

Corporate Wellness Round Table  
July 2018

Nearly half of all cancers are preventable. What are we doing well and what can we do better to empower our employees and help them kick those bad habits?

**GUEST SPEAKERS**

Claire Turmelle and Ashley Watts from the Stephenson Cancer Center at OU Medicine

**What is a preventable cancer?** Cancers such as skin cancer, lung cancer, colon cancer and cervical cancer that can be prevented with vaccines and/or healthy lifestyles.

- Obesity has been linked to 13 types of cancer
- HPV vaccinations given to those under 26 has shown to prevent up to 99% of cervical cancer

**What can we do to promote screenings and vaccinations?**

- Mobile mammography – set up at your office to get one and give one to someone who can't afford one
- Set up policies that allow for time off for these services
- FIT Test – give to employees so they can be screened for colon cancer from the privacy of their home. More information here: <https://www.webmd.com/colorectal-cancer/qa/what-is-a-fit-fecal-immunochemical-test> (warning - FIT tests may change insurance coverage for individual)
- Sunscreen pump at exterior doors/bathrooms
- Enlist employees to help out. Buy-in gets involvement.
- Offer skin cancer and head & neck screenings, mammograms to employees
- Offer education on colorectal, prostate and lung cancer
- Institute a “no smoking” policy
- In company cafeterias, charge more for unhealthy food/less for healthy food

**Where can I find resources?**

- Stephenson Cancer Center <https://stephensoncancercenter.org/>
- American Cancer Society <https://www.cancer.org/>
- Susan G. Komen <https://ww5.komen.org/>
- TSET Healthy Living Program <https://tset.ok.gov/content/healthy-lifestyle-grants>

**What about eating organic? Can that help?**

- Certain herbicides have been linked to cancer. It is best to avoid them, if possible.
- Genetically Modified food – animals and vegetables – are a topic of health debate currently
- Dirty Dozen – these are fruits and vegetables with thin skin. If you only buy these organic, you will drastically decrease your family's exposure to potentially harmful chemicals – strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, bell peppers
- Organic food is expensive, but we are seeing that the more we purchase, the lower the cost is going. It is becoming more accessible to every family.

**Is it true that the World Health Organization (WHO) has claimed that processed meats are linked to cancer?**

- Yes. Red meat and processed meats such as hot dogs, ham, sausages, etc. have been linked to cancer. You can read more about the findings here: <http://www.who.int/features/qa/cancer-red-meat/en/>

\*Check out the Blue Zones Project here: <https://www.bluezonesproject.com/> - studies around the world on those communities that live the longest and the secrets learned are shown here.

- Move Naturally
- Purpose
- Plant Slant
- 80% Rule
- Wine @ Five
- Down Shift
- Family First
- Right Tribe
- Belong

“If you can make the healthy option the easy option, people are more likely to choose it.”