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Disease-Specific Resources

ARTHRITIS

Arthritis has become a challenging public health problem due to the aging of the population and the dramatic increase in overweight and obesity. There are over 100 different conditions that are considered an arthritis diagnosis. The most common are osteoarthritis, gout, rheumatoid arthritis, and fibromyalgia. 30 percent of adults in South Carolina have doctor-diagnosed arthritis. This means that more than 1 million adults in South Carolina suffer from some form of arthritis. Overall, 21 percent of working age adults have arthritis (34 percent of adults 45-64 years, and 13 percent of those 18-44 years). South Carolina was ranked the state with the 11th highest prevalence of arthritis in the nation.

WHY?

There are effective ways to prevent arthritis; to reduce the symptoms; lessen the disability; and improve the quality of life for people with arthritis:

- Weight control and injury prevention can lower risk. Adults with arthritis are more likely to be obese (30 percent) than persons without arthritis (19 percent).
- Early diagnosis and appropriate management, including self-management, such as weight management and regular physical activity may decrease the pain and disability that accompany arthritis.

RESOURCES

- S.C. Arthritis Prevention & Control Program was established in 1999 and aims to increase awareness, improve the quality of life for arthritis sufferers, address gaps and barriers to services, partner with other programs to increase access to these programs, and promote policy change that will lead to a better distribution of these types of programs.
- South Carolina Department of Environmental Control (DHEC), Program Contact Information: Cora Plass, MSW, LISW (803)-898-0760, web site: <https://www.scdhec.gov/health/ch-cdp/arthritis/index.htm>
- Arthritis water aerobics classes at the GHS Life Center

National Arthritis Program

Centers for Disease Control and Prevention (CDC), web site: <http://www.cdc.gov/arthritis/>
The CDC Arthritis Program works to improve the quality of life for people affected by arthritis and other rheumatic conditions by working to increase awareness about appropriate arthritis self management activities and expanding the reach of programs proven to improve the quality of life for people with arthritis.

Arthritis Foundation

The national Arthritis Foundation is a voluntary health organization dedicated to helping people with arthritis, educating patients and the public about arthritis, and supporting arthritis advocacy and research. 1-800-568-4045, web site: www.arthritis.org

CANCER

Cancer is the second leading cause of death in South Carolina. In 2006, approximately 22,000 South Carolina residents were diagnosed with cancer and over 9,000 died from the disease. Cancer is caused by both external factors (tobacco, chemicals, radiation and infectious organisms) and internal factors (inherited mutations, hormones, immune conditions and mutations that occur from metabolism). Even though residents of South Carolina are still getting and dying from cancer, it is not the death sentence it once was. With improved prevention, detection and treatment of cancer, more than half of those who have cancer will survive and each year the number of cancer survivors grows.

WHY?

- About one-third of cancer deaths are preventable by healthy lifestyle behaviors such as regular exercise, weight control and limiting alcohol consumption.
- In South Carolina, 32 percent of adults are obese and almost two-thirds are either overweight or obese. Obesity increases the risk of many chronic diseases, including cancer.

LOCAL RESOURCES

SOUTH CAROLINA CANCER ALLIANCE (SCCA)

1-866-745-5680

www.sccanceralliance.org

The South Carolina Cancer Alliance is a statewide non-profit organization dedicated to reducing the impact of cancer on ALL people in South Carolina.

CANCER TREATMENT CENTER AND CANCER OF THE CAROLINAS

NATIONAL COMPREHENSIVE CANCER CONTROL PROGRAM

Centers for Disease Control, Cancer Prevention and Control. www.cdc.gov/cancer

CDC is a leader in nationwide cancer prevention and control, working with national organizations, state health agencies and other key groups to develop, implement, and promote effective cancer prevention and control practices.

NATIONAL CANCER INSTITUTE

1-800-4-CANCER.

www.cancer.gov

The National Cancer Institute conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

AMERICAN CANCER SOCIETY

1-800-ACS-2345.

www.cancer.org

The American Cancer Society is at work in communities all across the country providing programs aimed at reducing the risk of cancer, detecting cancer as early as possible, ensuring proper treatment, and empowering people facing cancer to cope and maintain the highest possible quality of life.



