

## WORKING ON WELLNESS

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

### NOVEMBER 21 IS THE GREAT AMERICAN SMOKEOUT®



#### What you CAN do:

- ◆ **Make a Plan**  
Learn about options to curb cravings and get your support system ready to help you through hard times.
- ◆ **Get Rid of Anything Smoking-Related**  
Remove all cigarettes, ashtrays, and lighters from your car and workplace as well. Also consider stocking up on substitutes like gum and crunchy snacks.
- ◆ **Reflect on Your Smoking Past**  
If you've tried to quit before, think about why those attempts didn't work, and be proactive to ensure these reasons don't get in your way this time.

## DIABETES AWARENESS

Did you know that 1 in 3 people have prediabetes and don't know it? Prediabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes. To find out if you are at risk take the online quiz at [undotherisk.com](http://undotherisk.com).

#### Risk factors for prediabetes:

- ◆ I have a family history of type 2 diabetes
- ◆ I am over 40 years old
- ◆ I am overweight
- ◆ I have a history of gestational diabetes (diabetes during pregnancy)
- ◆ I have high blood pressure
- ◆ I am Hispanic, African American, Asian or Native American
- ◆ I got a high score on my online risk test found at [undotherisk.com](http://undotherisk.com)



If left untreated, prediabetes can progress into type 2 diabetes. With early diagnosis, prediabetes can often be undone. It just takes making doable changes like eating healthier, getting exercise, and figuring out the best ways to manage stress and cope with real-life challenges. Talk to your doctor or healthcare provider to help develop a plan to reduce or prevent the development of prediabetes into type 2 diabetes. Diabetes Prevention programs can help you with a plan too. Locations for these programs can be found at [undotherisk.com](http://undotherisk.com).



The holidays are right around the corner. Many Americans gain between 1 and 5 pounds each holiday season. You are invited to join the 13th annual **Eat Smart, Move More, Maintain, don't gain! Holiday Challenge**. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season. In 2018, over 1,000 South Dakotans participated in this challenge. Join today!