



## Prediabetes: Millions have it and most are unaware they have it

### November is Diabetes Awareness Month

If you have been diagnosed with prediabetes, you have the opportunity to make changes in your lifestyle that may prevent you from advancing to Type 2 diabetes. Through healthy eating and regular exercise, you may be able to return your blood sugar levels to a normal range.

There are no obvious symptoms for prediabetes and it's estimated that 84 million Americans have it and that most are unaware they do. If you have prediabetes, your cells don't respond normally to insulin. Insulin is the hormone from the pancreas that allows blood sugar into cells for use as energy. If your cells are not properly responding, the pancreas will make more insulin to try to trigger the right response, but it can't keep up and blood sugar rises, setting the stage for prediabetes.

The first step to learning if you have prediabetes is to contact your doctor and get tested. There are risk factors for prediabetes, some we can control and some we cannot. Consider the following:



- Being 45 or older
- Being overweight
- Having a parent or sibling with Type 2 diabetes
- Not exercising at least three days a week
- Having gestational diabetes

The Centers for Disease Control and Prevention (CDC) and the American Diabetes Association have partnered on an online test to help you determine if you're at risk for prediabetes. After answering a brief series of questions, you'll be assigned a score and given the option to print or email the results for sharing with your health care provider. You can take the test at [cdc.gov/prediabetes/takethetest](https://cdc.gov/prediabetes/takethetest).



If your doctor diagnoses prediabetes, discuss what actions you can take to prevent Type 2 diabetes. Simple steps such as cutting back on calories, losing weight and increasing your daily physical activity can have a significant impact. Ask your physician about lifestyle change programs to help you or visit the CDC's Recognized Lifestyle Change Program page on their website ([CDC.gov](https://CDC.gov)) for links to resources.

- Manage holiday stress
- Confront the seasonal 'blues'

## 6 tips for managing holiday stress

Why, when the holiday season is supposed to be such a special time of year, do the words “holiday” and “stress” seem to go hand in hand? Some holiday stresses are unavoidable – shopping malls are crowded, traffic is slow, schedules are packed. However, we may bring on some holiday stress ourselves because we want the holidays to be perfect. As a result, we can be too hard on ourselves and lose sight of what’s most important. Try the following suggestions to fill your holidays – and the rest of the year – with less stress and more joy.

1. **Let it go.** It’s great to be in control. We all need to take responsibility for our actions and do our best to



make the right choices. Sometimes, though, life happens. Your sister’s plans change at the last minute, your 6-year-old gets the flu, or the roast you marinated for two days ends up burned on the outside and raw in the center. Remember that sometimes all you can control is your own reaction. Take a breath and do your best to handle the unexpected with grace.

*...you can give your children a valuable gift by helping them to focus on what's truly important about the season...*

2. **Keep your sense of humor.** Think back to that road trip gone wrong – the one where traffic was insane and the gas station restrooms were, to put it politely, not well-maintained. With luck, your strongest memories of that trip are of the ridiculous jokes that surfaced in hour three and seemed to get funnier with each hour of traffic. Humor helps us look at stressful situations in a more positive way. Besides, it’s just more fun to laugh than to complain.
3. **Take care of yourself.** In the midst of a busy schedule, healthy habits often seem like too much trouble. You know, though, that you’ll enjoy your holidays more if you eat right and keep up your exercise routine. Balance holiday treats with plenty of fresh fruit and veggies, and make time for walks with friends or workouts at the gym. You need downtime more than ever, so let yourself hide away with a great book or just take a nap.
4. **Look for ways to help others.** Just as you have problems and can sometimes use all the help you can get, helping others will make you feel better and focus less on your own worries. Volunteering for a community project or helping a friend in need will put your problems in perspective. Besides, the friendships you nurture will support you through your own good and bad times.
5. **Remember the importance of family.** The most important people in your life deserve your attention more than anything else. Share your family traditions with your kids, and start some new ones with parents and grandparents. This is a great time to move past old hurts and conflicts. Pick up the phone and just let family members know you care.

6. **Practice gratitude.** Gratitude makes us feel better about our lives, our relationships and ourselves. Although some people seem to come by a grateful spirit naturally, we can all get better at it. Try spending a few minutes before bed, or with your family at dinner, taking stock of the day’s kindnesses and unexpected pleasures. Or, just make it a habit to say thank you for those good deeds that make you smile.

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### What causes the holiday blues? Try out some ways to chase them away

Sadness is a personal feeling and what affects one person may not affect another. The winter holiday season can be filled with celebration and fun, but for many people it’s a time of sadness, self-reflection, loneliness and anxiety.

