

WOW NEWSLETTER

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

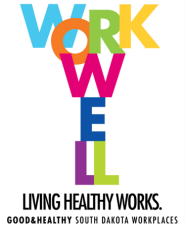
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WorkWell Partnership Webinar

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**



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

This summit will offer education, resources, and tools for creating and engaging wellness in the workplace. Highlights include:

- 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
- Occupational nurses
- Members of a worksite health promotion committee
- Medical directors
- Health benefits managers
- Health promotion coordinators
- Health education staff
- Building facilities managers

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



John Graci
Leadership Advisor

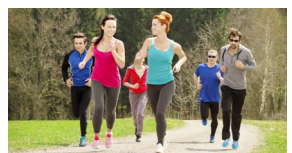
John Graci is an Author, Consultant, and Leadership Advisor with more than 20 years of management experience in production, office, union and non-union environments. John possesses a folksy, tell-it-like-it-is approach that comes across as refreshing and riveting.

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



Screening for Colorectal Cancer Can Save Your Life.

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 HealthySD.gov 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.

MAY



LIVING HEALTHY WORKS.
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

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.

Be creative, make it part of your routine and do something physical every day! Below are education, resources and activities to keep you physical ac-



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

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 [Active in the Workplace](#) 5-part video series provides some tips and ideas to replace sedentary time with light physical activity.

