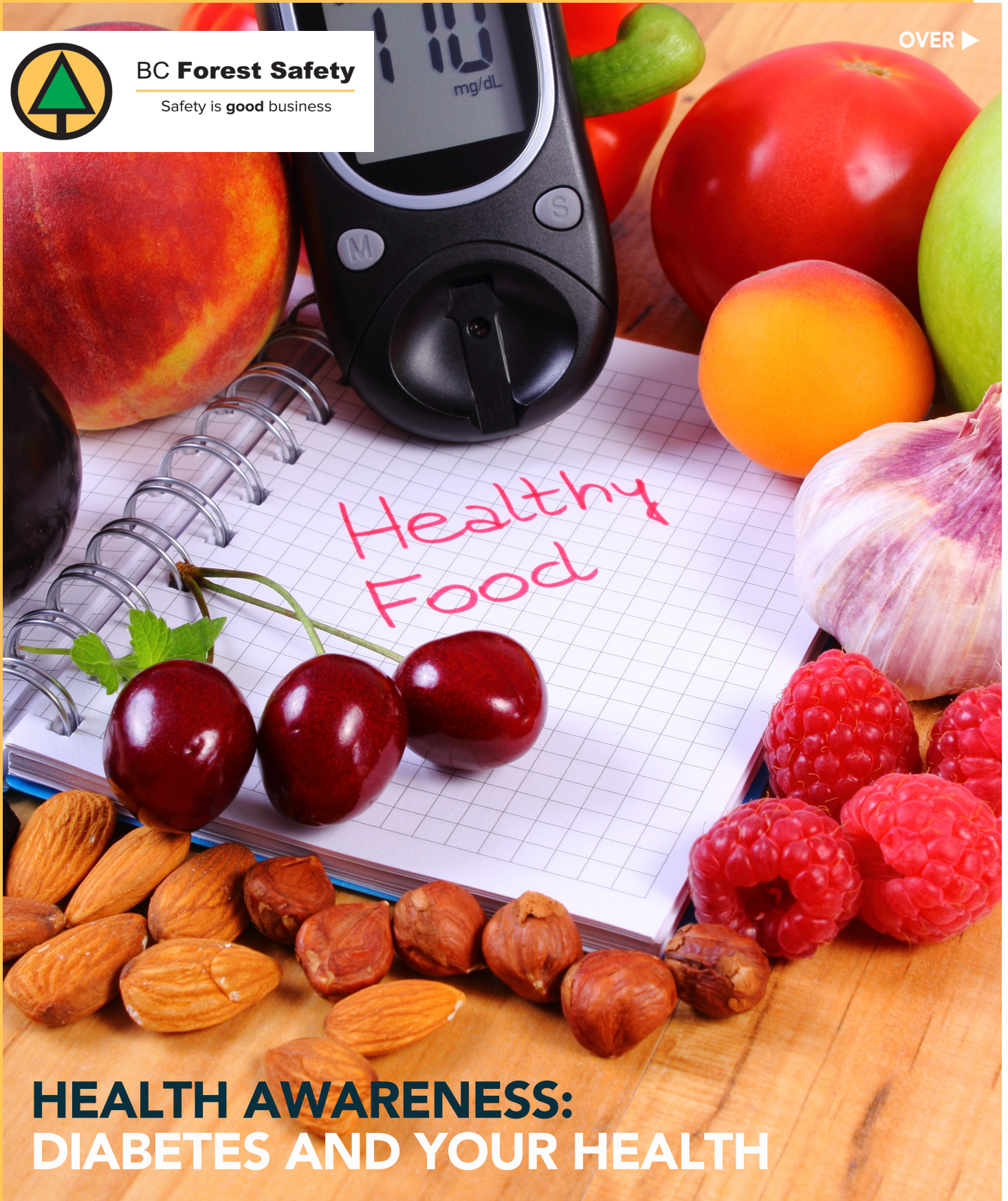




**BC Forest Safety**

Safety is **good** business

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# HEALTH AWARENESS: DIABETES AND YOUR HEALTH

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DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this Crew Talk to lead and document a worksite conversation on the increased risk of diabetes in forestry workers, and how uncontrolled diabetes can lead to workplace incidents.

## KEY POINTS:

- One in three Canadians has diabetes or pre-diabetes. Forestry workers have some of the highest rates.
- Obesity quadruples the risk of getting Type II Diabetes. Sedentary lifestyle, smoking, alcohol consumption, age, cardiovascular disease and genetics also increase the risk.
- Many people with diabetes and pre-diabetes are unaware that they have the disease. Early treatment can reverse Type II Diabetes and is very important for preventing complications.
- Untreated diabetes leads to severe disease complications and can be fatal. Stroke, heart attacks, poor vision and coma can occur and lead to serious worksite incidents.
- Regular physical activity and a diet rich in unprocessed vegetables and fruits, whole grains, protein and healthy fats will help to stabilize blood sugar, lower your risk level for diabetes and improve your reaction time and vigilance.

- Remind your crew that the same diet and lifestyle changes that lower the risk for diabetes are also critical for job site performance. Ask if they recall the effects of stabilizing blood sugar on reaction time and vigilance and get them to give examples of aspects of their work where a faster reaction time will lower the risk of serious incidents.

o Stabilizing blood sugar can improve reaction time by 15% (1/3 of a second)

## RESOURCES:

- Diabetes Resource Package
- Diabetes Posters
- Fact Sheet
- Tools from Diabetes Canada including a self test
- Pre-diabetes information

## DISCUSSION LEADS:

- What are the early warning signs of diabetes?
  - o Increase in the frequency of urination, very thirsty, hungry all the time, increase in fatigue, changes in body weight (up or down), numbness or tingling in hands and feet, blurred vision - especially if you have risk factors like obesity, family history of diabetes, Indigenous, Asian, Latin or African heritage, sedentary job
- What are processed sugars and carbohydrates and how does consuming sugar lead to Type II Diabetes?
  - o All carbs are made of sugars but complex unprocessed carbs (whole grains and fruit and vegetables) have to be digested so the release of the sugars are slow and insulin levels are lower. The sugar in sweet drinks and processed sugary food including white or brown bread, white rice and potatoes is absorbed very quickly and causes the release of a lot of insulin. When insulin levels are high all the time cells stop responding to it, so even more insulin is needed (pre-diabetes). Eventually the pancreas wears out and can't continue to produce insulin (Type II Diabetes).

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR REDUCING THE RISK OF DIABETES.

PRINT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

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