## **WOW NEWSLETTER**

Wellness Newsletter from the SD Department of Health Office of Chronic Disease Prevention and Health Promotion

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## **WorkWell Partnership Webinar**

The Office of Chronic Disease Prevention and Health Promotion along with WorkWell Partnership invite you to partake in our monthly webinars. The webinars will take place on the first Tuesday of each month from 12:30-12:45 pm CT.

March: Live Well Sioux Falls

• April: Sanford Health Plan

 May: Health Management Partners





John Graci is an Author, Consultant, and Leadership Advisor with more than

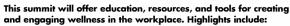
20 years of management experie

production, office, union and non-orient environments. John possesses a folksy, tell-it-like-it-is approach that comes across as refreshing and riveting.

# WORKWELL Partnership Summit: Workplace Wellness: Engaging Generations of Change

## SAVE THE DATE!

May 10, 2017 9:00-3:00 MT RUSHMORE PLAZA CIVIC CENTER ALPINE/PONDEROSA ROOM



- Recognize the advantage created by integrating each generation's strengths.
- Understand how leaders who impose their personal values on their employees impact employee motivation.
- Discover how a leader's behavior impacts team work.
- Understand the consequences of ineffective job instruction, communicating expectations and providing feedback.
- Identify common pitfalls of communicating change and recognizing employees

## Who should attend:

- Human resource professionals
- Members of a worksite health promotion committee
- Health benefits managers
- Health education staff
- Occupational nurses
- Medical directorsHealth promotion coordinators
- Building facilities managers

\$30 DON'T MISS THIS ONE-DAY EVENT!
For more information about the summit please contact Eni at eweiss@midconetwork.con

### **WorkWell Partnership Mini-Grants**

The South Dakota Department of Health reviewed proposals for the **Work-Well Partnership Mini-Grants** for worksites to start or enhance workplace wellness programming. Businesses throughout South Dakota were eligible to apply for this funding. We congratulate the workplaces who received funding and are excited how you will work with your worksite to send a positive, supportive message and promote healthy lifestyles by preventing, reducing and managing chronic disease through workplace environment and/or policy change.

Workplaces in South Dakota have implemented the following:

- Financial education classes
- Yoga classes during lunch
- Nutrition lunch-and-learn classes
- Diabetes education program
- Health screenings
- Physical activity and weight loss challenges
- SD QuitLine
- Stress education classes

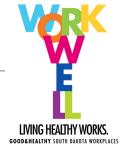






## **MARCH**

## **Screening for Colorectal Cancer**





Colorectal cancer is the second leading cause of cancer death in the U.S. and a cause of considerable suffering among nearly 135,000 adults diagnosed with colorectal cancer each year. When adults get screened for colorectal cancer, it can be detected early at a stage when treatment is most likely to be successful, and in some cases, it can be prevented through the detection and removal of precancerous polyps. About 1 in 3 adults between 50 and 75 years old – about 23 million people – are not getting tested as recommended. Getting a lifesaving colorectal cancer screening is simple. The U.S. Preventive Services Task Force recommends colorectal cancer screening for men and women ages 50–75. There are several options for screening tests, three of which are listed below.

**High-sensitivity fecal occult blood testing (FOBT):** a simple, non-invasive test that can be completed in your own home. The test detects tiny amounts of blood, often released from bowel cancers or their precursors (polyps or adenomas). Recommended once a year.

**Sigmoidoscopy:** The doctor uses a short, thin, flexible, lighted tube that is inserted into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon. Recommended every 5 years or every 3 years with FOBT.

**Colonoscopy:** This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests. Recommended every 10 years.

### For more information:

Get Screened SD

American Cancer Society

Centers for Disease Control and Prevention

## Put your Best Fork Forward March is National Nutrition Month

Lifestyle choices can help achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition and physical activity tips.

- **Eat Breakfast:** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
- Make Half Your Plate Fruits and Vegetables:
   Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.
- Be Active: Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Adults should get two hours and 30 minutes per week.
- **Drink More Water:** Quench your thirst by drinking water instead of sugary drinks.

### March Health Tip

Healthy eating doesn't have to be hard or expensive.
Just 5 servings of fruit and vegetables every day will do the trick.

Visit <u>HealthySD.gov</u> to view the fruit and veggie that is highlighted each month. Great tips on each will help you enjoy the great taste!



For more tips visit www.eatright.org.

