



Fall is in full swing at NIH, including National Diabetes Month and National COPD Awareness Month. The recent warm front gave the fall season beautiful foliage for slightly longer this year as we move towards the Thanksgiving holiday. As we cultivate gratitude and prepare for winter, check out our resources, events, workshops and classes to suit your well-being needs.

Wellness Announcements

National Diabetes Month: In 2021, 38.4 million people of all ages had diabetes (11.6% of the population), and a projected 8.7 million of them went undiagnosed. Take steps to manage diabetes and prevent related health problems with tips from the [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#). If you have a minute, check out the [60-Second Type 2 Diabetes Risk Test](#) from the American Diabetes Association. Remember, only a blood test can provide a diagnosis.

National COPD Awareness Month: Each November, you can help spread the word about COPD with [COPD Awareness Month resources](#) from the National Heart, Lung, and Blood Institute (NHLBI). Since smoking remains the leading cause of COPD in the U.S., November is also a good time to highlight the health benefits of quitting tobacco. *MyHealthfinder* has resources on how to [quit smoking](#) — and these [conversation starters](#) can help people talk to their loved ones about quitting.

Hails and Farewells: NIH Health and Wellness Council: Over the last 10 years, the NIH Health and Wellness Council has been led by a small and mighty group of nominated staff who support our mission, *To strengthen the culture of well-being at the NIH*. View a [slideshow](#) thanking prior council members whose terms ended this past summer, and take a moment to help us welcome the 2024-2025 council members. Additionally, this work is not possible without the vital [NIH Well-being Ambassadors](#) network. View Jenny Jones [video](#) as co-lead for the ambassadors, and Matthew O'Connell's [video](#) describing the council and his role as the NIA Ambassador. These two groups will come together in early 2025 for strategic planning on behalf of Wellness@NIH.

Upcoming Events

[Mobile Health Screenings, Bethesda Campus:](#) During National Diabetes Month, biometric health screenings return to campus on **Thursday, November 14 from 8:30 AM to 2:00 PM ET**. Click on the title to view the flyer. Although pre-registration is sold out, walk-ups are welcome, and space is limited. Free to all, an NIH PIV card is required. Contact [Leslie Pont](#) with questions.

Nursing Mothers Program Class: The classes are designed to complement those offered by your hospital or childbirth educator. The last free November class is offered online on **Monday, November 18, 12:00 to 1:00 PM ET**: "How to Get Started with Breastfeeding." Prenatal breastfeeding education classes are open to all women working at NIH who are registered for the [Nursing Mothers Program](#). If you are not registered, please do so [here](#), indicating the class and date preferred in the comments section. Upon receipt, details will be emailed with a meeting invitation. If you have questions, call the Nursing Mothers Program Lactation consultants at 301-435-7850 or [email Jane Balkam](#).

[Wellness Workshop: Preventative Care Guidelines:](#) Join special guests from Kaiser's Health Education team for an interactive webinar to learn the importance of preventing, finding and managing health problems. This webinar is well-suited for National Diabetes Month and speaks to an array of tools to support your preventative care. **Tuesday, November 19 from 12:00 to 1:00 PM ET**.

[HHS Webinar: Coping with Change in Uncertain Times:](#) Adapting to change can be difficult. This webinar will help you understand how change affects you, reduce stress associated with change and offer strategies to successfully adapt. **Wednesday, November 20, 11:00 AM to 12:00 PM ET**. This webinar is hosted by our HHS/OHR Workforce Relations Division.

[Adult Caregiving Peer Circle:](#) Caregiving involves assisting loved ones with daily activities, providing emotional support and managing chronic diseases or disabilities. Many adults balance raising children while caring for aging relatives. This caregiving group fosters a community to connect, share practical advice and discuss the benefits of family unity. **Thursday, November 21, from 9:00 to 10:00 AM ET**, continuing bi-monthly until December 19. Space is limited. Note: These sessions are not therapy support groups. For professional help, contact the NIH Employee Assistance Program: 301-496-3164.

Highlights in this Issue

- [All Movement Classes – Monthly Schedule & Class Descriptions](#) (NIH R&W)
- [Exercise “Snacks” for National Diabetes Month](#) (NIH Health & Wellness Council)
- “Menopause 101 Workshop” held 11/12/24 ([Recording/PPT slides/3-page flyer](#))
- [MindfulFED: Weekly Guided Meditations](#) (OPM)
- [Take Charge of Tomorrow: Preventing Diabetes Health Problems Flyer](#) (NIDDK/[Spanish Flyer](#))
- [Tai Chi Fact Sheet: What You Need to Know](#) (NCCIH)
- [Tasty Pumpkin Pie Recipe for Thanksgiving](#) (Johns Hopkins Medicine)
- “Understanding Your Credit Score” held 10/16/24 ([Recording/NIHFUCU](#))

Additional Resources

- [Food Is Medicine Virtual Toolkit & Federal Resource Hub](#) (HHS & health.gov)
- [National Caregiver Month: Mental Health Resources](#) (MentalHealth.org)
- [ORWH Publishes Funding Opportunity on the Health of Women of U3 Populations](#) (OD/ORWH)
- [Sleep Disorders and Complementary Health Approaches](#) (NCCIH)
- [Specialists in Aging — Do You Need a Geriatrician?](#) (Johns Hopkins Medicine)
- [U.S. Antibiotic Awareness Week & Toolkit](#) (CDC)
- [Work & Family Month: Resources & October Recordings](#) (ORS/DATS - available through 01/25)

Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH listserv](mailto:Wellness@NIH)
- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

To arrange sign language interpreting and/or real-time captioning services for our events, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#) or contact the NIH Office of Equity, Diversity, and Inclusion's [Reasonable Accommodation Program](#). If you require reasonable accommodation to participate in an event, please contact the event host as soon as possible.

For questions or comments about this newsletter, please reach out to [Leslie Pont, NIH Wellness Programs Manager](#).