

DECEMBER

Safe Toys and Gifts Month

National Impaired Driving Prevention Month

National Stress-Free Family Holidays Month

Older Driver Safety Awareness Week

December 1-5

National Influenza Vaccination Week

December 7-13

National Hand Washing Awareness Week

December 7-13

World AIDS Day

December 1

International Day of Persons With Disabilities

December 3

Human Rights Day

December 10

ISDH Office of Women's Health Wellness Watch

Across the Lifespan, Across Indiana

December Spotlight - Pre-Diabetes and You

Eighty-six million American adults, more than one in three, have a condition called pre-diabetes. This means your blood sugars are higher than normal, but are not yet high enough to be diagnosed as diabetes. Within the next five years, 15% to 30% of people with prediabetes will develop type 2 diabetes.¹ Currently in Indiana, there are approximately 302,000 (7.1%) Hoosiers that report having pre-diabetes and this number is expected to grow.² Because nine out of ten people with prediabetes do not know they have it, it is important to learn about your risks for this condition.

There are certain factors that put a person at a high risk for developing pre-diabetes and type 2 diabetes. These risk factors include:

- Age (especially those 45 years of age and older);
- Overweight or obese;
- Family history of diabetes;
- Race/ethnicity: African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander background;
- History of diabetes while pregnant (called gestational diabetes) or given birth to a baby weighing 9 pounds or more;
- Physically active less than three times a week.

If you are 45 years of age or older, you should consider getting a blood test from a health

care provider for pre-diabetes and diabetes, especially if you are overweight.

You can prevent type 2 diabetes by making simple lifestyle changes now. If you do have pre-diabetes, research shows that doing just two things can help you prevent and/or delay type 2 diabetes:



- Lose 5% to 7% of your body weight if you are overweight (which is 10 to 14 pounds for a 200-pound person).
- Get at least 150 minutes each week of physical activity.

To learn about making healthier choices to reduce your risk of getting diabetes, check out this National Diabetes Education Program tip sheet: http://ndep.nih.gov/media/NDEP71_Choose50Ways_bw508.pdf. It provides 50 tips to

help you move more, make healthy food choices and track your progress.

If you want help to reduce your risk or want to learn how to manage your pre-diabetes, there is a program called the National Diabetes Prevention Program (NDPP). This program, led by the Centers for Disease Control and Prevention (CDC), can help you make lifestyle changes and has been proven to prevent and/or delay type 2 diabetes. The NDPP program is taught by a trained Lifestyle Coach and meets once weekly for 16 weeks, then once a month for six months to maintain your healthy lifestyle changes. Participants meet in a group setting to learn the skills needed to make lasting changes. These changes include losing a modest amount of weight, being more physically active and managing stress. They learn to eat healthy, add daily physical activity, stay motivated and problem solve issues that can get in the way of making healthy lifestyle changes.

Get started today! Visit the Indiana State Department of Health's (ISDH) Diabetes section webpage to learn more about a National Diabetes Prevention Program being offered in your area: <http://www.in.gov/isdh/24866.htm>.

Is it More Than Just the Winter Blues?

Warm, lazy fires and piles of white, fluffy snow often come to mind when we think of a typical Hoosier winter. But for many women, the winter months can be an exhausting and overwhelming time. Family pressures and obligations, money worries and busy schedules can make even the happiest elf feel like the Grinch. Everyone feels sad or down occasionally, but when those feelings creep along from days into weeks and months, depression may be the culprit.

Depression is very common, but it is also quite serious. It occurs more frequently in women than in men. Many women suffer in silence, hoping the symptoms will go away on their own. The truth is that depression requires treatment, and with treatment, women can recover. Some symptoms of depression include:

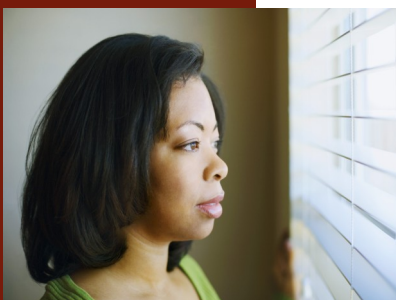
- Persistent sad, anxious or "empty" feelings;
- Feelings of hopelessness or pessimism;
- Feelings of guilt, worthlessness or helplessness;
- Irritability, restlessness;
- Loss of interest in activities or hobbies once pleasurable, including sex;
- Fatigue and decreased energy;
- Difficulty concentrating, remembering details and making decisions;
- Insomnia, early-morning wakefulness or excessive sleeping;
- Overeating or appetite loss;
- Thoughts of suicide, suicide attempts;
- Aches or pains, headaches, cramps or digestive problems that do not ease even with treatment.³

Treatment for depression may vary depending on the severity of an individual's experience. However, some common forms of treatment and support include:

- Medication prescribed by a doctor or psychiatrist;
- Psychotherapy, or "talk therapy;"
- Support groups;
- Relaxation techniques such as guided meditation or yoga;
- Physical exercise.⁴

If you or a loved one are experiencing any of these symptoms, please talk to your doctor. Depression is no different than diabetes, heart disease or cancer; they all require treatment and serious attention. There is no shame in feeling better, so educate yourself, reach out and seek treatment.

