



# Health Works

In Escambia

Creating a Culture of Health at Work

## AMERICAN DIABETES MONTH

### TYPE 1

- Commonly diagnosed in children and young adults
- About 5% of people with diabetes have type 1
- Body does not make insulin
- Unknown how to prevent type 1
- Can be managed with insulin therapy and healthy lifestyle choices

### TYPE 2

- The most common form of diabetes
- 90 to 95% of people with diabetes have type 2
- Body does not use insulin properly
- Treated with lifestyle changes, medications, and insulin
- Type 2 diabetes is nearing epidemic proportions

### PREDIABETES

- Blood sugar levels are higher than normal, but not high enough for a diagnosis of diabetes
- Increases the risk of developing type 2 diabetes, heart disease, and stroke
- 9 out of 10 people with prediabetes don't know they have it
- Lifestyle changes, such as those learned in the Prevent T2 program, lower your chances of developing type 2 diabetes

Sources: ADA, CDC, Florida Health

# SO...DO I HAVE PREDIABETES?

TAKE THE RISK TEST

(It'll only take a minute!)

### Prevent T2 Program

- Learn skills to live a healthy lifestyle
- Receive group support to reach your goals
- Led by lifestyle coaches specifically trained to guide you through the program
- No cost to participate
- Coaches can come to your worksite

## WE CAN HELP!



Contact Stephanie Sisko to find out when the next class starts OR to have a coach come to your office

Contact Stephanie Sisko to learn more about FDOH-Escambia's employee wellness services.

📞 850-595-6500 ext. 1823

@ Stephanie.Sisko@FLHealth.gov

🐦 @HealthyEscambia  
Follow FDOH-Escambia on Twitter!



## Nutrition

With the holiday season just around the corner, it's time to get ready for potlucks and other gatherings. If you're trying to make healthy choices, it can be difficult to remain on track this time of year. Enjoy the festivities while using some tips from MyPlate to make the healthy choice the easy choice at your next event.

**Share This!**



**[Prep for Potlucks and Parties](#)**



Click image for MyPlate holiday makeover tips

## Physical Activity



Feeling chained to your desk? Get up and move more at work with these tips from [Eat Smart, Move More, Weigh Less](#). Stand up while you read them!

Since you're standing up, why not have a little stretch break? Follow the stretching sequence linked below. Invite a coworker to join you!

**Share This!**



**[Stretching Sequence](#)**



## Stress Management



Clinical trials have shown that practicing gratitude "can have dramatic and lasting effects in a person's life," according to the American Heart Association (AHA).

Before you slice the turkey this Thanksgiving, think about what you are grateful for. Use these questions from the AHA to guide you. Visit their [website](#) to learn more about each question.

**H**health: What did your body do for you today?

**E**at: What did you feed your body to nourish yourself today?

**A**ctivity: What did you do that you really enjoyed today?

**R**elationship: Who do you look forward to seeing?

**T**ime: What are you doing right now?

## Lactation Support



Does your organization offer **flexible breaks** for mothers to express milk or nurse her infant? If yes, then you're on your way to becoming a breastfeeding friendly workplace!

Learn more from the [Florida Breastfeeding Coalition, Inc.](#) and apply for the Breastfeeding Friendly Employer Award.



## Tobacco Cessation

This year's Great American Smokeout<sup>®</sup> will be on Thursday, November 16. Learn more from the [American Cancer Society](#).

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the [Florida Tobacco Cessation Alliance](#). Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)

