

Announcements

National Diabetes Month — November 2016

November is National Diabetes Month. In the United States, 29 million persons have diabetes and 86 million adults have prediabetes, putting them at risk for developing type 2 diabetes, heart disease, and stroke (1). Approximately 28% of those with diabetes are undiagnosed (1), and 89% of those with prediabetes do not know they have it (2). Type 2 diabetes, which accounts for 90%–95% of all cases of diagnosed diabetes in the United States, can be prevented through lifestyle changes, such as weight loss, healthy eating, and increased physical activity (1,3). Persons with diabetes can take steps to control the disease and prevent complications (1,4).

CDC and partners play a crucial role in delaying or preventing type 2 diabetes, preventing diabetes complications, and improving the health and quality of life for all persons with diabetes. Good Health and Wellness in Indian Country is a CDC partnership (<http://www.cdc.gov/chronicdisease/pdf/ghwic-aag.pdf>) that supports a coordinated and holistic approach to healthy living and chronic disease prevention for American Indians and Alaska Natives (AIAN). AIAN are twice as likely as non-Hispanic whites to have diagnosed diabetes (1); AIAN also experience higher death rates from diabetes and other chronic diseases (5).

The U.S. Diabetes Surveillance System provides a Diabetes Atlas, (<http://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>), which allows users to view the latest state-level data and trends on any mobile device. The new Diabetes At A Glance fact sheet (<http://www.cdc.gov/chronicdisease/resources/publications/aag/pdf/2016/diabetes-aag.pdf>) provides comprehensive information about diabetes, including risk factors, complications, and the financial costs of living with diabetes. More information about diabetes prevention and control is available at <http://www.cdc.gov/diabetes>. Additional information about preventing diabetes complications is available at <http://www.cdc.gov/features/preventing-diabetes-complications/index.html>.

References

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Drowsy Driving Prevention Week — November 6–13, 2016

Drowsy Driving Prevention Week, the National Sleep Foundation's annual campaign to educate the public about the hazards of driving while sleepy, will be observed November 6–13, 2016. A report released by the AAA Foundation for Traffic Safety in 2014 concluded that drowsy drivers were involved in an estimated 21% of fatal crashes, based on a nationally representative sample of motor vehicle crashes during 2009–2013 (1).

Drivers who work the night shift, work multiple jobs, or have irregular work schedules are at increased risk for motor vehicle crashes caused by drowsy driving (2). These groups are also more likely to report sleeping <7 hours per day (3): 70% of night shift workers in the transportation and warehousing industry reported less than 7 hours of sleep per night (3), compared with 30% of all adult U.S. workers.

General information about drowsy driving is available from the National Sleep Foundation (<http://drowsydriving.org/>). Information for shift workers regarding how to improve their sleep and reduce their risk for drowsy driving also is available online (<http://www.cdc.gov/niosh/topics/workschedules/>).

References

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