



MAY
AND
JUNE
TOOLKIT

Thrive



MAY

“Take care of your body.
It’s the only place you
have to live.”

– Jim Rohn


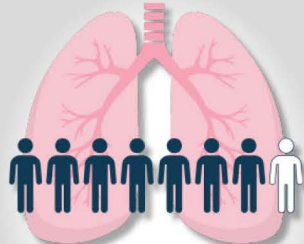

THIS MONTH, THRIVE FOCUSES ON PHYSICAL HEALTH AND WELL-BEING.

The absence of robust physical health habits hinders our well-being; it causes stress, and can be limiting and expensive, leading to the decline of one's mental, financial and social well-being.

For this reason, throughout May, Thrive emphasizes the importance of physical health screenings and encourages all state employees and their families to get regular checkups.

Check out the facts below about lung cancer screenings from the Center for Disease Control and Prevention.

MMWR | LUNG CANCER SCREENING SAVES LIVES

Lung Cancer is #1 Cause of Cancer Deaths	More Screening is Needed	Healthcare Providers: Discuss Screening
 <p style="color: white; font-weight: bold; margin-top: 10px;">Screening with low dose CT* can detect lung cancer early and save lives</p>	 <p style="color: red; font-size: 24px; font-weight: bold; margin-top: 10px;">7 of 8</p> <p style="color: red; font-weight: bold;">adults who met screening criteria did not report recommended screening</p>	 <p style="color: white; font-weight: bold; margin-top: 10px;">With Adults</p> <ul style="list-style-type: none"> ✔ Age 55–80 ✔ Heavy smoking history** ✔ Smoke now or quit within the past 15 years

*Low-dose computed tomography (CT) is the only test recommended by the US Preventive Services Task Force. **Heavy smoking is a smoking history of 30 pack-years or more. A pack-year is smoking an average of one pack of cigarettes per day for one year. Data from BRFSS, 10 states in 2017, as reported in Richards et al, *MMWR* 2020 Read the full report: bit.ly/CDCVA34 WWW.CDC.GOV

This infographic from Nebraska Medicine highlights the efficacy of various screenings. Some of the statistics can be intimidating, so focus on the positive aspects: preventive health screenings save lives.



Saving countless lives with cancer screenings

CANCER FACTS

#2

Cancer is the **second leading cause of death** in the United States.



4 of 10 people in the U.S. are diagnosed with invasive cancer in their lifetime.

3,520

Nebraskans are expected to **die from cancer** in 2020.

EARLIER DETECTION MEANS MORE SURVIVORS.

Pap tests detect cervical cancer.



Pap smears prevented over **100,000 cases** of cervical cancer in the U.S. since 1990.

Skin exams detect skin cancer.



31,500+ suspected melanomas and **278,000+** suspicious lesions detected in the U.S. since 1985.

Colonoscopies detect colon cancer.



Colonoscopies reduce risk of dying from colon cancer **by 53%**.

Mammograms detect breast cancer.



Mammograms reduced breast cancer deaths **by nearly 40%** in the U.S. since 1990.

Lung screenings (LDCT scans) detect lung cancer.



LDCT scan is the only screening test that **increases** lung cancer survival rates.



JUNE

“Humans are social beings,
and we are happier, and better,
when connected to others.”

– Paul Bloom

JUNE IS THRIVE'S SOCIAL HEALTH WELLNESS MONTH.

Social health has taken a profound hit over the last year. Social distancing, sickness and even work burnout can all drastically alter how we interact with family, friends and co-workers. This month we challenge you to focus on improving your social health by getting out with your family and friends this summer. While you're enjoying your time outdoors, remember these helpful tips for staying safe and healthy.

SUMMER HEALTH TIPS:

- Drink more water. Quench your thirst with water and avoid drinks with added sugars. Stay hydrated, especially if you are active, an older adult or live or work in hot conditions.
- Up your Vitamin D. Vitamin D levels go up after 10-15 minutes of sun exposure without sunscreen. Studies suggest Vitamin D protects against everything from osteoporosis to cancer, depression, heart attacks and strokes.
- Get outdoors. Adults, as well as children, will get more exercise since being outdoors is often associated with physical activity. Being indoors is associated with sedentary activities like playing video games, using electronic devices and watching television.
- Go green. Green exercise, which is physical exercise performed in natural environments, can boost happiness.
- Heal faster. Patients exposed to natural light with window views of trees experienced less pain and stress and took fewer pain medications during their recoveries, according to the University of Pittsburgh.

SOCIAL HEALTH RESOURCES FROM THRIVE:

The Huddle – The Huddle connects state employees with a safe space to share their feelings, listen to others who are struggling in similar ways and just take a minute to breathe. Join the virtual zoom.

Café Connection – Because the COVID-19 pandemic has impacted everyone's ability to socialize, Café Connection provides a way for employees to connect with each other, virtually, over lunch or coffee. Meetings are bi-weekly 11:30 a.m. to 12:30 p.m. on Friday.

If you would like to join the group, email susan.robinson@omes.ok.gov. See you there!

FAMILY FUN DAY

Thrive and the Department of Tourism bring you State Employee Family Fun Day & Golf Tournament. After the past year, having some outdoor fun is a great way to recuperate. There will be several activities for the family, many at no cost, and a golf tournament. Below are the dates and locations for all four events.

- May 15 – Fort Cobb State Park.
- June 19 – Lake Murray State Park.
- Aug. 14 – Sequoyah State Park.
- Sept. 11 – Roman Nose State Park.

Mark your calendars and visit TravelOK.com to find information on tent and RV camping, cabin rentals and other various outdoor activities.

If you have questions or would like more information, email thrive@omes.ok.gov.