

# Working with Diabetes

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## Dec. 1-7: Influenza Vaccination Week

Flu vaccination coverage estimates from past seasons have shown that few people get vaccinated against influenza after the end of November. People with diabetes (type 1 or type 2), even when well-managed, are at especially **high risk of flu complications**, which can result in hospitalization and sometimes even death. CDC and its partners choose December for **National Influenza Vaccination Week** (NIVW) to remind people that even though the holiday season has begun, it's not too late to get a flu vaccine. As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible against flu. Access **NIVW resources for employers** to help educate your employees about the importance of a flu vaccine.

## Putting Sugary Soda Out of Reach

Can public health officials force Americans to break their soda habit? The answer may come soon from the University of California, San Francisco (UCSF), a health sciences center that has more than 24,000 employees on its sprawling campus. Last year, UCSF removed sugar-sweetened beverages from every store, food truck and vending machine on its campus. Even popular fast-food chains on the campus, like Subway and Panda Express, have stopped selling Sprite, Coca-Cola and their sugary brethren at the university's request. The institution is believed to be one of the largest employers to remove sugary drinks from the workplace. With sugary sodas now a rare sight on campus, the university found that it had the perfect conditions to study what happens when people who were drinking large amounts of sugar during their workday suddenly stop. **Read more.**

## It's Diabetes Awareness Month. *Celebrate!*

Don't miss the opportunity to increase your employees' awareness of prediabetes and diabetes during November by using easy **turn-key resources** developed by CDC and its partners to communicate these important messages.



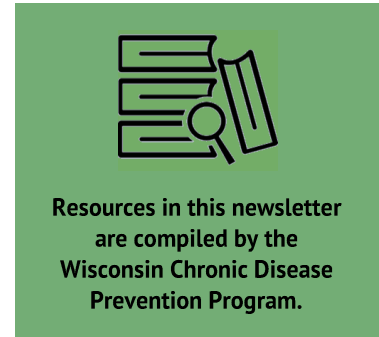
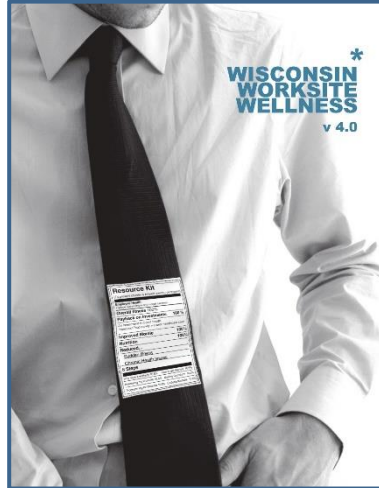
## Shifting to a Healthy Eating Style

What's the eating style that's best for health? Is it a Mediterranean eating plan? Vegetarian? Low carb? With all the eating styles out there, it's hard to know which one to follow. **Healthy eating** is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help lower risk of health problems like heart disease, diabetes, obesity, and more. To reach those goals, experts advise making small, gradual changes. Here are resources to help your employees achieve these goals:

- **Plan Your Plate: Shifting to a Healthy Eating Style**
- **Sweet Stuff: How Sugars and Sweeteners Affect Your Health**
- **The Skinny on Fat: The Good, the Bad, and the Unknown**
- **The Salty Stuff: Salt, Blood Pressure, and Your Health**
- **Rough Up Your Diet: Fit More Fiber into Your Day**
- **Better Nutrition Every Day: How to Choose Healthier Foods and Drinks**

## Wisconsin Worksite Wellness Toolkit Focuses on Evidence-Based Strategies

The *Wisconsin Worksite Wellness Toolkit v4.0* assists worksites in implementing effective, evidence-based strategies. This fourth edition provides additional information based on feedback from users and an expert panel that assisted with writing and editing, along with programming strategies arranged by organizational resource levels: low, medium, and high. For a hardcopy, [contact Jon Morgan](#).



## Plan Ahead!

Resources for Upcoming Health Observances



### NOVEMBER 2019 – *Diabetes Awareness Month*

[American Diabetes Association \(ADA\)](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

[Diabetic Eye Disease Month](#)

[National Family Caregivers Month](#)

Nov. 19 – [The Great American Smokeout](#)

### DECEMBER 2019

Dec. 1-7 – [National Influenza Vaccination Week](#)

### FEBRUARY 2020

[National Heart Month](#)

Feb. 4 – [World Cancer Day](#)

Feb. 7 – [Go Red for Women Day](#)

Feb. 14 – [National Donor Day](#)

## Employers Improve Return on Investment with Breastfeeding Support

Fact: Organizations can save \$3 for every \$1 spent on a workplace lactation support program. [According to the CDC](#), moms who breastfeed may **lower their risk of high blood pressure, type 2 diabetes, ovarian cancer, and breast cancer**. There are many benefits for the infant as well.

Here are the most effective strategies on the [CDC Worksite Health ScoreCard](#) for creating a breastfeeding friendly worksite, reflecting the level of impact they have on health behaviors or outcomes and the strength of scientific evidence behind them:

- Have a written policy on breastfeeding for employees.
- Provide a private space (other than a restroom) where an employee can express breast milk.
- Provide access to a breast pump.
- Provide flexible break times to allow mothers to pump breast milk.
- Provide free or subsidized breastfeeding support groups or educational classes.

Employers that provide workplace lactation support experience an impressive return on investment (ROI). This includes lower health care costs, absenteeism, and turnover rates, and higher productivity and loyalty, according to [The Business Case for Breastfeeding: Steps for Creating a Breastfeeding Friendly Worksite](#), a publication of the U.S. Department of Health and Human Services Office on Women's Health and Health Resources and Services Administration, Maternal and Child Health Bureau.

## For More Information

If you received the *Working with Diabetes* as a forward, [sign up](#) to receive the publication directly from the listserv.

For more about our program, check out [www.dhs.wisconsin.gov/diabetes/index.htm](http://www.dhs.wisconsin.gov/diabetes/index.htm).