



Working on Wellness

Wellness Newsletter from ODCPHP

SUMMER 2016 • Issue 28

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WorkWell Partnership Webinar

The Office of Chronic Disease Prevention and Health Promotion along with the WORKWELL Partnership invite you to partake in our monthly webinars. The webinars will take place on the first Tuesday of each month from **12:30-12:45 pm CT**.

June 7, 2016 — SD Department of Health Diabetes Program

July 5, 2016 — Dakotacare

August 2 2016 — Avera Health Plans

Steps to Wellness: Physical Activity for the Workplace Grant Opportunity

The **South Dakota Department of Health** is excited to offer Year 4 of the Steps to Wellness grant initiative to support physical activity in the worksite through policy and environmental change across the state! **Ten worksites** will be selected to participate in this policy and environment focused project to encourage active employees. Selected worksites will receive technical assistance, training and grant dollars to assess, plan, implement and evaluate physical activity strategies and policy.



Applications will be available at www.healthysd.gov/fundingopportunities under the physical activity tab on **September 19th, 2016!** Please contact Nikki Prosch at nikki.prosch@sdsdstate.edu or 605-882-5140 for more information!



SAVE THE DATE! — 2016 Sioux Falls WorkWell Summit



Date: September 21, 2016

Time: 8 am — 4:30 pm

Location: Sioux Falls Ramkota, Annex Room

Keynote: John Graci is an Author, Consultant, and Leadership Adviser with more than 20 years of management experience in production, office, union and non-union environments.

Join us for a **Networking Mixer** following the summit at the Annex Room (Ramkota) from 4:30 — 6 pm. Light appetizers will be served.

Summit highlights include:

- Recognize the advantage created by integrating each generation's strengths
- Understand how leaders who impose their personal values impact employee motivation
- Discover how a leader's behavior impacts team work
- Understand consequences of ineffective job instruction, communicating expectations & providing feedback
- Identify common pitfalls of communicating change and recognizing employees.

TAKE ACTION... Improve Bicycle Safety for Adults and Children!

Everyone can

- **Follow the rules of the road.** In all 50 States, bicycles are considered vehicles or bicyclists are considered operators of vehicles.
- **Use turn signals, yield to pedestrians, keep right when traveling slower** than other traffic, obey their State's traffic laws, and patiently share the road with each other.

Bicyclists can

- **Be predictable.** Signal your intentions to others (use hand signals, look over your shoulder before changing lanes, ride in a straight line on the right side of the road). Expect that other vehicles do not see you.
- **Go with the flow of traffic, not against it.** Drivers are not expecting to see bicyclists approaching them from the front, to make sudden turns across several lanes, or to come out from between parked cars or behind shrubbery.
- **Be ready to stop at driveways and intersections.** This is easier to do if you are not distracted by electronic devices. We need to be alert to pick up information about traffic around us, so do not put yourself at a disadvantage by texting or by using ear buds or headphones while you're riding.
- **Watch for uneven pavement, potholes, wet leaves, storm grates or other roadway changes** that could cause you to lose balance.
- **Ride on bike paths and bike trails if they are available** in your community and give parked cars about a 3-foot berth in case someone opens a door in your path. If you are riding on a sidewalk, you must yield to pedestrians and it is a good idea to let them know you are about to pass them. Riding on a sidewalk may not be a safe or legal place to ride.
- **Make yourself and your bicycle visible at all times**, especially at night and in dim light by wearing bright, reflective clothing, and using white lights in front and red reflectors or lights in the rear as required by all States. Drivers cannot see you if you are dressed in dark colors at night.
- Regardless of your age or skill, **wear a properly fitted, certified helmet** on every ride. Check the Consumer Product Safety Commission's Web site, www.cpsc.gov, for recalls of defective helmets.
- **Ride sober.** Alcohol affects balance, judgment, and reaction time, among other things, so don't let your friends ride drunk which increases the risk of a crash.

Drivers can

- **Be predictable.** Signal your intentions to others and anticipate what other road users may do.
- **Turn off cell phones.**
- **Allow enough room when passing bicyclists**, as you would when passing another vehicle. A single lane does not allow enough room for both a bicycle and your vehicle. Give extra room around children on bicycles because they can be unpredictable.
- **Stop and give assistance** if you strike a bicyclist, call 911 as necessary. Driving away from the crash constitutes a hit-and-run which is a serious crime in all States.

