



## Safety & Health

by John Barnhard  
Safety & Health Representative



### International Union and UAD Sponsor Health Screening at the Roofers and Waterproofers 27th Convention

You may recall that we've done limited health screening at past conventions. This Convention, thanks to our friends at the National Coordinating Committee for Multiemployer Plans (NCCMP), the Center for Construction Research and Training (CPWR), DAD's Day/Dollars Against Diabetes and the Diabetes Research Institute, we provided delegates and spouses with the opportunity to be screened for diabetes and cardiovascular disease through a program called United Against Diabetes and Cardiovascular Disease or simply UAD.

Many of us know, or are related to someone who has diabetes and if left uncontrolled, the long-term prognosis can be frightening. Diabetes is the leading cause of blindness and amputations in our country today. It also accounts for 40% of all kidney failure and is the 6th leading cause of death. According to the Centers for Disease Control and Prevention, approximately 200 people die from diabetes every 24 hours.

What you might not know, however, is that around 15% of all expenses incurred by our health and welfare funds goes for the treatment of diabetes or a related condition. Diabetes currently afflicts at least 15% of our members over age 40. As many as one third of them don't even know they have it, and by the time symptoms become severe enough to seek treatment, they may already have developed cardiovascular disease which is almost always a complication of diabetes.

Diabetes is a serious problem and is growing at an alarming rate. It is estimated that in 15 years 30 to 40% of adult participants in our health and welfare plans will have diabetes, if nothing is done. Consequently, 25 to 40% of total expenses incurred by these plans will be spent on diabetes and related conditions.

### According to the Centers for Disease Control and Prevention, **EVERY 24 HOURS:**

- More than 4,000 adults are diagnosed with diabetes
- About 40 children and adolescents are diagnosed with type 1 diabetes
- Ten children and adolescents are diagnosed with type 2 diabetes
- Approximately 200 people die from diabetes
- Around 200 people with diabetes have a non-traumatic lower-limb amputation
- Roughly 130 people with diabetes develop kidney failure
- Nearly 50 adults go blind

These are scary facts. But the good news is that if you learn that you are at risk for diabetes, you may be able to avoid it. If you have it and catch it early, you can easily control it. And if you are the one in three who has it but doesn't know it, detecting and managing it may help prevent all of these terrible things from happening.

So why did we offer the health screening? Primarily, we wanted the delegates and their spouses to know about their own risk for diabetes and cardiovascular disease. Also, we wanted our delegates to learn about the UAD program and its nationwide effort to stem the tide of diabetes and cardiovascular diseases among building trades members and their families.

In subsequent magazine issues we'll have more information about the United Against Diabetes and Cardiovascular Disease program. We'll also provide some aggregate results of the screening conducted at the Convention and identify on-line resources for more information on diabetes. ■

## FOREMAN TRAINING NOW AVAILABLE!

The International Union is pleased to announce the availability of its Foreman Training Program. Lead Instructor Pat Gilliland of Local 54, Seattle, WA, is heading the program and assisted by Marty Headtke of Local 11, Chicago, IL, and Dan Knight of Local 2, St. Louis, MO.

The Instructors can tailor the program to the available time of the persons who would be attending the program, but a minimum of two full days would be necessary for the program.

A minimum of ten (10) attendees will be necessary for program scheduling, which should be coordinated with the International Union office. If you, your contractors or your JATC are interested in having the Foreman Training Program scheduled in your area, please contact:

**Mr. Robert J. Krul, Assistant to the President**  
1660 L Street NW #800, Washington, D.C. 20036  
(202) 463-7663 • (202) 297-1893  
bobk@unionroofers.com