

## Working on Wellness

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion

### Success Story: Central Farmers Co-op, Salem

One of the challenges that our project addressed was keeping active during the workday. With 12 locations, and several sites within these locations, it became a challenge to motivate and keep our employees active, especially those who have mostly sedentary jobs. We promoted taking the stairs or taking a walk around the office or building by using posters and emails.



We decided to address the bigger issue of “sitting” all day, which approximately 25% of our employees are required to do, because of their jobs. We asked a local printer to make accordion-fold cards for our employees

who sit a majority of the day that contained 11 “desk stretches”. These cards were small and could sit on their desk to remind them to take a break throughout the day. Even though we felt the cards would help, we wanted to take it a step farther. We purchased an adjustable height desk for our employees to “test”. After a few weeks, we did a survey to see if those participants felt it increased their productivity, reduced their fatigue, etc. With a lot of positive feedback, our committee approached our manager with the results. With management support, we were able to purchase three more adjustable height desks and place them in our office spaces. We had to do a random drawing for the desks as we had more requests than we could fulfill.

With buy-in from management and input from HR and the office manager, we now have a plan in place to replace old desks with adjustable height desks. We hope that we will be able to acquire at least one additional desk per year.

One of our employees who received a sit/stand desk stated, “I really enjoy the sit-stand desk! Whenever I use the stand mode, I always feel more productive and it breaks up the tightness I get in my hips when I sit all day. Once spring really gets going, I anticipate using it even more.”

Central Farmers Co-op, Salem



August

Health  
Observance

national  
**IMMUNIZATION**  
awareness month



**READY FOR SCHOOL?**  
*Check those vaccine records.*

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

A Toolkit has been created to promote the importance of immunizations during National Immunization Awareness Month (NIAM), which occurs every August. There are many valuable resources in the toolkit that can be used throughout the year.

CDC also has a number of links and resources to help you promote immunizations. Below are just a few:

[Recommended Immunization Schedules](#)

[Parent-Friendly Vaccine Website](#)

[Adult Vaccination](#)