

Working on Wellness

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

Eat Healthy — Be Physically Active— Get Involved — Stay Involved!

During the month of March we want to see your worksite focus on the importance of making informed food choices, developing sound eating and physical activity habits. How long does it really take to make healthy eating and exercise a habit? It's best not to count down to a habit-formation finish line at all – it doesn't matter if it's 21, 66 or 254 days – but instead to count each and every success. The higher the number gets, the better. To celebrate **National Nutrition Month**, we encourage your worksite to focus on **FOUR** weeks of KEY Nutritional Messaging. Eat Right provides a [Toolkit](#) to do just that!

Week #1: Eat a variety of nutrition foods every day!

Week #2: Plan your meals each week!

Week #3: Learn skills to create tasty meals!

Week #4: Consult a Registered Dietician Nutritionist (RDN)!

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

Colorectal Cancer Screening Saves Lives: Are you up-to-date?



**Screening
for
Colorectal
Cancer
Can Save
Your Life.**

Colorectal cancer is the second most commonly diagnosed cancer. It's also the second most common cause of cancer-related death in the U.S. when men and women are combined. Many colorectal cancer cases and deaths can be prevented by screening. Screening not only detects cancer early but also has the potential to prevent cancer through the detection and removal of precancerous polyps. Today, about 1 in 3 adults aged 50-75 are not being screened as recommended. In South Dakota, 69.1% of the recommended population is up-to-date with screening. A colonoscopy isn't the only option for colorectal cancer screening. There are simple, affordable options, including tests that can be done at home. Talk to your doctor about which option is right for you and ask which tests are covered by your health insurance.

WORKWELL Partnership Summit

Fueling our Passion in Wellness to Help Others Thrive

SAVE THE DATE

TUESDAY, MAY 5, 2020

SIoux FALLS, SD

HILTON GARDEN INN DOWNTOWN

REGISTRATION: 8:00 – 8:45 SUMMIT: 8:45 – 3:45