

## Working on Wellness

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

### WorkWell Webinar

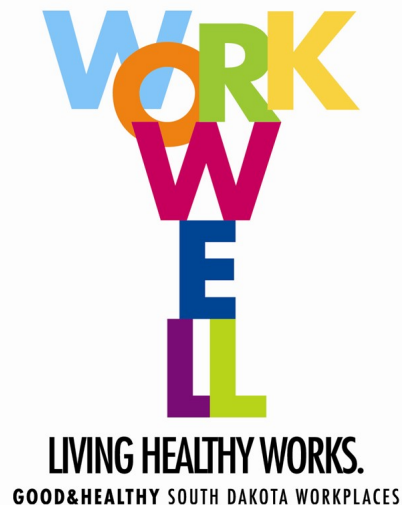
Cancer was the second leading cause of death in South Dakota in 2014, with 4,498 cancer cases diagnosed and 1,679 deaths. Recommended cancer screening tests may find breast, cervical and colorectal cancers early, when treatment is likely to work best. The South Dakota Department of Health (SDDOH) is collaborating with many partners to increase screening for these cancers. This webinar will discuss the SDDOH **Worksite Cancer Screening Model Policy**. Sarah Quail and Brooke Lusk will explain the policy and provide implementation ideas. Sarah and Brooke will also discuss a collaborative initiative with worksites to send screening reminders to employees.

To join the webinar on January 9, 2018 from 12:30-1:00 pm central time:

<https://bhssc.adobeconnect.com/rudobf3h21u2/>

Conference Number: 1-866-410-8397

Participant Code: 108-626-7942



### 2018 – Serve Smaller Portions

Big portion sizes can mean you're getting more food than your body can stomach to maintain a healthy weight. Do you know how much you're really eating? Here are a few ideas on how we can eat and serve smaller portions in the New Year.

1. **When cooking at home:** Offer the proper "serving" to each member of the family, then put the extra food away. Save leftovers for another meal.
2. **When dining out:** Skip the appetizers and split a large salad or main dish with a friend.
3. **When ordering takeout at home:** Eat one slice of pizza instead of two, and order a small instead of a medium to split among the family so the pieces are smaller.
4. **Watching movies at home or at the theater:** Don't eat while watching TV or a movie or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what you're putting in your mouth. At the movies, share a box of popcorn, avoid the free-refill tubs and skip the candy.
5. **At snack time:** Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes before giving them to your kids.
6. **All the time:** Tracking your calories helps you monitor your weight.



#### You may be surprised to learn these are serving sizes:

1 slice of bread, ½ cup rice or pasta (cooked), 1 small piece of fruit (super-large apples are 2+ servings), 1 wedge of melon, ¾ cup fruit juice, 1 cup milk or yogurt, 2 oz. cheese (about the size of a domino), 2-3 oz. meat, poultry or fish (this is about the size of a deck of cards)