

# WOW NEWSLETTER

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

## Healthy Individuals Mean Healthy Organizations!

Americans are spending more time at work than ever before. You are encouraged to eat healthy, but start or continue a physical activity program too. Is your worksite offering walking trails or a workout center? If not, maybe you could work with them to get started on something.

Visit the Healthy South Dakota website for workplace wellness  
[www.HealthySD.gov/workplace/](http://www.HealthySD.gov/workplace/)

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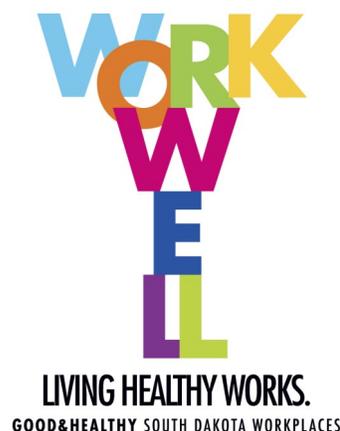
### NEWSLETTER MISSION

- \* PROVIDE FACTUAL, INFORMATIVE & INTERESTING INFORMATION.
- \* PROMOTE HEALTHFUL LIFESTYLES THROUGH IDEAS & CONTRIBUTIONS.

Creating a Culture of Well-Being and

# Maximizing

the Return on Investment!



The South Dakota  
Department of Health invites  
you to join us at our  
first Worksite Wellness Summit  
on **September 25, 2012!**

8:00 a.m. — 4:00 p.m.  
Sheraton Hotel, Sioux Falls

For questions contact Enid Weiss at:  
[eweiss@tie.net](mailto:eweiss@tie.net) or  
605-224-6287 Ext. 217.

Look for registration information on the Healthy South Dakota website. [www.healthysd.gov](http://www.healthysd.gov)



## **Sun Safety Tips!**

- \* Use sunscreen with SPF 30 or higher
- \* Reapply sunscreen every 2 hours
- \* Sun's rays are strongest 10am to 4pm
- \* Wear a hat
- \* Use extra caution near water
- \* Apply sunscreen 30 minutes before going outside
- \* Check sunscreen expiration
- \* Seek shade
- \* Wear long sleeves



The South Dakota Council on Colorectal Cancer and the South Dakota Cancer Registry have released a colorectal cancer monograph. To view the report, please see <http://getscreened.sd.gov/registry/> under the Data & Publications tab.

## **Gardening for Health!**

Looking for a strategy to eat more locally grown food? Here is one... **grow your own!** Yes, gardening can bring delicious, nutritious and fresh local food right to your own doorstep.

### **Gardening is a great way to support healthy eating by providing:**

- A bounty of readily available fresh fruits and vegetables.
- The freshest food possible – is there anything more fresh than just-picked fruit or vegetable from the garden?
- Opportunity and incentive to try unfamiliar fruits or vegetables.
- A great learning opportunity for preparing foods from scratch. A bumper crop of zucchini brings out the most creative of recipes and leads to improved culinary skills for children and adults alike.

### **The benefits of growing your own food are many.**

- Provides a source of fresh, delicious and nutritious food.
- Allows the food dollar to stretch.
- Provides a means for getting more physical activity.
- Brings the whole family together with a common purpose.
- Reduces stress and brings a sense of accomplishment.
- Gives a connection to, and appreciation of, food.



### **Gardening tips for the beginning gardener**

- Find a mentor in your area. A person with gardening experience in your specific climate is a valuable resource.
- Start small! One of the most common mistakes is to try to plant a large garden as you are learning about gardening. Try a smaller space (no larger than 4 by 12 ) your first year.
- Select a garden spot that gets at least 8-10 hours of sunlight per day.
- Prepare your soil for success. Test your soil for nutrients and pH. You may need to add fertilizer, such as composted manure, and peat moss to the soil.
- Choose crops that grow well in your geographical region. You may want to check with your Extension Specialist (horticulture) for the best crops for your region.
- Be patient. Keep in mind that this is your first year at trying your green thumb. You will learn a lot and undoubtedly have some bounty to enjoy.

**SUMMERTIME MEANS FARMERS' MARKETS ARE BACK!**