



MONDAYS WITH  
D R MARK & D R MICHAEL

Monday, January 22, 2024 | 1:00 – 1:30PM

TOPIC #16

New Year's Resolutions for Employees and Benefit Leaders

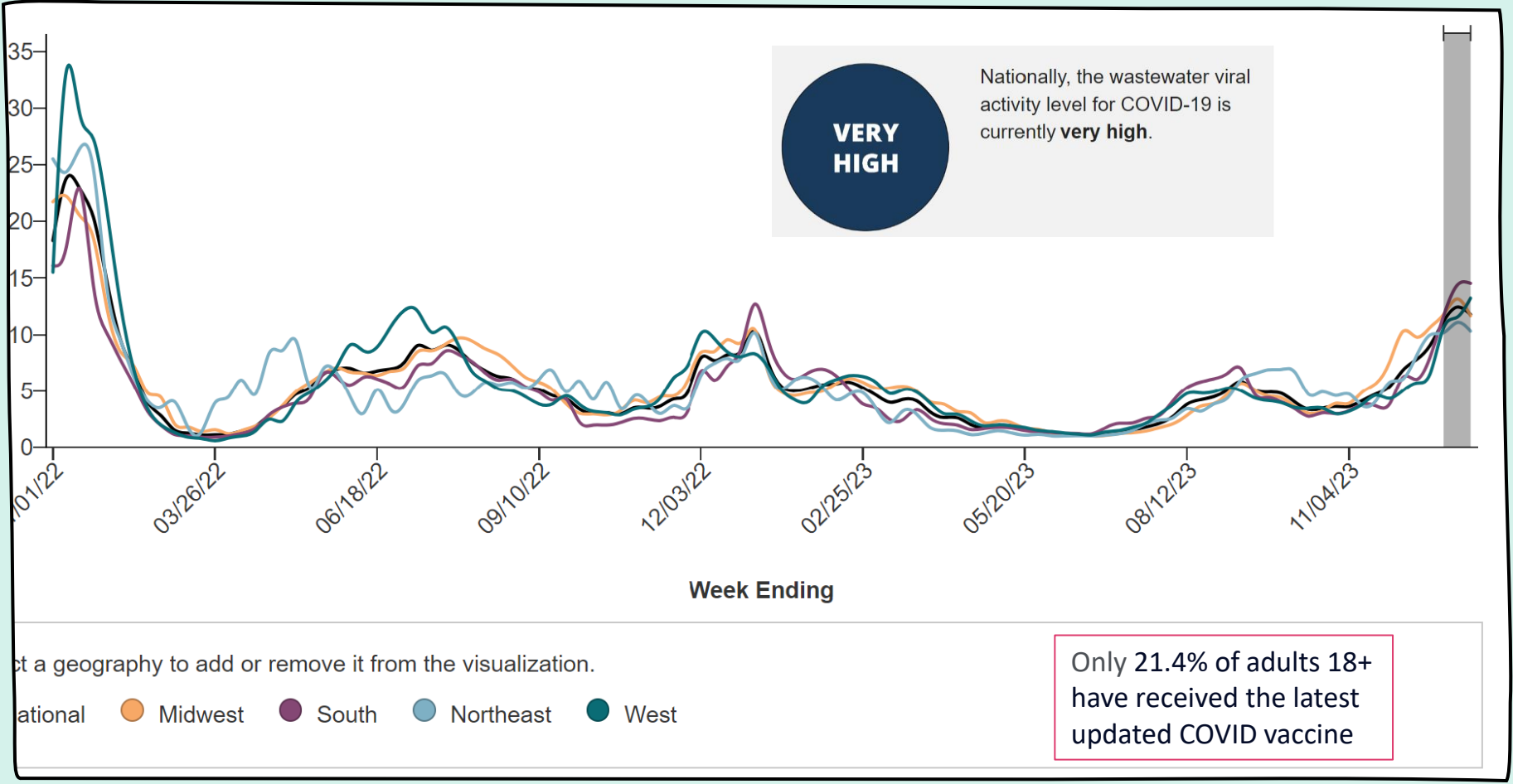


NEW YEAR RESOLUTIONS  
FOR EMPLOYEES AND  
BENEFIT LEADERS!



A hand wearing a white latex glove holds a clear plastic syringe with a blue plunger. The syringe has a scale on the barrel with markings at 0.5, 1, 1.5, and 2.5. A small amount of clear liquid is visible in the barrel. To the left of the hand is a white speech bubble with a black outline, containing the text "GET VACCINATED". The background is a solid, bright blue color.

GET VACCINATED



**VERY HIGH**

Nationally, the wastewater viral activity level for COVID-19 is currently **very high**.

Click on a geography to add or remove it from the visualization.

