

COULD YOU BE DIABETIC?

Risk Factors for Diabetes

- High Blood Pressure (130/80 or above)
- Family History of Diabetes
- History of gestational diabetes or having a baby weighing more than 9 pounds at birth
- Obesity (BMI over 26)
- Chronic Stress

Prevention

- 30 minutes of moderate physical activity a day
- 5-10% loss of bodyweight
- Eat a diet low in fat, and high in fruits, vegetables & whole grain foods
- Stress reduction and coping techniques

HOW CAN MY EAP HELP?

Lifestyle changes are usually required when a person is diagnosed with any chronic (long-term) illness. Both the patient and family members may feel anger or sadness, and may also perceive a loss of control over daily life. Family and individual counseling can assist in coping with these transitions. Stress, compassion fatigue, and fear about a loved one's health affects everyone. Emotional support of family and friends is crucial in caring for any serious illness, including diabetes. Call your EAP upon diagnosis to speak with a counselor and discuss coping strategies.

A study published in The British Journal of Medicine found a link between job related stress and metabolic risk factors leading to high blood pressure and heart disease, which can lead to Diabetes. Your Workplace Solutions EAP counselor can help you manage these risk factors. Your EAP can also assist you in finding local resources, such as support groups, nutrition classes, and activity groups, such as walking clubs, to help improve your health and wellbeing.

Online Education & Resources

American Diabetes Association www.diabetes.org

National Diabetes Education Program www.ndep.nih.gov

For free, confidential assistance with this and other health and wellness concerns call Workplace Solutions at 800-327-5071 or go online at www.wseap.com.