

WORKING ON WELLNESS

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

National Nutrition Month focuses on the importance of making informed food choices and developing sound eating habits. Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber.



Visit the following resources to help your worksite develop sound eating habits!

1 [Fresh, Canned or Frozen: Get the Most from Your Fruits and Vegetables](#)

2 [Top 10 Reasons to Eat More Fruits and Vegetables](#)

3 [5 Reasons to Eat More Color](#)

GET SCREENED SD

Colorectal cancer is the 2nd leading cause of cancer-related deaths in the United States and South Dakota, yet it's one of the most preventable. It is recommended that adults age 50-75 be screened using any of the following screening tests: colonoscopy, sigmoidoscopy, CT colonography or at-home stool tests. Individuals should talk to their doctor about which test is right for them. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms emphasizing the importance of having a screening test.

The business community can play an important role in promoting colorectal cancer screening which provides the potential to gain through savings on health care costs while promoting a healthy workforce.

Employers can:

1. Educate employees on important facts about colorectal cancer and screening options
2. Create a cancer screening-friendly work culture and engage their insurance provider.

Success Story: Black Hills Educational Benefits Cooperative (BHEBC) worked with their insurance provider to determine which members had not been screened for colorectal cancer. Subsequently, BHEBC sent reminders to these members resulting in a screening rate increase from 21% to 36%. In 2019, SD Colorectal Cancer Control Program and BHEBC are once again collaborating to send reminders to unscreened members.

The SDCRCCP provides assistance to employers to implement model policies that encourage cancer screening. A sample policy can be found at: <http://goodandhealthysd.org/workplaces/policies/>.

If you are interested in collaborating with the SDCRCCP, contact Brooke Lusk at blusk@tie.net.