2 pm CST

The National Diabetes Education Program's (NDEP) will host a November 12 webinar, "Using Plain Language to Make Diabetes Messages Clear and Simple" featuring Wendy Mettger, MA, President of Mettger Communications. Mettger will review the problem of low health literacy in the United States, explain why plain language can make a difference, and share insight to improve understanding of barriers to comprehension.

In addition, Joanne Gallivan, MS, RD, Director of NDEP at the National Institutes of Health, will discuss the NDEP's plain language review process and introduce the latest NDEP publications revised using plain language principles. [Learn more and register.](#)

### Cardiovascular Health: Action Steps for Employers

**Be a supportive environment!**



The Centers for Disease Control and Prevention (CDC) recently created the [Cardiovascular Health: Action Steps for Employers](#). The purpose of the document is to provide a selection of concrete action steps that

employers can take at their worksites to help their employees improve cardiovascular health.

Employers play an integral role in helping individuals improve their cardiovascular health by creating worksites that support blood pressure control, cholesterol management, tobacco control, and nutrition and physical activity. We encourage you to use these action steps to support cardiovascular health in your own organization as well as distribute to your partners and stakeholders to help us reduce heart attacks and strokes.

### It's Flu Season!

People with diabetes and other chronic illnesses are at [high risk](#) for serious flu complications. Protect your workforce by encouraging your employees to get their flu shot. The best way to prevent the flu is by getting vaccinated each year. CDC has [general information](#) about the 2013-2014 flu season as well as a [variety of free materials](#) to help you promote the importance of flu vaccine to your population.



[Watch this fun video](#) to learn why **EVERYONE** needs a flu vaccine!

## The Walking Revolution

***Spend 30 Minutes Watching this Documentary and You'll Spend the Next 30 Walking***

[Every Body Walk!](#), the new campaign spearheaded by Kaiser Permanente and a host of other organizations – including the Office of the Surgeon General – is on fire. The campaign has put out this excellent documentary on the importance of integrating walking into our daily lives.

The video includes tips like mall walking and parking in the farthest-away space in the lot, but at the heart of the documentary (and the campaign) is a focus on healthy cities and transportation systems that encourage physical activity. *Every Body Walk!* recommends 30 minutes of moderate-to-brisk walking, five days a week, for a 30-40 percent decrease in cardiovascular problems and a whole host of other ailments, from diabetes to dementia. [Watch now.](#)

***Every Body WALK!***

THE CAMPAIGN TO GET AMERICA WALKING

## Start Walking Now!

***AHA Provides Tools for Worksites***

[Walking briskly can lower the risk](#) of high blood pressure, high cholesterol and diabetes as much as running can, according to surprising findings reported in the American Heart Association journal *Arteriosclerosis, Thrombosis and Vascular Biology*.

The American Heart Association provides a place for people to go to find or create walking paths, log their activity, create walking clubs in their area and more. [StartWalkingNow.org](#) also has a tab for worksite wellness that provides a guide for company leaders, information on national walking day in April, and snacking well in the workplace.

DIABETES LOCAL.org

HELP GETTING STARTED

TIPS FINDING RESOURCES | TIPS ADDING RESOURCES | BENEFITS OF REGISTERING

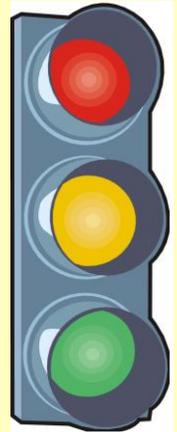
SET LOCATION THEN BROWSE BY CATEGORY

HEALTHY EATING | BEING ACTIVE | MONITORING | TAKING MEDICATION | PROBLEM SOLVING | HEALTHY COPING | REDUCING RISKS | EDUCATION

Resources in *Your* Community!

## Color-coded Food-labeling System Increases Healthy Food Choices

A Massachusetts hospital that implemented a color-coded food-labeling system in its cafeteria increased the proportion of diners who said health and nutrition were important factors in their food choices from 46% to 61%, according to a study in the journal [Preventive Medicine](#). The study found 33% of people reported looking at nutrition information after the label system was implemented, compared with 15% before the initiative began. [Read more.](#)



Great American Smokeout  
November 21

EVERYONE LOVES  
**QUITTERS**

1-800-227-2345

## Plan Ahead!

***Chronic Disease Related Health Observances***

**NOVEMBER 2013 (National Diabetes Month)**

**National Diabetes Education Program (NDEP)**

<http://ndep.nih.gov/partners-community-organization/national-diabetes-month/index.aspx>

**American Diabetes Association**

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

**Diabetic Eye Disease Month**

[www.preventblindness.org/diabetes-and-your-eyes](http://www.preventblindness.org/diabetes-and-your-eyes)

**Nov. 21 – Great American Smokeout**

[www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index](http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index)

**FEBRUARY**

**February 7 – National Wear Red Day**

[www.goredforwomen.org/wearredday/](http://www.goredforwomen.org/wearredday/)

**National Heart Month**

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