

Working with Diabetes

March 2020

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March 24 is Diabetes Alert Day

Help Sound the Alert!

One in three adults is estimated to have prediabetes—that's 1.5 million Wisconsin adults, yet 90% are not aware. March 24 is Diabetes Alert Day, a day to encourage your employees and their loved ones to take a one-minute Prediabetes Screening Test at www.DoIHavePrediabetes.org (or [print a copy](#)) to help determine their risk for developing type 2 diabetes. If not addressed, prediabetes can become type 2 diabetes. Caught early when a person has prediabetes or is at risk for developing prediabetes, the condition is reversible with lifestyle changes such as healthy eating and increased activity levels. Below are a variety of turnkey resources you can use to easily spread the word to your employees and their loved ones.

Corporate Facebook accounts or closed-circuit TV (as in a clinic or hospital setting):

Consider using prediabetes videos developed by the Ad Council and CDC. View and download videos from the [Do I Have Prediabetes YouTube Channel](#).

Social media messages:

- 1 in 3 Wisconsin adults is at risk for developing type 2 diabetes. Learn your risk in 60 seconds by taking the #Prediabetes Screening Test for #DiabetesAlertDay on March 24 at www.DoIHavePrediabetes.org.
- Diabetes is a BIG deal, and today, March 24, is #DiabetesAlertDay. Share the #Prediabetes Screening Test with your family, your friends, your neighbor, and your neighbor's neighbor to help them learn their risk for diabetes at www.DoIHavePrediabetes.org. It only takes a minute to know your risk.

Help for Employees who Have Prediabetes

Encourage employees who are at risk for developing type 2 diabetes or have prediabetes to participate in the lifestyle change program, **National Diabetes Prevention Program**. The program is offered at locations across Wisconsin and online. To find a location near you, search the Wisconsin Institute for Healthy Aging's **Workshops in Wisconsin** tool. To find an online program, see the Center for Disease Control and Prevention's (CDC) list of **Online or Combination In-person/Online suppliers**. As an employer, we encourage you to provide coverage for this **highly evidence-based program** through your insurance benefits.



Patient Education Materials Available for Order

Publications are available at no cost from the Chronic Disease Prevention Program to help patients self-manage their diabetes:

1. **Diabetes Self-Care Guide (P-43081)**: This guide teaches about how diabetes affects individuals and what they can do to take care of themselves. There is space in the back to keep track of diabetes care, set goals, and work toward living well with diabetes (available via download only in **Spanish** and **Hmong**).
2. **Blood Glucose (Sugar) Log Booklet (P-00246)**: Use this to log blood glucose (sugar) results each day and use those results to make lifestyle changes (available in **Spanish**).
3. **Personal Diabetes Care Record Wallet Card (F-49357)**: allows individuals to keep their health care team contact information and most recent lab/exam results in one convenient location (available in **Spanish**).

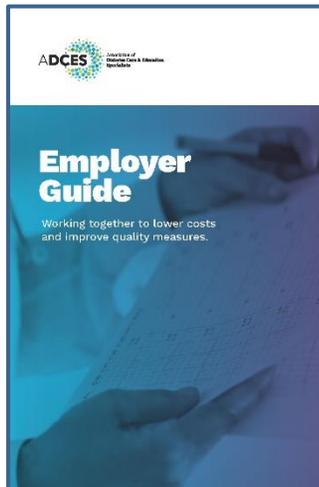
Order these publications in large quantities using this [Order Form](#).

Diabetes Education Employer's Guide

DSMES Lowers Costs, Improves Quality Measures

Encourage your employees who have diabetes to participate in diabetes self-management education and support (DSMES).

According to the Association of Diabetes Care and Education Specialists' (ADCES) **Employer Guide**, DSMES, also called diabetes education, is facilitated by diabetes care and education specialists. The work of diabetes care and education specialists is proven to reduce overall health care expenditures. DSMES improves performance measures, provides optimal care at a lower cost and elevates outcomes and health.



Critical members of the care team, diabetes care and education specialists do more than educate. They support a holistic, team-based approach to diabetes, prediabetes, and cardiometabolic care through individualized management that addresses the physical and behavioral health of an individual. They work with individuals to create a plan of care that considers an individual's background, culture, environment, access to resources and belief system.

As an employer, you can help facilitate this process by providing coverage that excludes DSMES from copay or deductible requirements as part of health insurance benefits.

Smoking Cessation: A Report of the Surgeon General

The U.S. Surgeon General has released a new report titled "**Smoking Cessation: A Report of the Surgeon General**." The report highlights the latest evidence on the health benefits of quitting smoking and proven treatments and strategies to help people successfully quit. This evidence supports what we already know:

- Smokers have a greater risk of developing type 2 diabetes and are more likely to have serious health problems.
- Risk of developing diabetes increases with the number of cigarettes smoked per day and health benefits of quitting begin right away.
- People with diabetes who quit have better blood sugar management. Studies have shown that insulin can start to become more effective at lowering blood sugar levels eight weeks after a smoker quits.

There's help for employees who want to quit. Your employees can visit the [Wisconsin Tobacco Quit Line](#) or call 800-QUIT-NOW (800-784-8669) for free access to coaching and medication to help them quit.



Plan Ahead!

Resources for Upcoming Health Observances



MARCH 2020

National Nutrition Month

National Kidney Month

Workplace Eye Wellness Month

March 24 – **American Diabetes Alert Day**

APRIL 2020

National Minority Health Month

MAY 2020

Arthritis Awareness Month

Foot Health Awareness Month

Healthy Vision Month

High Blood Pressure Education Month

Mental Health Month

National Stroke Awareness Month

National Women's Health Week, May 10-16

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.preventdiabeteswi.org.



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

State of Wisconsin
Department of Health Services
Chronic Disease Prevention Program
1 West Wilson Street
www.dhs.wisconsin.gov/physical-activity/worksite