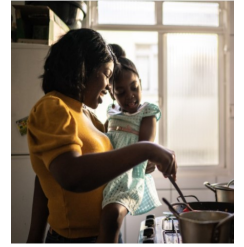


Good Afternoon! May is [American Stroke Month](#) and National High Blood Pressure (HBP) Education Month. In addition to being the No. 5 cause of death in America, stroke places a tremendous financial burden on society. It costs all payers \$6,492 a person/yr and stroke patients miss an average of 20 workdays. HBP itself costs more than \$10 billion annually.

This year, we've put a particular emphasis on addressing the disparities faced by women - their additional risk factors for [stroke](#) as well as raising awareness of conditions like [preeclampsia](#). More information to help women maintain health throughout their lifespan can be found at [GoRedForWomen.org/risk](#).



[Give yourself one less thing to worry about](#)

Here are some additional resources: [FAST Warning Signs of Stroke](#), [Explaining Stroke Booklet](#), [Stroke & HBP Infographic \(Eng / Spa\)](#), and our [Heart & Stroke Support Network](#).

Thank you for all you do! Let me know how I can help! Tim

Every employer has room to improve the health of their workplace as well as their workforce. The goal of [Workplace Health Solutions](#) is to help employers find opportunities for improvements while also celebrating existing success.

More than [40 Wisconsin employers](#) were recognized for their success in 2020.

The deadline for application or renewal in 2021 is June 30th. New organizations can click through from the [home page](#) or go straight to the [registration page](#).

Those who are renewing can [login to update their profile](#). A forgot password link is available.

Let me know if I can provide additional support during the process.

Food Insecurity: A Hidden Problem

According to Feeding America, in 2018, [an estimated 1 in 9 Americans](#) were food insecure, totaling to over 37 million Americans, including more than 11 million children. Those numbers rose dramatically in the wake of COVID-19.

The [Health Forward Foundation](#) in Kansas City identified food insecurity at work as a "hidden problem" and one that negatively impacts workplace productivity and the rate of chronic diseases such as diabetes and obesity.

Their [Cost of Food Insecurity Calculator](#) estimated that food insecurity costs the KC Metro area an extra \$1 billion in health care costs with employers losing \$730 million annually in worker productivity.

We are looking at tools and solutions to help employers understand and address this. **Let me know if you'd like to talk more!**



Upcoming Events

Tuesday, May 11, 2:00 pm.
ADA Ask the Expert Series: Diabetes & Stroke-Am I at risk?

If you have diabetes, your chances of having a stroke are 1.5 times higher than in people who don't have diabetes. We will discuss lifestyle options and medication management to reduce your risk. [Registration](#).

Tuesday, May 11, 6:00 pm.
Milwaukee Go Red For Women Celebration. Join us (from anywhere) for a fun and inspiring hour focused on women's heart health. [Registration](#). You can also participate in the [auction](#).

Tuesday, May 25, 5:30 pm.
Community Conversation, Seize Control: Reducing Your High Blood Pressure. Employees can learn more about controlling their BP, hearing from a chef, a pharmacist, and more! [Registration](#).

Thank you for being a part of our efforts to build a culture of health where Wisconsin works.

[Donate](#)



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