

State of New Hampshire Employee Wellness News

November
2011

November is National Diabetes Month Make a Plan to Prevent Diabetes and Its Complications

November is National Diabetes Month and the Department of Health and Human Services' Diabetes Education Program (DEP) is partnering with the State of New Hampshire Employee Wellness Program to raise awareness about the importance of setting goals and making a plan to prevent type 2 diabetes and diabetes-related complications.

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. During National Diabetes Month, the State Wellness Program will provide information such as onsite workshops and other educational materials to help people *make a plan* to prevent diabetes and its complications.

"Even if you know what to do to improve your health, figuring out how to do it and fitting it into your daily routine can be a big challenge," said Marisa Lara of DEP. "That's why it's important to set goals and make a plan to prevent diabetes and its complications." Even small changes – such as losing a small amount of weight and becoming more active – can go a long way in preventing type 2 diabetes, as well as managing the disease.

Agencies are also encouraged to make short and long term changes to help employees avoid risk factors for type 2 diabetes and help those diagnosed control the disease in the workplace. Possible short term and long term changes include onsite diabetes workshops, physical activity promotion, healthy food options at meetings and more.

Making changes in how you care for your health is a matter of trying and learning. It's all about choosing a goal and working toward it. Making a plan and taking the first step will help you reach your goal. Think about what is important to your health. What are you willing and able to do? Decide what your goals are. What changes do you want to make? Choose one goal to work on first. Decide what steps will help you reach your goal. Pick one step to try this week.

To learn more about making a plan to prevent type 2 diabetes and diabetes-related complications, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the CDC with the support of more than 200 partner organizations.










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We're on the web!
Visit
[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 
6 	7	8	9	10	11	12 
13 	14	15	16	17	18	19 
20 	21	22	23 	24 	25	26 
27	28	29	30			



The sneakers on the calendar represent walking/running events posted on coolrunning.com

For other local events, check out visithn.gov and healthn.org

National Health Observances

Diabetes Awareness



Great American Smokeout



November 17

Wellness Coordinator Corner

October Wellness Coordinator Training Recap

There was a great turnout for the training on October 13th and coordinators viewed presentations on several important wellness topics to share and work on back at their agency and departments. Heather Fairchild with DHHS led the group in a morning stretch. The Wellness Coordinator of the Quarter Award was presented to Dianne Bergquist and Ellen Neilley with the General Court for their work in CPR and First Aid training, flu vaccination promotion, promoting stair use, educational displays and more. Mike Loomis with DAS reviewed wellness program strategic planning for 2012. Lisa Marzoli with Anthem presented the 2nd half of "Stress Less in the Workplace". Tim Parsons with the Local Government Center presented "Nutrition 101". Nik Coates with the NH Regional Planning Commission led the group outside the building and demonstrated how to conduct a walk-ability assessment. Upcoming events and campaigns focused on Walktober, Diabetes Awareness, and Maintain and Stay Sane during the Holidays. All presentations and informational handouts have been posted at http://admin.state.nh.us/wellness/Wellness_Coordinators.html.

Diabetes Awareness Initiative

Agencies and Departments are encouraged to participate in the State Diabetes Initiative by making short and long term changes that help employees with diabetes better manage it. An informational packet and technical assistance is available for all agencies to participate. Contact Mike Loomis at Michael.loomis@nh.gov or 271-4103 for more information.



Worksite Wellness Resources

Anthem

Diabetes Basics—Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin. Not sure what that means? This is the workshop to find out. The basics are covered—and you'll find plenty of links to more information on this topic that is receiving national attention.

Maintain and Stay Sane through the Holidays Campaign—This six-week health and wellness campaign is designed to bring daily awareness and reminders of healthy behaviors through the holiday season. For information on how to participate, visit http://admin.state.nh.us/wellness/Wellness_News.html

To schedule the Diabetes workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com

NE Delta Dental

Taking Control of your Oral and Whole Body Health—The relationship between periodontal (gum) disease and chronic medical conditions continues to be confirmed through scientific research. Periodontal disease is a chronic bacterial infection that causes inflammation that can worsen medical conditions such as diabetes, asthma, heart disease and stroke.

For more information on periodontal disease, visit www.nedelta.com

Local Government Center

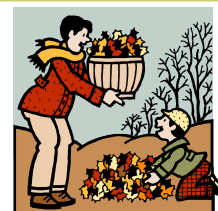
Tobacco Road: How to Navigate the Tricky Corners, Detours and Pot Holes of Tobacco Cessation—This workshop will review tobacco use dependency, consequences to smoking, and quit tips. This program will also review the State of New Hampshire Employee Tobacco Cessation Pharmacy Benefit, which covers the seven medications approved by the FDA. Counseling Programs will also be highlighted and discussed.

