



LABORERS' DISTRICT COUNCIL

of the Metropolitan Area of Philadelphia and Vicinity



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TOWARDS BETTER PREVENTION AND MANAGEMENT OF CHRONIC DISEASES:

In the U.S., 70 percent of all deaths are due to chronic disease. Three conditions – cancer, heart disease and stroke – account for about half of these deaths. In combination with diabetes, arthritis and a few other conditions, these chronic diseases impair almost half of all adults in the two countries.

Although chronic diseases are among the most common, serious and costly health problems, they are also among the most preventable. The leading causes of chronic diseases are; Lack of physical activity, Poor nutrition, Tobacco use, and Excessive alcohol consumption.

Over the coming months the Wellness Champion Newsletter will review specific chronic conditions and how LDC members and their Families can modify their risk factors to prevent or lessen the negative effects of certain chronic diseases. For more information on chronic diseases go to myLDCBenefits.com

DIABETES



On November 4, 2017, members of the Laborers' District Council and their families and friends participated in the 2017 Step Out Walk to Stop Diabetes at the Art Museum. The Step Out Walk to Stop Diabetes is the American Diabetes Association's signature fundraising walk. The walk is to raise critical funds and show support for all people living with diabetes. The Step Out Walk directly supports research, education and advocacy for people living with type 1, type 2 and gestational diabetes.

Nearly 30 million children and adults in the U.S. have diabetes and the 86 million have prediabetes. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery. Both genetics and environmental factors such as obesity and lack of exercise appear to play roles in the cause of type 2 diabetes. Type 1 Diabetes

Diabetes often goes undiagnosed because many of the symptoms may seem harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

If you have one or more of these diabetes symptoms, see your doctor right away.



PROTECT YOURSELF:



Construction Personal Protective Equipment (PPE)

Eye and Face Protection

Safety glasses or face shields are worn any time work operations can cause foreign objects to get in the eye. For example, during welding, cutting, grinding, nailing (or when working with concrete and/or harmful chemicals or when exposed to flying particles). Wear when exposed to any electrical hazards, including working on energized electrical systems. Eye and face protectors – select based on anticipated hazards.

Foot Protection

Construction workers should wear work shoes or boots with slip-resistant and puncture-resistant soles. Safety-toed footwear is worn to prevent crushed toes when working around heavy equipment or falling objects.

Hand Protection

Gloves should fit snugly. Workers should wear the right gloves for the job (examples: heavy-duty rubber gloves for concrete work; welding gloves for welding; insulated gloves and sleeves when exposed to electrical hazards).

Head Protection

Wear hard hats where there is a potential for objects falling from above, bumps to the head from fixed objects, or of accidental head contact with electrical hazards. Hard hats – routinely inspect them for dents, cracks or deterioration; replace after a heavy blow or electrical shock; maintain in good condition.

Hearing Protection

Use earplugs/earmuffs in high noise work areas where chainsaws or heavy equipment are used; clean or replace earplugs regularly.

WHAT DOES A WELLNESS CHAMPION DO?

- Serve as an ambassador and resource to your Local Union to help build a culture of wellness and job safety
- This year in addition to providing information on chronic conditions we are provided information on mental wellness, cancer screenings and avoiding back injuries.
- Assist in communicating Health/Safety programs at Union Meetings and on job sites
- Encourage members to participate in wellness events sponsored by the Health and Safety Fund

UPCOMING EVENTS

Join the wellness champions at **Philadelphia International Dragon Boat Festival** on **October 7, 2017**. Contact your local's Wellness Champion or call the Health and Safety Fund at 215-765- 2014 ext 1235 or 1236 for information

Join us at the **Philadelphia Step Out Walk To Stop Diabetes November 4, 2017 @ Philadelphia Museum of Art**. Contact your local's Wellness Champion or call the Health and Safety Fund at 215-765- 2014 ext 1235 or 1236 for information.

2017 Walk to End Alzheimer's - Philadelphia, Pa. Take the first step to a world without Alzheimer's. **Saturday, November 11, 2017**. Contact your local's Wellness Champion or call the Health and Safety Fund at 215-765- 2014 ext 1235 or 1236 for information.

HOW CAN I GET IN TOUCH MY THE WELLNESS CHAMPION FOR MY LOCAL?

Laborers' Local 57 - Raymond Rame Richardson @ rame24fit@gmail.com

Laborers' Local 135 - Roy Brown @ rbrown@local135.org

Laborers' Local 332 - Terrell Jenkins @ terell25jenkins@gmail.com

Laborers' Local 413 - Mark Freeman @ mfreeman@laborers413.com