



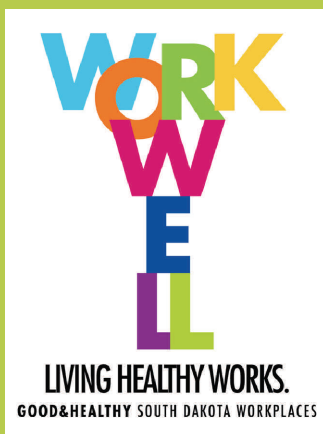
# Working on Wellness Newsletter

ISSUE 19 · WINTER 2013

## INSIDE THIS ISSUE

- 1: HOLIDAY PARTY TIPS
- 2: HEALTHY HOLIDAY EATS
- 2: NEW YEAR TO FITNESS
- 2: STOP HEART DISEASE
- 2: WORKWELL WEBINARS
- 3: NATIONAL HEALTH OBSERVANCES

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



## HOLIDAY PARTY TIPS

### Host of the Party

- Using two egg whites in place of one egg can reduce the cholesterol and produce the same great taste.
- Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads. Substitute a small amount first, as the more you substitute the more the texture changes.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.

### Guest of the Party

- If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, low-fat or fat-free dairy and protein like eggs, ham or peanut butter.
- Don't starve yourself beforehand. Rather, eat a small, lower-calorie meal or snack such as fruit or a bagel so you aren't tempted to overdo your calorie intake for the day.
- Choose carefully between foods you definitely will eat, those you will sample and those you will skip.
- Don't rush to eat. Socialize and settle into the festivities before you eat.
- Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.



For more information visit:

<http://www.eatright.org/Public/content.aspx?id=11644>



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## HEALTHY HOLIDAY EATS

[www.eatingwell.com](http://www.eatingwell.com)

[www.delish.com](http://www.delish.com)

[www.fitnessmagazine.com](http://www.fitnessmagazine.com)

[www.cookinglight.com](http://www.cookinglight.com)

[www.allrecipes.com](http://www.allrecipes.com)

[www.choosemyplate.gov](http://www.choosemyplate.gov)



## NEW YEAR TO FITNESS

[www.presidentschallenge.org](http://www.presidentschallenge.org)

[www.fitness.gov](http://www.fitness.gov)

[www.letsmove.gov](http://www.letsmove.gov)

[www.healthypeople.gov](http://www.healthypeople.gov)

[www.healthysd.gov](http://www.healthysd.gov)

## STOP HEART DISEASE

Make a New Year resolution to start making healthy, positive changes for a long, healthy future. You can stop heart disease before it even starts by starting small and keeping it simple. Make one change today and then you're ready to make another. Before you know it you've stopped making poor choices, and started making **life** choices! Visit the simple tool [My Life Check Assessment](#) and [The Simple 7](#) that have been created thanks to the science and research volunteers of the American Heart Association. This tool will help you know where you stand on your road to good health.

Life's Simple 7 Heart Health Factors are:

- Get Active
- Control Cholesterol
- Eat Better
- Manage Blood Pressure
- Lose Weight
- Reduce Blood Sugar
- Stop Smoking

Visit <http://mylifecheck.heart.org/> to take the My Life Check Assessment for free and to learn about The Simple 7 and how each factor plays an important role in heart disease.



## WORKWELL WEBINARS



The Office of Chronic Disease Prevention and Health Promotion along with our partners will be providing the opportunity for you, as workplaces to join us in monthly webinars. These webinars will take place on the 1st Tuesday of each month from 12:30-1:00 central time. An email will be sent out with information on how to log into these webinars. Topics will cover health and wellness in the workplace. Please look for information to come.



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## NATIONAL HEALTH OBSERVANCES

### December 2013

#### Safe Toys and Gifts Month

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

#### December 1 - 7

#### National Hand Washing Awareness Week

[www.henrythehand.com](http://www.henrythehand.com)

### January 2014

#### Cervical Health Awareness Month

[www.nccc-online.org](http://www.nccc-online.org)

#### National Birth Defects Prevention Month

[www.nbdpn.org](http://www.nbdpn.org)

#### National Glaucoma Awareness Month

Prevent Blindness America  
[preventblindness.org](http://preventblindness.org)

#### National Radon Action Month

U.S. Environmental Protection Agency  
[www.epa.gov/radon/nram](http://www.epa.gov/radon/nram)

#### Thyroid Awareness Month

[www.thyroidawareness.com](http://www.thyroidawareness.com)

#### January 6 - 12

#### National Folic Acid Awareness Week

[www.folicacidinfo.org](http://www.folicacidinfo.org)

### February 2014

#### American Heart Month

[www.heart.org](http://www.heart.org)

#### AMD/Low Vision Awareness Month

[www.preventblindness.org](http://www.preventblindness.org)

#### Dental Health Month

American Dental Association  
[www.ada.org](http://www.ada.org)

#### February 1

#### National Wear Red Day

National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)

#### February 7 - 14

#### Congenital Heart Defect Awareness Week

[tchin.org/aware](http://tchin.org/aware)

#### February 14

#### National Donor Day

[www.organdonor.gov](http://www.organdonor.gov)

**The following National Health  
Observances can be found at:**

<http://welcoa.org/observances/>

<http://healthfinder.gov/NHO/>