

## Registration information

Program registration is coordinated through participating businesses' wellness center, employee health office or wellness committees.

Employer groups who wish to participate in either program may request additional information from Employer Relations Specialist Amy Ziegler, (515) 643-8299 or [aziegler@mercydesmoines.org](mailto:aziegler@mercydesmoines.org).

To learn more about the Work Site Prevention Programs or how we can help your company address employee health issues, contact Amy Ziegler, employer relations specialist, at

**(515) 643-8299**

or visit

[www.mercydesmoines.org](http://www.mercydesmoines.org)



## Prevention: Change Starts with You

- *Metabolic Syndrome*
- *Diabetes*



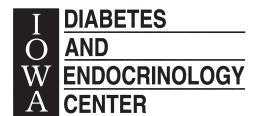
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## What is metabolic syndrome?

Metabolic syndrome is characterized by a collection of risk factors that increase your chance of developing future health problems—including heart disease, stroke and diabetes. It is identified by the presence of three or more of the following risk factors.

- Excessive fat in and around the abdomen
- High blood pressure
- High triglyceride level
- Low HDL cholesterol level
- High fasting blood sugar

## Why is metabolic syndrome a concern?

Metabolic syndrome has become increasingly common in the United States, affecting an estimated 50 million Americans. Having just one of the risk factors listed above can contribute to your risk; however, if more than one occur in combination, your risk is even greater for developing the following conditions.

- Coronary heart disease
- Stroke
- Peripheral vascular disease (blockages in the leg vessels)
- Type 2 diabetes
- Some cancers

## Diabetes risk factors

Nearly seven percent of the United States population or 21 million Americans are living with diabetes, while 57 million have been diagnosed with pre-diabetes. If current trends continue, one out of three Americans born in 2000 and after will develop diabetes in their lifetime. As a result, potentially any one of your employees could have diabetes or develop it in the future.

Detecting diabetes early and learning to control or prevent it can help lessen your risk of complications from this potentially debilitating disease.

You are at higher risk if:

- you are over the age of 45
- you are overweight
- you do not exercise regularly
- you have a family history of diabetes
- you are a woman who has had a baby that weighed more than nine pounds at birth

## Effects on the workplace

The potential effects your company may see as a result of chronic conditions include higher absenteeism, lower productivity and greater expenditures for illness and disability. With your company's support and Iowa Diabetes and Endocrinology Center's prevention program, you can provide your employees with the education and resources they need to prevent diabetes or metabolic syndrome.

## The programs

The prevention program includes education and support for lifestyle changes. Initially, employees complete an assessment to determine their risk level, followed by screening assessments to attain critical biometric readings per employee. The assessment and screenings are also completed at the conclusion of the program. Participants will sign a contract to attend 10 group educational sessions over a 12-week period. The classes, taught by health care professionals, focus on modifying behaviours—including meal planning, exercise, label reading and weight management. All classes are 30-minutes and are typically held over the lunch break.

The health care professionals that instruct the classes may consist of diabetes educators, registered nurses, exercise instructors and dietitians. The staff is dedicated to those affected by pre-diabetes and metabolic syndrome.