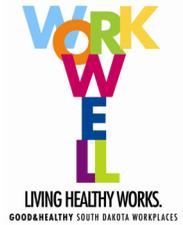


## Working on Wellness

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

### Create a Thriving Organization

The WorkWell summit was held in Mitchell on October 2nd with around 70 in attendance. Worksites had the opportunity to hear national level keynote speakers David Hunnicutt and Michelle Segar. We are pleased with over half in attendance to be new to the summit! Visit [www.goodandhealthysd.org](http://www.goodandhealthysd.org) for all WorkWell updates and resources.



### WorkWell in Your Worksite

Employees spend a large portion of their lives at work each day. Providing a healthy and sustainable work environment helps to promote productivity and create a culture of employees that value the health of their surroundings. Make sure you are contributing to the health of yourself and the environment whether you're an employer or an employee. Providing worksite wellness programs can improve employee satisfaction, reduce stress, decrease absenteeism, and increase productivity. Consider implementing these or similar initiatives for wellness at your workplace.

- Establish programs for exercise during the workday
- Implement a no-smoking policy and provide resources for tobacco cessation
- Allow flexible work schedules and telecommuting
- Encourage personnel to take the stairs
- Select worksites close to public transportation, walking trails, fitness facilities, and other amenities



Recently, one of our grantees educated the audience at their annual conference about implementing active office display within their worksite. Also implemented during the conference was a walking challenge.

The conference provided opportunities for individuals to learn more about the importance of improvement in personal and corporate health.

The Department of Health offers grant opportunities throughout the year for worksites. [Click here](#) to view current funding opportunities.

### American Diabetes Month

#### South Dakota's Successful Implementation of the National Diabetes Prevention Program

Over 200,000 South Dakotans have prediabetes, a condition that increases the risk of developing type 2 diabetes. As incidence continues to rise, South Dakotans are taking steps to prevent type 2 diabetes. If no lifestyle change is made, 15 to 30 percent of individuals with prediabetes will progress to type 2 diabetes within five years. Having diabetes increases the risk of health complications, such as high blood pressure, stroke, kidney failure, vision impairment or blindness, limb amputation, and more. The National Diabetes Prevention Program assists adults with prediabetes, or those at risk for developing type 2 diabetes, to make sustainable healthy lifestyle changes that prevent or delay the onset of type 2 diabetes. Since 2013, over 250 South Dakotans have attended the National Diabetes Prevention Program via face-to-face or virtual programs.

**SUCCESS** "I'm in my 50s and still don't have diabetes. Every year I can put that off is an achievement. It's one of my health goals, and I am glad that this program stands with me on that important point. I need support to sustain behaviors. This program includes a "time" goal. In a year, they want us to still be accountable and at our target. So I will because by signing up, I'm saying I'm 'in' for the whole year-long program. Anyone living with prediabetes or diabetes knows it can be a difficult journey. Prevention really is the best medicine. I wish it for others I know who are prediabetic. I wish them better health, delayed diabetes, and optimism."

[Click here](#) to learn more about the National Diabetes Prevention Program.