



# State of New Hampshire

## Department of Labor

George N. Copadis  
Commissioner of Labor

David M. Wihby  
Deputy Labor  
Commissioner

Hugh J. Gallen  
State Office Park  
Spaulding Building  
95 Pleasant Street  
Concord, NH 03301  
603/271-3176  
TDD Access: Relay NH  
1-800-735-2964  
FAX: 603/271-6149  
<http://www.labor.state.nh.us>

Dear Fellow Commissioners & Department Heads,

March is National Colorectal Cancer Awareness Month. The State of New Hampshire Wellness Program will be joining the movement to increase awareness and education about colorectal cancer and to spread the message that colorectal cancer is preventable, in addition to being treatable if detected early. March 2 is National Dress in Blue Day – blue is the color that signifies colorectal cancer, as pink is the color for breast cancer.

Colorectal cancer is one of only a few cancers that can be prevented through the use of screening tests, yet colorectal cancer remains the third most commonly diagnosed cancer and the second most common cause of cancer deaths for men and women in the United States. Unfortunately, nearly half of all Americans are not getting the recommended screenings that they need to prevent, or in some cases to detect the early stages of colorectal cancer. Proven screening tests, such as colonoscopy, could prevent illness and deaths due to this disease.

New Hampshire was awarded a grant in 2009 by the Centers for Disease Control and Prevention to increase colorectal cancer screening for New Hampshire residents age 50 and older to 80% in five years. The State Employee Wellness Program has partnered with the New Hampshire Colorectal Cancer Screening Program to raise awareness and promote screening to state employees and family members. As the Wellness Champion for this cause, I hope you will participate in the efforts to make people aware of the need to get screened for colorectal cancer.

During the January Wellness Coordinator Training Session, Agency Wellness Coordinators were provided educational information for Dress in Blue as well as worksite wellness resources to promote screening. I encourage you to work with your Wellness Coordinator and participate in Dress in Blue Day by wearing blue on March 2<sup>nd</sup> to show support for this important cause. We are also asking agencies to print the attached poster in color and post it to their agency wellness displays for March. The NH State Employee Wellness team can help your agency plan and implement activities as well. Contact Michael Loomis, State Wellness Program Specialist at 271-4103 or [michael.loomis@nh.gov](mailto:michael.loomis@nh.gov) for more information.

Getting regular screening tests and effective treatment is the best way to lower the risk of colorectal cancer. Don't forget, state employees can receive a cash incentive for getting their colonoscopy at a cost-effective facility. Contact Compass SmartShopper at 800-824-9127 to find out what facilities qualify for an incentive.

Sincerely,

George N. Copadis  
Commissioner