

Co-Morbidities ~~Can Kill You~~ Are PREVENTABLE!

DEFINITION:

A comorbidity is the presence of one or more additional medical conditions often co-occurring with a primary condition.

EXAMPLES:

*Obesity • High Blood Pressure
High Cholesterol • Type 2 Diabetes
Sleep Apnea • Smoking • Substance Abuse
Depression • Anxiety*

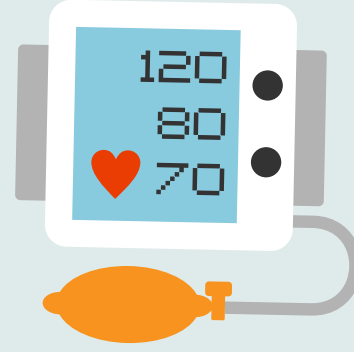
Wellness Initiatives Minimize the Concern of Comorbidities Within the Workplace:

Obesity



- Offer gym membership reimbursement
- Healthy snacks/fruit/veggies in breakroom
- Exercise Challenge/Step Challenge
- Host yoga and/or exercise class during lunch

High Blood Pressure & High Cholesterol



- Know your numbers
- Host health assessments or screenings
- Eat more fruits, vegetables and whole grains
- Manage your stress!

Type 2 Diabetes



- Replace sugar with fruits, vegetables, whole grains
- Stand and move every hour at work
- Encourage annual testing for A1C and blood glucose levels
- Educate employees on signs of prediabetes

Sleep Apnea



- Maintain a healthy weight
- Avoid alcohol
- Quit smoking

REMEMBER:

Regular exercise can increase your energy level, strengthen your heart, and improve sleep apnea. Yoga can improve respiratory strength and encourage oxygen flow.

Smoking & Substance Abuse



- Find your reason to quit and make a plan
- Set specific, measurable goals such as a start date
- Remove reminders from your home and workplace
- Tell friends and family and ask for their support

Depression & Anxiety



Promote Stress Management Strategies at Work:

- Enjoy the peace of a "Quiet Room"
- Stress management/yoga/meditation workshops
- Host a psychologist for a mental health workshop
- Take a break to connect with nature
- Promote the Employee Assistance Program (EAP)

Work with your doctor to develop a plan to manage your chronic conditions and improve your overall health.

For more info, visit the Wellness section on your Municipal JIF Website:
www.acmjif.org | www.burlcojif.org | www.tricojif.org

A Lifestyle and Well-Being Coach can help you stay accountable for sustainable change.