



Spring 2012

Issue 12

# WOW

## Working on Wellness

QUARTERLY  
NEWSLETTER  
FROM THE  
OFFICE OF  
CHRONIC DISEASE  
PREVENTION AND  
HEALTH PROMOTION

### ENJOY ACTIVITY AT WORK....

#### Running/Walking Safety 101:

**Cover your tracks:** Tell somebody where you are going: your exact route, when you expect to be home. If your husband has the groggy drools going on when you leave in the morning, write him a note to back up your verbal message. Or text somebody with the same info, and tell them if they don't get another text from you by xx:xx time to please call you... "if I'm not home without 10 minutes of when I should be, come look for me." **Get a running buddy:** Seriously, safety comes in pairs. **Opt for boredom and safety over exotic routes:** If you have to do tedious one-mile laps in your 'hood with street lights instead of an unlit park because it's pitch black at 5:30, so be it. **Be aware:** Yes, blaring Beyoncé's *Girls Run the World* gets you pumped up, but her voice takes away one of your vital senses: hearing. If you're a gotta-have-tunes girl, try to run with just one ear bud in. Keep the volume low enough that you can hear yourself talk at a normal voice. Keep your head and eyes up; when you get all slumped and downward gazing, you look more like prey than predator. **Carry your phone and some form of ID,** like a Road ID, and anything else that makes you feel safe, like pepper spray or mace. **Use your internal compass.** If someone pulls over to ask you directions, do what feels right to you. If something feels wrong, don't second guess yourself. **Don't be shy:** If you feel threatened, seek safety however you can. Ask a fellow runner if you can run with them until you're in the clear. Knock the door of a house you don't know. **Take a self-defense class** and up your confidence. If a car seems suspect—they're driving slowly by you or passing by you multiple times—**make eye contact** with the driver and let them see you're alert and paying attention. *Memorize their license plate and then get to a safe place.*

**Final Tip:** Say "hi" to everybody you pass; you want them to remember your face and hair color if the need arises.

*Do everything you can to stay safe, and then go and enjoy your run. You still run to feel good, to feel powerful, to feel alive and vibrant and strong. You run because 99% of the world is good, and because you can't control everything.*



#### .....WEAR A Pedometer AT WORK.

Since every step counts, wearing a pedometer is a wonderful motivator to move more during your workday.  
<http://www.eatsmartmovemorenc.com/>

#### In This Issue:

- Enjoy Activity at Work
- Running/Walking Safety 101:
- Colorectal Cancer Awareness
- HPV and Cancer
- Recipe from Fruits and Veggies More Matters
- Save the Date

#### Newsletter Mission

- Provide factual, informative & interesting information.
- Promote healthful lifestyles through ideas & contributions.



SOUTH DAKOTA DEPARTMENT OF HEALTH



# March is Colorectal Cancer Awareness

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. In the United States, it is the third most common cancer for men and women. Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older had regular screening tests, as many as 60% of deaths from colorectal cancer could be prevented.

Screening can find precancerous polyps (abnormal growths) so they can be removed before they turn into cancer. Screening can also find colorectal cancer early when it is easiest to treat. About nine out of every 10 people whose colorectal cancer is found early and treated are still alive five years later. Unfortunately, screening rates are still too low, as of 2010, 1 in 3 adults between the ages of 50 and 75 were not up-to-date with recommended colorectal cancer screening. If the Healthy People 2020 target of 70.5% for colorectal cancer screening in the US is met, close to 1,000 additional colorectal cancer deaths will be prevented each year.

**JUMP** into Spring  
with a Recipe from  
Fruits & Veggies More Matters.

## Chick-Chick Salad

**Preparation Time:** 15 minutes

- 3/4 cup water
- 1/2 tsp curry powder
- 2/3 cup couscous, whole wheat
- 1 cup (1/2 lb) cooked chicken breast, boneless, skinless and cubed
- 1 can (15 oz) chickpeas, low-sodium, rinsed and drained
- 1/2 cup red cabbage, chopped
- 1/4 cup celery, thinly sliced
- 1/4 cup plus 2 Tbsp fresh orange juice (or 100%)
- 1 tsp grated orange rind
- 2 tsp olive oil
- 1/2 tsp pepper

In medium saucepan, bring water and curry powder to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 minutes. Add cooked chicken, chickpeas, cabbage and celery into couscous. Combine orange rind, orange juice, olive oil and pepper into small bowl. Stir with wire whisk until blended. Add to couscous mixture. Toss well. Serve.

### Nutrition Information Per Serving

Calories: 300	Protein: 21g
Total Fat: 6g	Carbohydrates: 43g
Saturated Fat: 0.5g	Cholesterol: 30mg
% of Calories from Fat: 18%	Dietary Fiber: 8g
% Calories from Sat Fat: 1.5%	Sodium: 200mg

**Each serving provides:** An excellent source of fiber, vitamins B3 and C, and iron, and a good source of vitamin B6 and selenium.

Recipe courtesy of the CDC.

### When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier or more often than other people if:

- You or a close relative have had colorectal polyps or colorectal cancer; or
- You have inflammatory bowel disease.

If you are aged 50 or older, or think you may be at increased risk for colorectal cancer, speak with your doctor about getting screened.

### What Are the Screening Tests for Colorectal Cancer?

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. Adults should get **any one of the following** colorectal cancer screening tests:

- A high sensitivity fecal occult blood test (FOBT), preferably the iFOBT, done at home - every year.
- Flexible sigmoidoscopy done by a health care provider - every five years (accompanied by iFOBT every three years).
- Colonoscopy done by a health care provider every 10 years.



Stop Colorectal Cancer.

GETSCREENEDSD provides financial assistance for colorectal cancer screening to people over 50 years of age if

they do not have a payment source and meet eligibility based on income and indication. Call the South Dakota Department of Health at **1-800-738-2301** for more information on eligibility.

## HPV and Cancer

The incidence of HPV-related cancers is a growing concern in South Dakota. The South Dakota Department of Health is pleased to share the **HPV and Cancer Monograph**. To view online, please see <http://getscreened.sd.gov/registry/> under the Data & Publications section.



SAVE THE DATE!  
September 25, 2012

South Dakota's First  
Worksite Wellness Summit  
Sheraton, Sioux Falls!