To schedule this Workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail wbyron@nhlgc.org

Employee Assistance Program

Freedom From Smoking—Freedom from Smoking is a 7-week, 8-session American Lung Association smoking cessation program offered by your Employee Assistance Program. This program features group interaction, support, and activities that show smokers how to stop smoking. It also teaches strategies to remain smoke free.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact EAP at 603-271-4336



Diabetes and smoking are among the largest contributors to cardiovascular disease. This November, make a plan to prevent or better manage diabetes as well as quitting tobacco.



Wellness Program Update

Wellness Walktober Initiative—The Wellness Program in partnership with Anthem wants to challenge you to Walk NH between October 1st and November 13th! Visit http://admin.state.nh.us/wellness/Wellness_WalkRoutes.html and review the “Walktober Participant Guide” to find out how to participate, then use the “WalkingWorks Program” for information necessary to create personal walking goals, track your miles and the benefits of walking every day. It’s not too late to join!

MyHealthFinder, Now on the State Wellness Website—The myhealthfinder tool provides personalized recommendations for preventive services based on age, sex, and pregnancy status. These recommendations come from the U.S. Preventive Services Task Force and the *Bright Futures* Guidelines for Health Supervision of Infants, Children, and Adolescents. Recommendations on immunizations (shots) for children and adults come from the Centers for Disease Control and Prevention’s Advisory Committee on Immunization Practices (ACIP). To try out MyHealthFinder, visit admin.state.nh.us/wellness/.

Secondhand smoke slows a child’s lung growth and greatly increases a child’s likelihood of developing ear infections, more severe and frequent asthma attacks, allergies, bronchitis and pneumonia.

The only safe way to protect children from harmful chemicals in secondhand smoke is by smoking outside. Outside the home and outside the car!



State Health Benefit Program Spotlight

New Hampshire Tobacco Helpline—The New Hampshire Tobacco Helpline can help you quit tobacco. Trained Counselors are free for anyone in NH. You can contact the helpline whether you are currently using cigarettes, chew, snus, cigars, or dip, have already quit or want information for someone else. Call 1-800-QUIT-NOW to get started or visit www.trytostophn.org for additional resources including a video on what happens when you call the NH Tobacco Helpline, how to sign up for customized quit tips sent to your mobile phone, cigarette cost calculator and much more! In fact, 668 NH residents have quit to date with the NH Tobacco Helpline!

Health Assessment Tool, Better Health Digital Health Coaching—5,835 State Health Benefit Program members have completed their Health Assessment Tool (HAT)! Active state employee health benefit subscribers that complete the Better Health HAT will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/ benefit year 2011.

The new Better Health HAT delivers health coaching and resources dedicated to improving or maintaining optimal health. This set of interactive, self-paced online programs provide personalized guidance. Further details on how to take the HAT and information regarding the HRA can be found by visiting http://admin.state.nh.us/hr/flexible_spending.html.

ConditionCare: Diabetes

Help stop diabetes in its tracks

According to the Centers for Disease Control and Prevention (CDC), nearly 24 million Americans – almost 8 percent of the population – now live with diabetes. And an additional 57 million Americans age 20 and older have pre-diabetes, a condition that increases a person's risk of developing serious complications.

Carefully controlling blood sugar is the key to avoiding complications like heart disease, stroke, blindness, kidney disease, nerve damage and amputations. And that's why it's so important to recognize the signs of diabetes early on. If you notice any of the following symptoms, you may want to ask your doctor to test your blood sugar:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurred vision

If you're one of the millions of people in the U.S. who've already been diagnosed with diabetes, there's something more you can do.

FIGHT BACK

Don't let Diabetes get you down. Sign up for ConditionCare by calling us toll free at 866-596-9812.

To learn more, log in to anthem.com today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.



Take greater control of your health by signing up for **ConditionCare**. This no extra charge program features Nurse Coaches who give people with diabetes the information and support they need for fuller, healthier lives.

ConditionCare Nurse Coaches can talk with you over the phone about your health goals and the advice you've received from your doctor. Then they'll create a plan just for you. And since ConditionCare is included with your health plan, there's no additional charge for you to take advantage of this service.

When you join ConditionCare, you'll get:

- Care guides, prevention reminders, tracking tools and more to help you stay on top of your diabetes.
- A health evaluation and follow-up calls, if needed. Our Nurse Coaches consult with pharmacists, dietitians, doctors and other health professionals to bring you the very latest information on diabetes tests and treatments.
- Ongoing support through a 24-hour toll-free number you can call to get answers to your health questions.
- Depression screenings and referrals to behavioral health professionals, as needed, to help improve your quality of life.



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