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Well City Milwaukee hosting second annual Diabetes in the Workplace Summit

*Free event will provide resources and best practices for employers to
reduce impact and cost of diabetes in the workplace*

Milwaukee – October 9, 2015 – Well City Milwaukee, a workplace wellness initiative dedicated to creating a healthy and vibrant workforce in the greater Milwaukee area, will host its second annual Diabetes in the Workplace Summit on Wednesday, Oct. 14, from 7:30 a.m. to 11 a.m. at the Italian Conference Center, located at 631 East Chicago Street in Milwaukee. The summit will address the growing epidemic of diabetes and rising related costs for employers across Milwaukee County, a topic of importance to Well City Milwaukee's five leading partners – the YMCA of Metropolitan Milwaukee, The City of Milwaukee, the Greater Milwaukee Committee, the Metropolitan Milwaukee Association of Commerce and the Wellness Council of Wisconsin.

Approximately 40 percent (241,000 people) in Milwaukee County are at high risk for developing diabetes – 14 percent higher than the Wisconsin state average of 25 percent, according to the Wisconsin Department of Health Services. And the direct and indirect costs of diabetes in Milwaukee County is upwards of \$1.2 billion. Research from the American Diabetes Association shows that in a company of 1,000 employees, 100 have diabetes with 27 of those undiagnosed. In addition, 250 employees will have pre-diabetes, and if they are subsequently diagnosed with diabetes, health costs will increase 50 percent for those individuals.

Given the direct and indirect costs associated with diabetes in the workplace, employers have a role in ensuring their employees have the resources to remain healthy. The summit's keynote address will be given by Dr. Charles Yarborough, MPH, FCOEM, FACPM, former director of medical strategies at Lockheed Martin Corporation in Bethesda, Maryland. Dr. Yarborough has more than 20 years of experience guiding health initiatives for leading multinational corporations like Exxon and Caterpillar, and will speak about best practice initiatives that can be implemented in Milwaukee workplaces.

In addition, Milwaukee employers who are addressing diabetes in the workplace and seeing results will share their best-practice, innovative approaches, as well as discuss cost-effective community resources that are available to employers.

"We have a great opportunity to help employees tackle this devastating disease through our worksite wellness programs," said Gail Bennett, director of Well City Milwaukee, located at the Milwaukee Y. "At the Summit, attendees will hear from national and local experts who will share what is working at their workplace and how to implement those best practices at small and large employers throughout greater Milwaukee."

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As a leader in preventative health programs, the Milwaukee Y is focused on addressing the diabetes epidemic through community-placed programs such as the Milwaukee YMCA's Diabetes Prevention Program. Part of the Milwaukee Y's Healthy Living program portfolio, the program is a comprehensive, lifestyle approach to adopting healthy eating habits and increasing physical activity to support weight loss and boost energy. Employers speaking at the summit include the City of Milwaukee and Milwaukee Public Schools, who both participate in the Milwaukee Y's Diabetes Prevention Program.

Registration for Well City's Diabetes in the Workplace Summit is free and can be completed online at: <http://www.eventbrite.com/e/2015-well-city-mke-diabetes-in-workplace-summit-registration-18142573927>.

The Summit is sponsored by Novo Nordisk, the Milwaukee Y, UnitedHealthcare, the American Diabetes Association's "Stop Diabetes at Work" initiative, the National Kidney Foundation and the Wisconsin Department of Health Services.

About Well City Milwaukee

Well City Milwaukee is an initiative to create a healthy and vibrant Milwaukee workforce and have a ripple effect on the community at large. This effort is led by the YMCA of Metropolitan Milwaukee, City of Milwaukee, Greater Milwaukee Committee, Metropolitan Milwaukee Association of Commerce and the Wellness Council of Wisconsin. For more information, visit www.wellcitymilwaukee.org

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