For more information, visit the [National Institute of Mental Health](https://www.nimh.nih.gov/) or the [Anxiety and Depression Association of America](https://www.adaa.org/). If you are having thoughts of suicide or self-harm, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or chat online with trained professionals at <http://www.suicidepreventionlifeline.org/>.



Spotlight on Women's Health: The Indiana Tobacco Quitline



Despite widespread programming and ample support across the nation, 42.1 million Americans struggled with addiction to tobacco in 2012.⁵ In 2011, nearly a quarter of Hoosier women smoked and Indiana ranked 45th among states for smoking prevalence.⁶

Tobacco use harms nearly every organ in a smoker's body. It increases the risk of coronary heart disease and stroke by two to four times, and lung cancer by over 25 times.⁷ Because cardiovascular disease is the leading

cause of death for women in Indiana, eliminating tobacco use is critical in saving women's lives in the state. If someone you love is a smoker, follow these tips to help her move toward a tobacco-free life.

- Be a friend. Ask the person quitting how she is doing, and what support she needs, not just whether she is still not smoking.
- Make your environment smoke-free. Eliminate anything that might remind her of cigarettes.
- Do not judge, nag, preach, tease or

scold. This is her journey and she needs to move through each day confident and with plenty of support.

- Connect her with help. There are many resources in the community that can help a smoker quit for good. Learn them and be a resource for her.⁸

For more information about how to quit smoking, please visit the ISDH Indiana Tobacco Quitline webpage at <http://www.in.gov/quitline/index.htm>, or call 1-800-QUIT-NOW (800-784-8669).

Prenatal Care: A Healthy Baby Starts With You

Having a successful pregnancy and a healthy baby means that you need to find a partner in your pregnancy care that understands your individual needs and health concerns. We know that nearly 1/3 of babies born in the United States will have a pregnancy-related complication, and that three women die each day from pregnancy complications.⁹ With early prenatal care, you lower the risk of these problems going untreated, and you improve your chances for a healthy pregnancy and baby.

Seeking early care means attending a pre-

natal appointment during the first 12 weeks of your pregnancy. Early intervention allows you and your health practitioner to prevent complications and gives you an opportunity to learn important information about you and your baby's health. With early and regular prenatal care, you can:

- Reduce the risk of complications for you. Your health provider can identify and help you control existing conditions such as obesity or high blood pressure; teach you about the importance of diet and exercise; and help you identify risks such as depression,

stress or domestic violence.

- Reduce the risk of complications for baby. Your doctor can provide exams that make sure that the baby is growing strong and you can learn about the risks of cigarette smoking or alcohol use.¹⁰

For more information on how to find prenatal care, or to get resources to meet you and your baby's needs, please visit the ISDH Maternal & Child Health Division's Indiana Family Helpline webpage at <http://www.in.gov/isdh/21047.htm>, or call 1-800-HELP-1ST (1-855-435-7178).

Focus, Partner, Achieve: An AIDS-Free Generation

Nearly 1.1 million people in the United States are living with Human Immunodeficiency Virus (HIV), with one in six of those individuals unaware of his/her infection. On December 1, 2014, the international community observed World AIDS Day to bring more awareness to this serious and ongoing epidemic. As with many public health concerns, education and awareness are the key to prevention. Some basic information about HIV and AIDS to share with friends, family and colleagues is:

- HIV weakens the immune system and destroys the cells, called T-

cells, that fight disease and infection.

- Over time, HIV can kill so many T-cells that the body cannot fight disease and infection. This final stage of HIV is called AIDS.
- HIV and AIDS **are spread** through sexual contact; injection drug use; pregnancy, childbirth and breastfeeding; occupational exposure; blood transfusion or organ transplant.
- HIV and AIDS **are not spread** through air or water; insects, including mosquitoes or ticks; saliva, tears, or sweat; casual contact, like

shaking hands, hugging or sharing dishes/drinking glasses; drinking fountains or toilet seats.¹¹



For more information about HIV and AIDS, please visit ISDH's STD/HIV Division webpage at <http://www.in.gov/isdh/17448.htm>.



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Thank you for subscribing to the Office of Women's Health (OWH) Wellness Watch Newsletter. The Office of Women's Health wants to ensure that each woman in Indiana is aware of her own health status, risks and goals, and can achieve optimal health through access, education and advocacy.

For more information about OWH's programs and initiatives, please visit: <http://www.in.gov/isdh/18061.htm>. Follow OWH on Twitter at [@inwomenshealth](https://twitter.com/inwomenshealth).

To manage your subscription or to subscribe to the OWH Wellness Watch Newsletter, please visit https://public.govdelivery.com/accounts/INSTATE/subscriber/topics?qsp=INSTATE_3340.

Upcoming Events

- [The Ugly Sweater Run](#)
December 13
- [Santa Hustle Indy 5k and Half Marathon](#)
December 21

To have your event listed in the OWH Wellness Watch Newsletter, please email Laura Chavez at Ichavez@isdh.in.gov.

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