

Working with Diabetes

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Not Too Late to Prevent Flu

Reported flu cases are on the rise right now. It's not too late to encourage your employees to get vaccinated, especially those with chronic illnesses such as diabetes, which can create complications if they acquire the flu. [Download this poster](#) from the Wisconsin Department of Health Services (DHS) to help promote flu vaccines.

Many Americans Don't Know About Diabetes and Kidney Disease Risk

Nearly half of Americans (46%), including some who have been diagnosed with diabetes, were not aware that having diabetes puts someone at greater risk for kidney failure, and nearly one third (31%) aren't aware it also puts a person at greater risk of kidney disease. According to the Centers for Disease Control and Prevention (CDC), the two main causes of chronic kidney disease (CKD) are diabetes and high blood pressure. These two conditions were responsible for nearly 75% of kidney failure in 2014-2016. [Read more.](#)

Educate your employees about the diabetes-kidney disease connection with a 9-minute video, [The Links to Chronic Kidney Disease: Diabetes, High Blood Pressure, and Family History](#), produced by the Chronic Disease Prevention Program, Wisconsin Lions Foundation, and National Kidney Foundation of Wisconsin. [Order free copies](#) of the DVD from the Wisconsin Lions Foundation.

**Chronic Disease
Prevention Program**



February is Heart Month. *Educate!*

In Wisconsin, about 1.3 million adults (or one in three) have hypertension (high blood pressure), a common and dangerous condition where the pressure of your blood in your blood vessels is higher than it should be. Unfortunately, about half of those with hypertension do not have it under control. Of those who are not in control, about 40% don't even know that they have hypertension. Here are turn-key resources from [CDC](#), [Million Hearts®](#), and the [American Heart Association](#) to help you educate your employees.



Cutting Diabetes Costs, Not Care

Diabetes can be expensive, from buying supplies to paying for prescriptions. And, drug and device prices seem to keep going up.

There are ways for your employees to cut costs without cutting back on care—cheaper medicines that work as well as more expensive ones, supplies that cost less when you buy more, even free treatment through research studies. It takes time to learn about options, but the payoff can be big.

Important: Discourage your employees from trying to save money by skipping their medicine or sharing certain diabetes supplies. They could end up with a serious medical problem that requires treatment (and additional costs in health and money). [Learn more. \(en Español\)](#)

E-Cigarettes: Fueling a Youth Epidemic

Tobacco is changing. From 2014 to 2018 there was a 154% increase in e-cigarette use among Wisconsin high schoolers. A [recent webinar](#) from the Chronic Disease Program and the Tobacco Prevention and Control Program outlines the rise of e-cigarette use and many different forms of e-cigarettes, including emerging vape products, how the Wisconsin Department of Health Services (DHS) is addressing this problem through resources, and how to connect with a [tobacco-free coalition](#) in your community.

Help your employees understand the e-cigarette risk and how to address this topic with their children.



Diabetes Complications are Related

Diabetes complications often share the same risk factors, and one complication can make other complications worse. For example, many people with diabetes also have high blood pressure, which in turn worsens eye and kidney diseases. Diabetes tends to lower HDL (“good”) cholesterol and raise triglycerides (a kind of blood fat) and LDL (“bad”) cholesterol. These changes can increase the risk for heart disease and stroke. Smoking doubles the risk of heart disease in people with diabetes.

Complications usually develop over a long time without any symptoms. That’s why it’s so important to make and keep doctor and dentist appointments even if a person with diabetes feels fine. Early treatment can help prevent or delay diabetes-related health conditions and improve overall health. [Read more.](#)



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

Plan Ahead!

Resources for Upcoming Health Observances



FEBRUARY 2020

National Heart Month

Feb. 4 – World Cancer Day

Feb. 7 – Go Red for Women Day

Feb. 14 – National Donor Day

MARCH 2020

National Nutrition Month

National Kidney Month

Workplace Eye Wellness Month

March 24 – American Diabetes Alert Day

APRIL 2020

Alcohol Awareness Month

National Minority Health Month

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.