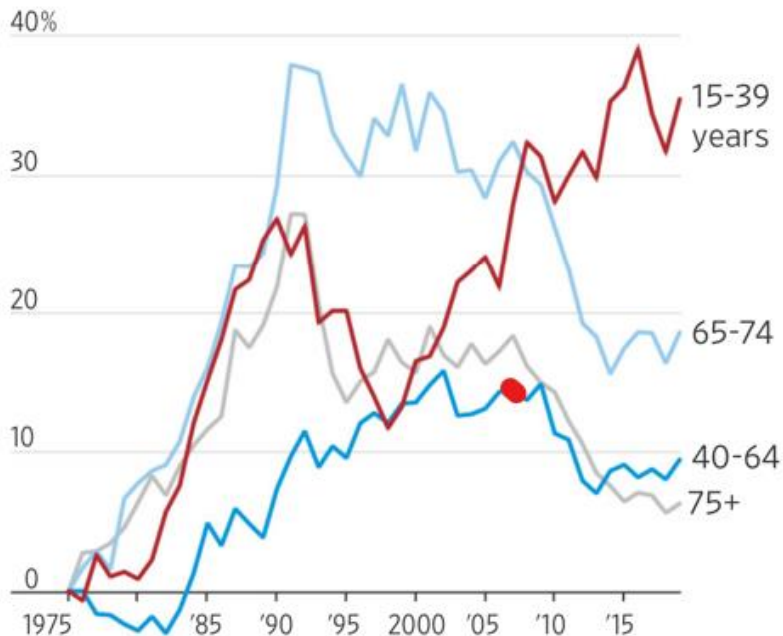
- National
- Midwest
- South
- Northeast
- West

Only 21.4% of adults 18+ have received the latest updated COVID vaccine

# CANCER SCREENING

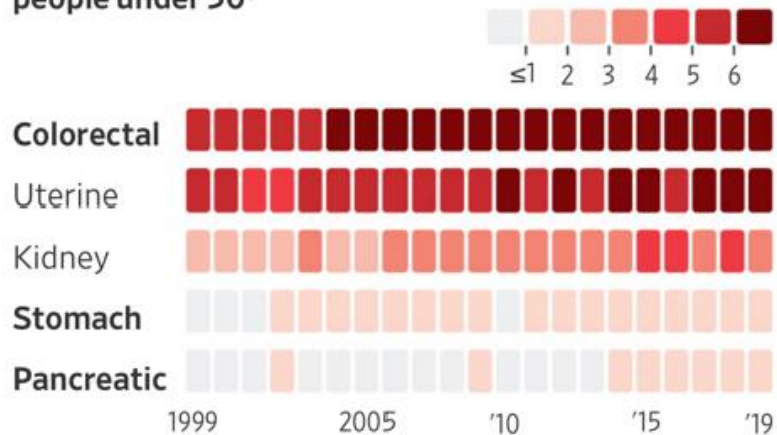


### Cumulative change in new U.S. cancer case rates, by age\*



Gastrointestinal cancers are among the cancers increasing the most rapidly in young people.

### Cancer incidence rates per 100,000 in the U.S. for people under 50†



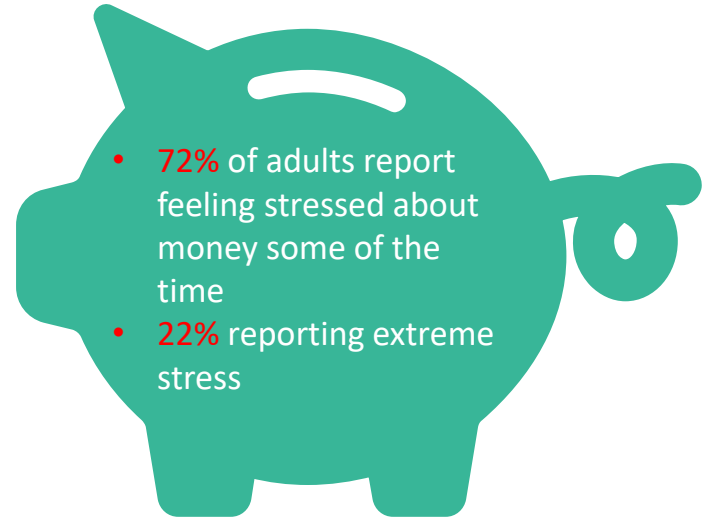
\*Based on incidence per 100,000; †Selection based on fastest-growing cancers, 1999–2019, among those with 20 highest incidence rates in people under 50, excluding thyroid cancer.

Source: National Cancer Institute

LOOKING AFTER  
YOUR MENTAL  
WELLBEING



# FINANCIAL PLANNING



- 72% of adults report feeling stressed about money some of the time
- 22% reporting extreme stress





## HEALTH GOALS

- Weight loss
- Smoking cessation programs
- Exercise

'DRY OR MOIST'  
JANUARY!



# NEW YEAR'S RESOLUTIONS FOR BENEFIT LEADERS

- 1. Continue to develop Comprehensive Preventive Care Programs**
- 2. Focus on Mental Health Support and Access**
- 3. Enhance Wellness Programs and Incentives aiming at instilling a Culture of Health**
- 4. Improve Health Equity**
- 5. Metrics and Goals**

# Questions

## Upcoming NEBGH events

- **January 24** – Climate Change, Bio-Risk and Future Pandemics
- **February 5** – Mondays w/ Dr. Mark & Dr. Michael
- **March 4** – Mondays w/ Dr. Mark & Dr. Michael
- **March 7** – Next Generation Mental Health – *In-person event!*