

The Transformative Power of Corporate Wellness Programs in Managing Diabetes



Dr. Kayathri Periasamy, Founder of Suwa Diviya.

Alarming Facts

In Sri Lanka, the spectre of diabetes has grown into an alarming epidemic. A staggering 1 in 4 individuals are grappling with diabetes, while an additional 30% teeter on the brink as prediabetics. What's more concerning is the rapid rise of diabetes among urban youth, with the age of onset steadily decreasing. A staggering revelation is that a significant proportion of those suffering from diabetes, approximately 1 million people, remain unaware of their condition.

Prevention is Best

The encouraging truth is that adopting and nurturing a healthy lifestyle can reduce this burden. Research indicates that 60% of Type 2 diabetes cases can be prevented through evidence-based healthy activities. Additionally, for those already living with diabetes, maintaining control over the condition can pave the way for a healthy, complication-free life.

Companies Wield Significant Influence

We can no longer afford the luxury of paying no heed to a crisis that affects a quarter of our population. Each corporate entity holds a unique position in this battle. Workplaces are pivotal arenas for effecting this change. Since individuals spend most of their lives within corporate walls, companies wield significant influence over their well-being. It's imperative to understand that this is not just a matter of philanthropy; it's an investment in the health of our workforce, which directly impacts our productivity and overall success.

- **In Sri Lanka, a staggering 1 in 4 individuals are grappling with diabetes**
- **Another 30% are prediabetic**
- **We see a rapid rise in diabetes among urban youth, which directly affects the workforce**

Dire Consequences

The implications of untreated diabetes are profound, ranging from absenteeism due to health issues and diminished productivity to life-threatening diseases. By fostering a culture of health, companies can alleviate these concerns.

A motivated and healthier workforce is known to be more productive. Beyond immediate financial gains, prioritizing employee well-being nurtures a relationship founded on care.

A Collective Effort

Moreover, our responsibility as corporate leaders extends beyond the walls of our companies. Diabetes, with its ripple effects on families and communities, demands a collective response. We can lift this epidemic's weight off our society's shoulders.

Companies equipped with proactive wellness programs can facilitate early detection, provide education, and promote healthier lifestyles among employees. The dividends of these efforts resonate far beyond the corporate sphere. It allows companies to lead by example, fostering a culture prioritizing health and community.

Paving the Way

By championing wellness programs and prioritizing employee health, we pave the way for a healthier, more vibrant future. Let's embrace this challenge as an opportunity to transform our workplaces and uplift our society.

Dr. Kayathri Periasamy is the Founder of Suwa Diviya, a Not-for-Profit initiative that provides free in-depth information about diabetes Prevention and Education and managing diabetes effectively. To book a free program for your company, call (+94) 773 533 791.