Visit www.nhtsa.gov/Bicycles for information about fitting helmets, safety tips, activities for children, Safe Routes to School, and how to be a "Roll Model."



Introducing MyPlate Challenges!



Interested in a little friendly competition? Check out SuperTracker's new online challenge platform – MyPlate Challenges. MyPlate Challenges encourage healthy eating and physical activity for [SuperTracker groups](#). Anyone can create a SuperTracker group and invite others to join, e.g. teachers, parents, worksite wellness coordinators or health professionals. Choose from a ready-made challenge or design your own challenge.

Source: Choose My Plate, www.choosemyplate.gov

Tobacco Free Policies

Extended **Tobacco-Free Workplace Policies** can actually help tobacco users get healthy. Tobacco-free policies are not solely designed to protect non-smokers from secondhand smoke, but rather are also intended to encourage employees to improve their health by quitting the use of tobacco products. Tobacco-free campuses create work environments in which tobacco users find it easier to reduce their consumption or quit altogether. Here is a list of available model policies:

- [Model Business Tobacco-Free Policy](#)
- [Tobacco-Free School Model Policies](#)
- [Model Healthcare Facility Tobacco-free Policy](#)
- [Model Smoke-Free Lease Addendum](#)
- [Sample Smoke-Free Child Care Policy](#), Breathe Easy Maine
 - Sample tobacco-free outdoor area policies from [Sioux Falls](#), [Milbank](#), and [Timber Lake](#)
 - Webinar: [Tips for Working on Tobacco-Free Policies](#), 2015 South Dakota Community / School Partnership Grantee webinar series



The South Dakota QuitLine

The South Dakota QuitLine provides free professional, telephone-based coaching to help tobacco users quit. When tobacco users call, a "quit coach" helps them create a personal plan and schedules convenient follow-up coaching sessions. Callers can get:

- Free professional advice,
- Free quitting tobacco workbooks and materials,
- Free nicotine withdrawal medication, and
- Referral to local cessation services, if requested.

The [South Dakota QuitLine website](#) provides information on available services, quit tips, resources and provider information. The [South Dakota QuitLine Facebook Page](#) and [Twitter account](#) provide interactive places for South Dakotans to exchange quitting resources, ideas and information.



**THIS ESTABLISHMENT
IS TOBACCO-FREE.**

Thank you for your cooperation.



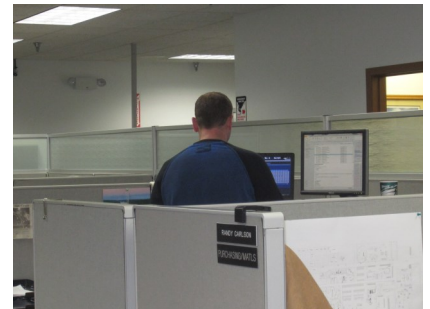
Don't Just Sit There!

The challenge for our project was finding the perfect adjustable workstation that was affordable. With a limited amount of funding through the WorkWell mini grant, we wanted to be able to purchase as many workstations as possible. We also wanted to make sure they were easy to operate and ensure employees are using them throughout the day.

We were able to get buy-in from managers who saw the importance of combating "sitting disease" among their employees. Several managers dipped into their budgets to purchase adjustable workstations for their employees who had tried out the ones purchased with the grant money and wanted one. With the grant money we were able to purchase five workstations and managers purchased an additional five.

The departments that sit the most and don't have a lot of freedom to get up and move throughout the day have benefited the most. Those departments are Human Resources, Customer Service and Purchasing. All of the HR department and Customer Service department employees now have adjustable workstations and half of the purchasing department has them. Frequently throughout the day you will see these employees standing and working at their desks. Several other departments have at least one adjustable workstation with several others hoping to be purchased this year if budgets allow.

