



Why Diabetes Care Matters

Diabetes affects millions of people worldwide, and its prevalence is increasing. For employers, understanding and supporting employees with diabetes is crucial not only for health outcomes but also for workplace productivity and morale.

The Impact of Diabetes on the Workplace:

- **Health Costs:** Diabetes can lead to serious health complications, resulting in higher healthcare costs.
- **Absenteeism:** Employees with unmanaged diabetes may require more time off for doctor visits or health issues.
- **Productivity:** Poor diabetes management can lead to fatigue, decreased focus, and lower productivity levels. (chair/bed side)

Benefits of Supporting Employees with Diabetes: **Improved Health Outcomes:**

Regular screenings and access to healthcare resources can prevent complications and enhance overall health.

Increased Productivity:

Healthier employees are more engaged and focused, leading to improved performance.

Lower Healthcare Costs:

Investing in diabetes education and resources can reduce long-term health expenses for the organization.

Enhanced Employee Morale:

A supportive work environment fosters loyalty and job satisfaction.

Key Strategies -for Employers:

Educate and Train:

Provide resources and training on diabetes management and healthy lifestyle choices.

Create a Supportive Environment:

- o Encourage open discussions about health needs and provide a non-judgmental space for employees to seek help.

Implement Wellness Programs:

- o Offer wellness initiatives that focus on nutrition, physical activity, and stress management.

Flexible Work Options:

- o Consider flexible hours or remote work options to accommodate medical appointments and lifestyle needs.

Promote Regular Screenings:

- o Encourage employees to participate in regular health screenings and check-ups.

The Center for Occupational and Environmental Medicine (COEM) at ECMC is ground zero for all your occupational and environmental health needs. For more information, give us a call at **716-898-1740** or scan the **QR code!**