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DIABETES

An estimated 400,000-510,000 South Carolinians are affected by diabetes, including 100,000-160,000 who were still undiagnosed in 2007. When a person has diabetes, his or her body cannot properly use the energy it gets from the food eaten. This is because the body either is no longer producing insulin, is not producing enough insulin, or the insulin is not working. Insulin is a natural hormone produced by the pancreas and its job is to keep blood sugar levels normal.

People control their blood sugar levels by eating healthy foods, engaging in regular physical activity, taking their medications (by mouth or injection), and monitoring their blood sugar levels. People who have diabetes, as well as people at risk for developing diabetes, need information on making lifestyle changes. The goal of diabetes management is to keep blood sugar levels as normal as possible to prevent complications. If appropriate blood sugar levels are not maintained, there is increased risk for complications such as: high blood pressure, heart disease, stroke, eye disease/blindness, kidney disease, foot problems and amputations, dental disease and complications of pregnancy.

WHY?

- Factors such as age, weight, and sedentary lifestyle can increase a person's risk for type 2 diabetes.
- People with diabetes are 2 to 4 times more likely to develop heart disease and stroke than people without the disease.
- Nationally, estimated total medical expenditures in 2002 incurred by persons with type 1 or type 2 diabetes were \$13,243 per capita per year versus \$2,560 for persons without diabetes (American Diabetes Association, 2003).

RESOURCES

Diabetes At Work Program

Centers for Disease Control, Division of Diabetes Translation www.DiabetesAtWork.org

This online diabetes and health resource kit can help your company assess the impact of diabetes in the workplace and provide easy-to-use information for your wellness program. Resources contained on the DiabetesAtWork.org web site include: a planning guide, assessment tools, lesson plans, fact sheets, resources, and frequently asked questions (FAQ's).

Diabetes Toolbox

The Alliance www.alliancehealthcoop.com/diabetes

The Diabetes Toolbox was designed to help employers improve employee wellness and reduce the burden of diabetes. It contains detailed information on specific workplace strategies: Diabetes Overview, Early Detection, Education, Supportive Work Environment, and Tools to Assist Individuals with Diabetes.

Diabetes Prevention and Control Program

South Carolina Department of Health and Environmental Control - South Carolina Diabetes Prevention and Control Program

<http://www.scdhec.gov/health/chcdp/diabetes/partners.htm>

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South Carolina Diabetes prevention and Control Diabetes Community Groups
(803) 545-4473
<http://www.scdhec.gov/health/chcdp/diabetes/prevention.htm>

Diabetes Prevention Resources
<http://www.scdhec.gov/health/chcdp/diabetes/management.htm> - Diabetes Management Resources

National Diabetes Education Program
Centers for Disease Control, Division of Diabetes Translation www.ndep.nih.gov
To order materials: (800) 438-5383

The National Diabetes Education Program develops and implements ongoing diabetes awareness and education materials and activities for people with diabetes and those at risk for developing diabetes, including materials that address the needs of special populations.

American Diabetes Association
1-800-DIABETES (342-2383) www.diabetes.org
To fulfill its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes, the American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

GHS Self-Management Program at the Life Center for Diabetes



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HEART DISEASE AND STROKE

Heart disease is the number one cause of death in South Carolina. In 2007, 8,983 South Carolinians died from heart disease. South Carolina had the eight highest stroke death rates (2,460 deaths) in the nation in 2006 and is among a group of Southeastern states with stroke death rates that is referred to as the “Stroke Belt.” Stroke is a major cause of disability.

Nationally, the 2006 estimated total medical expenditures incurred by persons with heart disease will be \$148 billion and for stroke approximately \$37 billion (Heart Disease and Stroke Statistics—2006 Update, American Heart Association, 2006).

WHY?

