

# WOW

## Working on Wellness



## HAPPY SPRING!

### Does Your Workplace Have a Wellness Program?

The South Dakota Office of Chronic Disease Prevention and Health Promotion along with the WorkWell program bring to you the Workplace Wellness Toolkit. This resource has been developed to help employers promote healthy lifestyles to prevent, reduce and manage chronic disease. The purpose of the toolkit is to provide resources for South Dakota employers to implement policy and environmental changes that will ultimately improve employee health and affect the company's bottom line. The toolkit provides information, tools, resources, and guidance to employers interested in establishing or enhancing a workplace wellness program. We are here to provide technical assistance to employers and increase the number of businesses that maintain a wellness program.



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#### What's New in Wellness:

Does Your Workplace 1  
Have a Wellness  
Program?

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### Mini Grants Available for Workplace Wellness

The Department of Health is soliciting proposals for 10 grants of up to \$2000 each to start or enhance workplace wellness programming. For more information on applying for the Workplace Wellness Mini Grant and/or the WorkWell Toolkit visit: <http://www.healthysd.gov/Workplace/default.aspx>

### SAVE THE DATE: 2013 WORKWELL SUMMITS

As the Department of Health and the WorkWell program continue to promote healthy lifestyles by working with businesses, we have set the 2013 WorkWell Summit dates. We bring to you key note speakers Dr. Rosie Ward for the Rapid City Summit, which will be held on May 7<sup>th</sup> and Dr. David Hunnicutt for the Sioux Falls Summit, which will be held on September 18<sup>th</sup>. Registrations will be available soon. Watch for registration details on [www.healthysd.gov](http://www.healthysd.gov). We hope to see you there!



## Colorectal Cancer Awareness

You have about a 1-in-20 chance of developing colorectal cancer at some point in your life. Colorectal cancer is the second-leading cause of cancer-related death. But it doesn't have to be. If caught early, it is among the most curable cancers. If everybody aged 50 or older had regular screening tests, screening tests, as many as 60% of deaths from colorectal cancer could be prevented.

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. In the United States, it is the third most common cancer for men and women.

When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier or more often than other people if:

You or a close relative have had colorectal polyps or colorectal cancer; or You have inflammatory bowel disease.

If you are aged 50 or older, or think you may be at increased risk for colorectal cancer, speak with your doctor about getting screened.

What Are the Screening Tests for Colorectal Cancer?

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. Adults should get **any one of the following** colorectal cancer screening tests:

- A high sensitivity fecal occult blood test (FOBT), preferably the iFOBT or FIT, done at home every year.
- Flexible sigmoidoscopy done by a health care provider - every five years.
- Colonoscopy done by a health care provider - every 10 years.

GetScreenedSD provides financial assistance for colorectal cancer screening to people over 50 years of age if they do not have a payment source and meet eligibility based on income and indication. Call the SD Department of Health at 1-800-738-2301 for more information.

View the following stories of two men who want to encourage others to be screened.

Chuck's - <http://youtu.be/tl2x5TieSBc>  
Joe's - <http://youtu.be/dTvctkcygrg>

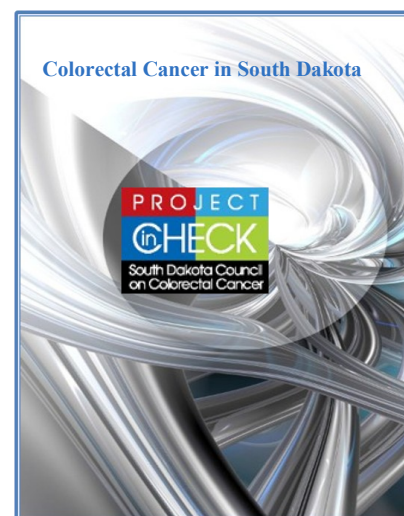
**GETSCREENEDSD**  
Stop Colorectal Cancer.

### Colorectal Cancer in South Dakota

The South Dakota Council on Colorectal Cancer and the South Dakota Cancer Registry have released the 2013 colorectal cancer monograph, *Colorectal Cancer in South Dakota*. To view the report, please see <http://getscreened.sd.gov/registry/> under the Data & Publications tab.

Diet and physical activity are the most important environmental influences on colorectal cancer. Choices made every day can improve a person's general health. The following changes in diet and lifestyle can reduce the risk of developing colorectal cancer:

- Be physically active every day for 30 minutes or more.
- Limit alcohol to one drink per day for women and two drinks per day for men, if you drink at all.
- Limit red meat and avoid processed meat.
- Maintain a healthy weight throughout life and avoid weight gain—particularly fat around the midsection.
- Get regular screenings by a doctor beginning at age 50 since risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine to enroll at 1-866-737-8487 or for more information go to the website at <https://southdakota.quitlogix.org/>.



## April • Alcohol Awareness Month



Do your employees know the warning signs of Alcohol Abuse? Alcohol Awareness Month is an opportunity for you, as an employer to raise awareness of alcohol abuse and encourage your employees to make healthy, safe choices. Increased absenteeism, decreased productivity, increased turnover, increased accidents and increased health care costs are all employee behaviors that result from alcohol abuse. Take time to help your employees overcome alcohol abuse by having them ask themselves:

- Do I drink alone when I feel angry or sad?
- Does my drinking ever make me late for work?
- Does my drinking worry my family?
- Do I ever drink after telling myself I won't?
- Do I ever forget what I did while drinking?
- Do I get headaches or have a hangover after drinking?

### Employee Strategies to Cut Back or Quit Drinking:

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.
- If you keep alcohol in your home, keep only a limited supply.

### Employer Strategies to Reduce Alcohol Abuse in the Workplace:

- Alcohol testing
- An employee assistance program
- A written policy

For more information on Alcohol Use and Abuse visit:

<http://healthfinder.gov/NHO/AprilToolkit.aspx>

<http://www.healthysd.gov/Workplace/PDF/Alcohol.pdf>



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

**A drink is:** a 12-ounce bottle of beer; a 5-ounce glass of wine; or a 1 1/2- ounce shot of liquor.

30 Minutes 5 days/week



## May

# National Physical Fitness and Sports Month



## PHYSICAL ACTIVITY OR EXERCISE IS MEDICINE!

A workplace that supports opportunities for physical activity, and creates a cultural norm for physical activity is a healthier workplace! Remember, small steps are big steps.

### Benefits of Physical Activity:

- Control weight
- Reduce the risk of cardiovascular disease, stroke, high blood pressure
- Reduce the risk for Type 2 diabetes and metabolic syndrome
- Reduce the risk of some cancers
- Strengthen bones and muscles
- Improve mental health and mood
- Improve the ability to perform activities of daily living and prevent falls
- Increase the chances of living longer with improved quality of life

## GET PHYSICAL IN THE WORKPLACE.....GET MOVING!

### Tips to get MOVIN:

- Stretch during breaks
- Walk during breaks
- Take the stairs
- Visit the fitness room if available
- Participate in challenges



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

HEALTHYSOUTHDAKOTA.GOV

Live Better. Grow Stronger.



## May 16th is Employee Health & Fitness Day!

### Resources for Physical Activity

- [www.healthysd.gov](http://www.healthysd.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- <http://www.acefitness.org/>
- [www.healthfinder.gov](http://www.healthfinder.gov)
- [www.cdc.gov](http://www.cdc.gov)