There are several factors that may play a role in triggering the holiday blues, including financial stress, unrealistic expectations, separation from family and friends, and reduced daylight, to name just a few. Any issue that can cause depression, stress or anxiety in an individual can become worse at holiday time.

Consider limiting commitments, make arrangements to share holiday preparation responsibilities, and take extra time to rest and rejuvenate. Increased social support can help alleviate the sadness; counseling or support groups also can help to provide a helpful layer of social support.

The holiday blues usually go away when the holiday season ends. If you continue to feel depressed or anxious, consult a medical professional to better determine your condition.

Begin field trip planning •  
Create a holiday closure checklist •



wellness  
& safety



## Plan your warm weather field trips now

Although we're celebrating the holidays, spring will be here before we know it. Because many field trips are taken in the spring, now's the time to begin planning to ensure you have a smooth and successful educational experience. Here are some pointers:

- Use the most current field trip forms.
- Keep all completed field trip forms a minimum of one year after the school year ends.
- Check with your risk management department or business office to ensure all district field trip requirements and approvals are met.
- Consult with your district's transportation department. Although they may not be providing the buses, they may need to know the transportation plans.
- Some venues might require a certificate of insurance, as stated in the agreement that's approved and signed by the district to use that facility. To request a certificate, contact your district office for the form that needs to be completed.
- Remember that field trips are privileges and it's essential that all necessary steps are completed before children can participate.



## Protecting your campus during the holidays starts with a checklist

Campuses closed for the holidays and dark nights make schools vulnerable to vandalism, theft and arson. Cold weather also may result in damaged pipes and severe water damage. Here are some things to do during the holiday season:

- Check to be sure your fire and intrusion alarms are working properly. Repair all elements that are malfunctioning.
- Check campus lighting and replace burned-out bulbs.
- Shut down the gas supply to science rooms during the holiday season.
- Remove garbage cans when school is out of session. Garbage has been used as an ignition source for arson fires and can be used to keep an unwelcome visitor warm.
- Check fences and gates for damage.
- Remove personal valuables from classrooms.
- Get to know your neighbors and ask them to help keep an eye on your campus.
- Keep window coverings closed to hide room contents.
- If you have interior/exterior pipes that are exposed to cold air, make sure they're fitted with proper insulation.
- Report all damaged or leaking pipes to your site custodian or the maintenance department.
- Ensure that all doors are properly locked and that all locks are secure.
- Check all windows and other points of entry for damage. Ensure that they close securely.
- Promote the WeTip crime-reporting hotline at 1-800-78-CRIME.
- Use the automated phone service to send calls home to your school families asking them to report any unusual activity during off-hours.





## Use WeTip

For more information

contact Teresa Franco  
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916-364-1281, ext. 1256.



**1-800-78-CRIME**

## StopIT!

For additional information  
on starting this program in  
your schools

contact Rick Jenkins  
at [rjenkins@sia-jpa.org](mailto:rjenkins@sia-jpa.org).

## Quote to Note



*"We do not need magic  
to transform our world.  
We carry all the power  
we need inside ourselves  
already."*

– J.K. Rowling

## Prevent winter trips and falls

When walkways are wet or icy, take care to prevent trips and falls by staying focused on your route of travel and being aware of your surroundings. Here are other safety tips:

- Use railings when climbing up or down stairs and ramps.
- Walk slowly on slippery or uneven surfaces.
- Wear non-slip, well-fitting, flat-heel shoes.
- Keep your hands at your sides, not in your pockets, for balance.
- Make sure lighting is adequate. Report any non-working lights.
- Report any broken pipes or excessive water on walkways that can freeze.
- Use pathways intended for pedestrians – don't take shortcuts.
- Take your time.



## Managing holiday stress

*(continued from page 2)*

*A special note for parents:* Children hold a special place in our holiday planning. We imagine the look of pure joy when our children open the perfect gifts, and worry about disappointment because of a lean holiday celebration. While it may be hard to remember when you're faced with a multi-page wish list, you can give your children an especially valuable gift by helping them focus on what's truly important about the season. Model the values of humor, generosity and gratitude, and you'll help your kids to truly enjoy the holidays.

We can't promise you shorter lines, a cleaner house or lower credit card bills this holiday season, but hopefully these simple suggestions will make it a little easier for you to savor special moments with the people you love.

Source: Managed Health Network (MHN)

*The material in this newsletter should be part of your  
Injury and Illness Prevention Plan (IIPP).*

*Keep a copy of this newsletter in your IIPP binder and be  
sure all employees receive a copy.*