- Many of the risk factors of heart disease and stroke, such as high blood pressure, high cholesterol, excess weight or obesity, can be prevented, modified or controlled by adopting a healthy lifestyle.
- To reduce your risk factors, it is also important to know the warning signs and know how to respond properly if warning signs occur. Calling 9-1-1 is almost always the best option

Heart Attack Warning Signs

- Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.
- Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath may occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or light-headedness

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm/leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

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Heart Disease & Stroke Prevention Program

South Carolina Department of Health and Environmental Control

(803)545-4499

<http://www.scdhec.gov/health/chcdp/cvh/resources.htm>www.dhfs.state.wi.us/health/cardiovascular/ResouceandLinks.htm

Resources for professionals, patients, and family members: Burden Report, Surveillance Report.

American Heart Association/ American Stroke Association

1-800-AHA-USA-1 (242-8721).

www.americanheart.org

1-800-4-STROKE (478-4653).

www.strokeassociation.org

Resources on research, statistics, tips for healthy lifestyle and other services to people with cardiovascular disease, their families, health professionals and the public. Specific work-site information can be found at Heart at Work <http://www.americanheart.org/presenter.jhtml?identifier=3040778>

GHS HeartLife Program



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MENTAL HEALTH

Mental health and mental wellness refer to the overall way people successfully meet the demands of life through positive mental, psychological and emotional functioning which result in productive activities, fulfilling relationships, and the ability to adapt to change, recover, and cope with adversity. Everyone experiences occasional mental health problems, but when they affect mental health balance is determined by risk and protective factors. Mental illness is the term that refers collectively to all diagnosable mental disorders. Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior or some combination thereof, which are associated with distress and impaired functioning and result in problems that may include decreased daily functioning, disability, pain, or death.

Mental wellness and mental illness can be pictured as two points on a continuum with a range of conditions or mental health problems in the middle. When the conditions are serious they are referred to as mental illnesses and include affective disorders as major depression and bipolar disorder, anxiety disorders, and other diagnosable illnesses that most often benefit from treatment and support. These health conditions can affect anyone at any age, all ethnic and racial groups, gender, educational, and socioeconomic level. Approximately one in four Americans aged 18 to 64 years had a diagnosis of a mental disorder alone (19 percent) or co-occurring with an addictive disorder (3 percent) in the past year.

Forty-three percent of all adults have health effects from stress, and stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. In fact, chronic stress doubles a person's risk of having a heart attack. Both untreated depression and chronic stress can weaken the immune system and make people vulnerable to a host of physical illness. Prolonged, uninterrupted, unexpected, and unmanageable stressors are the most damaging. Seventy-five percent of visits to doctors' offices concern stress-related ailments.

WHY?

Workplace stress causes about 1 million employees to miss work each day and is the second leading cause of absenteeism. One in four people report they have missed work because of work-related stress. Research indicates that the amount of stress employees experience on the job adversely affects a company's bottom line. People who have untreated mental health issues use more general health services than those who seek mental health care when they need it (APA, 2004). The total health care costs for workers who receive treatment for depression and have remission of symptoms are two-thirds less than the medical costs of untreated individuals (JOEM, 2005). Effective treatment has the potential to save both direct and indirect costs for employers and to improve the quality of life for all employees.

Two of three adult workers with a diagnosed mental disorder do not receive or seek treatment due to stigma, concerns about confidentiality, fear, lack self-awareness, have minimal information about accessing services, and variable insurance coverage. Individuals who have untreated mental disorders are at increased risk of possible suicide.

As with cancer, diabetes, and heart disease, mental illnesses may have causes which are physical and/or biochemical, as well as social-emotional and psychological in nature. Mental health prob-

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lems and mental illness can be related to several risk factors including excessive stress due to a traumatic event, psychological or physical abuse, reaction to environmental stressors or triggers at home or work or school, genetic or heredity factors, biochemical imbalances, or any combination of these. Symptoms may include changes in mood, affect, thinking, personality, personal habits, and/or social withdrawal. With appropriate treatment options, often a combination of talk therapy and/or medication and support, individuals recover and incorporate coping and other skills in the recovery process to live full and productive lives.

