

# FORGING THE FUTURE:



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## Friday FACTS

5 October 2001

"Leadership, Partnership, and Championship"

### Diabetes

Anything that impacts approximately 15.7 million people in America is a big deal. Diabetes affects nearly 6% of the US population, and has an enormous cost impact to the nation, which in 1997 was measured at \$98 billion.

Identifying strategies that improve the care of those with diabetes, and help keep them healthier is an important consideration for health care systems and communities as those with the disease can be found at any level of society, within any organization or business or among any age or ethnic group.

Findings identifying such strategies from the Task Force on Community Preventive Services have been published in the September 28th issue of the Morbidity and Mortality Weekly Report, Recommendations and Reports series. Recommended strategies include:

- \*Disease and case management interventions which reduce blood sugar levels and improve physician monitoring of those with diabetes.
- \*Self management education which also improves blood sugar levels
  - \*in community settings (e.g. libraries and faith institutions) for adults with type 2 diabetes
  - \*in homes for children and adolescents with type 1 diabetes

Given recent increases in diabetes and current prevalence rates, these findings should be used by health care systems, policy makers and public health decision makers to ensure that recommended strategies are considered in developing programs aimed at improving the health of those with diabetes.

More information on the MMWR, the specific recommended interventions and the Guide to Community Preventive Services can be found at [http://www.thecommunityguide.org/Guide/diabetes\\_f1.html](http://www.thecommunityguide.org/Guide/diabetes_f1.html)

Screening for  
Mental Health, Inc.

Upcoming  
Screening Day



#### National Depression Screening Day

October 11, 2001 is the date for the annual community National Depression Screening Day. The public education campaign and mental health screening program is designed to provide awareness and information on depression and to get assistance for those who need it. For a number of reasons, Depression is often overlooked, and as a result is under diagnosed and not treated...

Is your command and community sponsoring the National Depression Screening Day? For more information and to sign up visit <http://mentalhealthscreening.org>



#### National Breast Cancer Awareness Month Ideas

- To remember to schedule your annual mammogram, register online for a reminder <http://www.nabco.org>
- Order a two-sided showerhead card as a reminder for your monthly exam <http://www.breastcancerinfo.com/bhealth>



*"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher." - Thomas Henry Huxley*