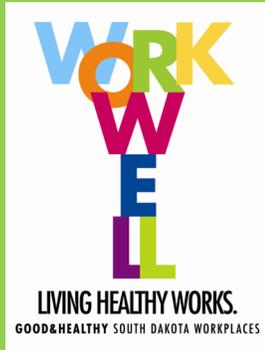


## Working on Wellness

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



### Funding Opportunity

The South Dakota Department of Health is soliciting proposals for ten **WorkWell Partnership Mini-Grants** to start or enhance workplace wellness programming. Businesses throughout South Dakota are eligible to apply for the funding. This is an opportunity for your workplace to send a positive, supportive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through workplace environment and/or policy change. **Applications are due by February 9.** Visit [www.goodandhealthysd.org/workplaces](http://www.goodandhealthysd.org/workplaces) for more information.

### Take Time to ♥ Your Heart

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths are caused by heart disease. It can often be prevented when people make healthy choices and manage their health conditions. How can you reduce your risk? Know your ABCS of Heart Health.

#### Aspirin

Talk to your healthcare provider & team to see if taking an aspirin each day is right for you. Be sure to tell your healthcare provider of any family history.

#### Blood Pressure Control

High blood pressure is one of the leading causes of heart disease and stroke. Work with your healthcare team to find out if you have high blood pressure. If you do, take steps to reduce it:

- ♥ Get active by exercising for at least 30 minutes most days of the week.
- ♥ Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- ♥ Follow your healthcare provider's instructions when it comes to taking medicines or measuring your blood pressure at home.

#### Cholesterol

High cholesterol affects one in three American adults. Getting a simple blood test is the only way you can know if you have high cholesterol. Talk to your healthcare professional about cholesterol and how to lower your bad cholesterol if it's too high.

#### Smoking

Cigarette smoking greatly increases your risk for heart disease. If you're a smoker, quit as soon as possible, and if you don't smoke, don't start. Learn more about SD QuitLine's free services and resources by visiting [www.sdquitline.com](http://www.sdquitline.com) or calling 866.737.8487.

Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. **Go Red For Women** advocates for more research and swifter action for women's heart health. That's why this year we are asking that you wear red and encourage others to do the same on **National Wear Red Day® - February 2, 2018.**

Source: [www.millionhearts.gov](http://www.millionhearts.gov)

Talk to your health care team about the

# ABCS



**Aspirin** when appropriate    **Blood pressure** control    **Cholesterol** management    **Smoking** cessation