Mental Health/Stress Management

The best coping strategies involve finding and maintaining balanced lifestyle choices, so that a person incorporates regular practices of health enhancing and health promotional activities. The goal of a mentally and physically healthy lifestyle is achieved when an employee is encouraged and educated to improving their own self-awareness and in determining what works best for them. Employers should create and sustain healthy workplaces by making changes to policies, environment, and culture that engage employees, increasing education about the importance of mental health, and reducing associated stigma.

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Note: Mental illnesses present as mental disorders with distinct and different signs and symptoms. The presentation of a mental disorder is unique to each individual's personality, including their heredity, biochemistry, affect, emotion, coping, resiliency, environment, early and ongoing relationships, and other risk factors. Several web sites provide comprehensive information about signs and symptoms for all mental illnesses/mental disorders. Examples: <http://www.healthyminds.org> (American Psychiatric Assoc.)

South Carolina Department of Mental Health
P: (803)898-8581 TTY: (864)297-5130
<http://www.state.sc.us/dmh/>

Mental Health America of South Carolina
(803)779-5363
<http://www.mha-sc.org/Housing/>
MHSAC is an affiliate of the National Mental Health America. It is a private not for profit organization that aims to improve and expand mental health care in South Carolina.

Partnership for Workplace Mental Health
A program of the APA Foundation
www.workplacementalhealth.org
P: 703-907-8561
Great West Life for Mental Health in the Workplace
Offers a robust web site that provides concerned employers with information and evidence-based strategies to address the psychological health of the workplace.
<http://www.gwlcentreformentalhealth.com>

Guarding Minds @ Work-A Workplace Guide to Psychological Safety and Health
Available also on the Great West Life web site at: <http://www.guardingmindsatwork.ca>



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SUBSTANCE ABUSE

Substance abuse has a tremendous cost for individuals, families, communities, and workplaces. Estimates of the total overall costs of substance abuse in the United States, including health and crime related costs and losses in productivity, exceed half a trillion dollars annually (WAAODA). The cost in Wisconsin is especially high considering that our state leads the country in many negative indicators related to alcohol and other drug abuse such as adult binge drinking, percentage of current drinkers in the population, and people who driving under the influence.

Substance abuse is a chronic disease similar to other chronic diseases such as type II diabetes, cancer, and cardiovascular disease. Substance abuse shares many features with other chronic illnesses, and no single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a person's biology, social environment, and age or stage of development. However, like other chronic diseases, substance abuse can be managed successfully with appropriate treatment and a supportive recovery community.

Prolonged substance abuse leads to changes in a person's brain and affects his or her ability to make logical, rational decisions. A person struggling with alcohol or drug abuse may make decisions that put alcohol or drugs above other things that previously seemed important. Treatment can help someone with a substance abuse problem stop using alcohol or drugs and give their brain time to heal so that the person can make rational life choices again.

Drug addiction is a preventable disease, but often stigma prevents people from getting help. By creating a workplace that encourages healthy living, good self-care, and confidential assistance programs, employers can create an environment in which employees feel safe to access help and supported in their recovery.

WHY?

Substance abuse affects many facets of a person's life from personal relationships to finances to legal issues. An employee's work performance can be impacted by his or her own struggle with substance abuse or a loved one's substance abuse. Productivity may be reduced, concentration may be affected, or he or she may report sick more often. Employers have a significant interest in supporting their employees to gain access to services, help them live healthy lifestyles, and fully contribute to their work environment.

Employers are in a unique position to have a positive impact on employees or family members who may be struggling with substance abuse. Through the use of Employee Assistance Programs, flexible work environments, and supportive messages about prevention, treatment, and recovery, the workplace can encourage employees to examine their alcohol and substance abuse, obtain treatment if necessary, and successfully live out their recovery. Prevention messages work, treatment is effective, and people do recover.

The resources listed below provide more information about the dynamics of substance abuse and provide links to state resources.

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South Carolina Department of Alcohol and Other Drug Abuse Services

<http://www.daodas.state.sc.us/>

P: 1-888-727-7383

The statewide system provides a range of services to meet a variety of needs, including services for individuals who are experiencing problems related to gambling addiction. In addition, DAODAS places major emphasis on disseminating information about the problem of alcohol, tobacco and other drug abuse, as well as promoting the availability of the many resources that are available in the state.