Since the project started we have stressed to our office employees the importance of physical activity throughout their day. Employees have become more interested in not only being active at work, but in eating right and losing weight. From January through the middle of February our wellness committee promoted a weight loss challenge that had 44 employees participate in. Over the course of those six weeks, employees lost a combined total of almost 300 lbs. More employees are seen walking on their breaks than ever before and many have purchased Fit Bits and are challenging each other to see who gets in the most steps in a week.



The goal of this project was to combat "sitting disease" among our office employees. Human Resources and the wellness committee developed a plan on how we could raise awareness of this disease and promote activity throughout the day.

Through PowerPoint presentations, posting flyers and an onsite talk from the local physical therapist, we were able to keep the message fresh in our employee's minds each quarter. The message was also enhanced by the wellness committee sponsoring the weight loss challenge in January/February.

The adjustable workstations were purchased in May and June and everyone who wanted to try one out was given that opportunity. A short seminar was conducted in July by the local physical therapist on the dangers of sitting disease. Over the course of the next three quarters, online training and surveys were conducted.

Our short-term goal is to increase the amount of time employees use their workstations throughout the day. It will be important for employees who have them to put reminders in their calendars so they remember to get up throughout the day. The long-term goal will be to increase the number of adjustable workstations in the workplace so everyone has the opportunity to stand at their desk. We will also look to increase the number of employees who get out on the shop floor to get some exercise throughout the day.

It is an important role of HR and the wellness committee to continue to keep reminding employees of the importance of getting physical activity throughout their day. Getting them convinced to get started is the toughest part. Showing them how easy it is to get up at break time and go for a walk it will be easier for them to make it a normal part of their day!

-Horton Inc., Britton

Summer Grilling

One of the best sounds of the summer is that initial sizzle from fresh cuts of meat hitting a hot grill. The American Heart Association recommends substituting chicken or fish for red meats since both have less cholesterol and saturated fat. Fattier fish, such as salmon and trout, also are high in heart-healthy omega-3 fatty acids. Grillers also need to pay close attention to the marinade. Many pre-bottled marinades and barbecue sauces are high in sodium and added sugars like high-fructose corn syrup. The AHA recommends that men limit added sugars to 9 teaspoons a day and women limit their intake to no more than 6 teaspoons a day. Portions are also important during a cookout. People may be relaxed in a family cookout, but they shouldn't fill their plate with just cuts of meat, bread and potato chips. Make half your plate fruits and vegetables, one-quarter protein, one-quarter grain (preferably whole) and add a glass of low or non-fat milk. Try to eat a 'rainbow' of fruits and vegetables. Aim for colorful fruits and vegetables like strawberries, blueberries, cantaloupe, kale, carrots and beets.

Article courtesy of [American Heart Association](http://www.heart.org)

Rosemary-Peach Chicken Kebabs with Orange Glaze

Ingredients

Cooking Spray

1lb. boneless, skinless chicken breasts, cut into 16 1 1/2 -inch pieces

2 large ripe but firm peaches, cut into 16 1-inch wedges

1 large green bell pepper, cut into 16 1 1/2-inch squares

1/4 tsp. pepper and 1/8 tsp. salt

Glaze

3/4 tsp. grated orange zest 3 Tbsp. fresh orange juice

3 Tbsp. chopped, fresh rosemary 1 1/2 tsp. honey

1 1/2 tsp. canola or corn oil

Directions

Lightly spray the grill rack with cooking spray. Preheat the grill on medium. Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14-16 inch metal skewers. Sprinkle the pepper and salt over the kebabs. In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons). Brush both sides of the kebabs with the remaining glaze. Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center



and the vegetables are almost tender, turning once halfway through and brushing with the reserved 2 tablespoons of glaze, using a clean basting brush. Reduce the heat or move the kebabs to a cooler area of the grill if they are cooking fast.

Fruit Kabobs

Ingredients

5 large strawberries, halved

1/4 cantaloupe, cut into cubes

2 bananas, cut into slices

1 apple, cut into chunks

20 skewers

Directions

Thread the strawberries, cantaloupe, banana and apple pieces alternately onto skewers, placing at least 2 pieces of fruit on each skewer. You may choose to add additional fruit such as kiwi, raspberries or grapes. Arrange the fruit skewers decoratively on a serving platter.

Recipe Courtesy of
www.allrecipes.com



Recipe Courtesy of American Heart Association www.heart.org