## **APRIL**

## **April is Stress Awareness Month**

# Monini

LIVING HEALTHY WORKS.

Learn How To Cope At Work

No matter where you work, stress happens. Too much stress can cause

headaches, upset stomach, back pain and lots of excuses to call in sick.

Become aware of your personal triggers and learn how to take control of your stress with the coping mechanisms listed below.

• Keep a running "to-do" list.

**Stress Less for Success:** 

- Organize clutter.
- Manage your time.
- When you feel overwhelmed with your workload, discuss this with your boss.
- Focus on what you can control and let the rest go.
- Take breaks and don't skip lunch.
- Walk around the building.
- Reward yourself for jobs well-done.
- Don't turn a simple snafu into a major drama.
- Leave your work at the office.
- Recognize when it's time to look for a new job.

Source: American Institute for Preventive Medicine

# Success Story: Break Up Your Day and Move! SDSU College of Education & Human Sciences

Break Up Your Day and Move is a 6-week incentive program (March 7 to April 15) designed to get SDSU College of Education & Human Sciences faculty and staff to break up the amount of time they sit during the workday. The goal of the program is to break up the workday with bouts of standing or light activity lasting at least 15 minutes in duration. Fitting breaks into your day is simple if you stand up and move for 15 minutes in the morning, at lunch and in the afternoon!

Participants will record each time throughout the workday they get up from their desk and stand or engage in light movement for at least 15 minutes. The focus of this program is not logging how many minutes of activity you accumulate, but rather, logging the number of times you break up long periods of sitting.

Participants who submit a complete weekly log (documenting at least one time each workday where they broke up their sitting time with a minimum of 15 minutes of standing or light activity) will earn an incentive for their participation. In addition, for each weekly log participants submit, their name will be entered into a drawing for a FitBit physical activity tracker.

For those wanting to walk outside, a 1-mile and 2-mile route through the SDSU campus and the surrounding Brookings community will be available. For those wanting to walk indoors, walking routes have been calculated in the buildings where EHS offices are located (Rotunda/Wagner Hall, The Barn, Pugsley, Wecota and Wenona). These routes will be provided in the instructions.

## **Reducing Sedentary Time**

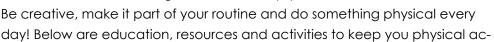
Independent of the amount of activity you participate in, the amount of time you sit each day has been shown to increase your risk of chronic disease. Taking part in light-intensity activity to break up sedentary time, such as walking, can have a positive impact on one's health. Schedule time to break up your daily sitting time by taking breaks and doing light movements such as standing, stretching or walking. Research recommends taking two to three 15-minute activity breaks during your working day.





## Move your way through May!

Physical activity is one of the best stress-busters around. Even 10 minutes of moving around can help you reset.





tive at your workplace. We encourage you to explore Healthy South Dakota's website for additional worksite physical activity resources — <u>HealthySD.gov</u>.

LIVING HEALTHY WORKS.

## Why is it important to increase physical activity?

- Physical inactivity is a national crisis—only about 1 in 5 adults and 1 in 5 youth fully meet the physical activity guidelines.
- Addressing the crisis can improve our nation's health and economy.
- Communities can help by encouraging safe and easy choices for physical activity.

## What is the cost of physical inactivity?

- Health Care Spending: \$117 billion in annual health care costs are associated with inadequate physical activity.
- Lives: 1 in 10 premature deaths could be prevented if Americans met recommended levels of physical activity—as could 1 in 8 cases of breast and of colon cancers, 1 in 12 cases of type 2 diabetes, and 1 in 15 cases of heart disease.

Physical activity categories are based on the 2008 Physical Activity Guidelines for Americans.





#### #Commit2Ten

We challenge you to commit to 10 more minutes of physical activity each day. A little more physical activity makes a big difference!

Visit the #Commit2Ten website and receive a personalized fitness profile, a 30-day activity calendar, resources and support to commit to 10 additional minutes of physical activity per day. Take the next step at commit2ten.org!

## **Active in the Workplace Series**

On average, today's adults work approximately 8 hours per day. For many, time at work is primarily sedentary—time spent sitting during waking hours in the form of computer use, reading, meetings, and driving or riding in a car. Fitting activity into your work schedule can be challenging, but there are small things you can do throughout the day to increase physical activity.

The <u>Active in the Workplace</u> 5-part video series provides some tips and ideas to replace sedentary time with light physical activity.

