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## WORKWELL Summit

You are invited to attend the 2015 Sioux Falls WorkWell Summit hosted by the South Dakota Department of Health's WorkWell Partnership. This is a day long event to enhance health and wellness in the workplace. Speakers will include both local and national experts.

**WHEN:** September 10, 2015  
8:00am– 3:30pm

**WHERE:** Best Western Plus Ramkota Hotel  
Washington Room  
3200 West Maple Street  
Sioux Falls, SD 57107

**RESERVATIONS:** Block of rooms are registered under the WorkWell Partnership Summit, Black Hills Special Services. Call (605)-336-1789.



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## WORKWELL Webinar Schedule

The Office of Chronic Disease Prevention and Health Promotion along with the WORKWELL Partnership invite you to partake in our monthly webinars. We as partners look forward to providing you with credible health and wellness information that is geared toward wellness in the workplace. The webinars will take place on the first Tuesday of each month from **12:30-12:45 pm CT**.

**September 1, 2015** — Wellmark Blue Cross Blue Shield

**October 6, 2015** — Regional Health

**November 3, 2015** — Rapid City YMCA

## Healthy Reminder for Fall: Avoid Sitting Disease

“Sitting Disease” is a term used to describe the damaging health effects that a sedentary lifestyle can bring. During the fall months, staying active can seem challenging. It is important to remember to keep moving! Rather than sitting at a desk for most of the day, challenge yourself to stand whenever you have the chance. For example, stand while talking on the phone, stand while eating lunch, or stand while reading emails. Focusing on walking more is another easy way to stay active. Easy tricks are: walking to a colleague's desk instead of calling or emailing, parking your vehicle farther from the worksite, or walking to the farthest restroom in the building.



### The Truth About Sitting

Sitting for long periods of time has been linked to several major health issues like obesity, increased blood pressure, high blood sugar, and abnormal cholesterol levels. Excessive sitting can also increase the risk of death from cardiovascular disease and cancer.

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>



## September: Fruit and Veggies — More Matters Month!

### Make a Rainbow of Colors on Your Plate!

Approximately 90 percent of American children and adults do not get sufficient fruits and vegetables recommended by the most recent Dietary Guidelines for Americans and MyPlate nutrition guide.<sup>1</sup> September is the month to start eating more fruits and veggies. A helpful way to increase your intake is to color your plate! A plate that includes colorful vegetables is not just appealing to the eye. A wide variety of produce also provides your body with a number of health promoting benefits, such as vitamins, minerals and fiber. It's important to eat a wide variety of colorful vegetables and fruits every day.<sup>2</sup> Each color of fruits and vegetables can mean different health benefits.

#### Red

Red fruits and veggies can help prevent against cancers and also help prevent you from getting sick.

#### Orange

Orange fruits and veggies provide antioxidants, vitamin C, and vitamin A. They help fight colds and support eye health.

#### Yellow

Yellow fruits and veggies will give you antioxidants and vitamin C as well! They help to maintain healthy skin and strengthen bones and teeth.

#### Green

Dark, leafy greens can help improve your heart health while veggies like broccoli and zucchini reduce your risk of cancers.

#### Blue

Blue fruits and veggies like blueberries can help with brain function and improve memory.

#### Violet

Violet fruits and veggies can help prevent the risk of various life-threatening diseases.

Sources: <sup>1</sup> <http://www.fruitsandveggiesmorematters.org/September-is+Fruits+%26+Veggies--More+Matters+Month>  
<sup>2</sup> CDC: [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/fruits\\_vegetables/spotlight.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/fruits_vegetables/spotlight.htm)  
[http://www.thelunchbox.org/assets/uploads/documents/Make\\_a\\_Rainbow\\_18x24\\_ENGLISH.jpg](http://www.thelunchbox.org/assets/uploads/documents/Make_a_Rainbow_18x24_ENGLISH.jpg)

## Fall Harvest Recipe: Roasted Marinara and Spaghetti Squash

A healthy meal to make when using up the last of your garden produce! This recipe is a great way to replace a heavy pasta dinner with a healthy veggie-packed meal.



### Ingredients:

- 2 medium spaghetti squash
- 5 lbs of tomatoes (any kinds you have available)
- 10 cloves of garlic (~1/4 cup)
- 1-2 zucchinis
- 2 medium onions (any kinds you have available)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 3/4 tablespoon salt
- Ground pepper to taste
- 1 tablespoon Italian seasoning

### Directions:

For marinara: Preheat oven to 400°F

Wash and chop all vegetables into similarly sized pieces. Toss chopped veggies in roasting pan with olive oil and balsamic vinegar. Sprinkle seasonings over top. Cook for 45-60 minutes, stirring about half way through. Remove from oven and allow to cool. Once cooled, use a slotted spoon to remove veggies from pan. Save any juices in the pan. Place veggies in a blender or food processor and blend until sauce is at desired consistency. Spoon in juices from pan if sauce needs more liquid. Freeze any extra sauce.

For squash: Preheat oven to 450°F

Split squash in half and scoop out the seeds. Season with salt and pepper. Place halves cut-side down on baking sheets. Roast the squash for 45-60 minutes until very tender. After baking, turn squash over and shred with a fork until it looks like spaghetti. Serve each half on a platter and pour sauce on squash. Eat right from the squash skin like it is your own pasta bowl!

Sources: <http://www.foodnetwork.com/recipes/rachael-ray/spicy-roasted-tomato-marinara-with-spaghetti-squash-recipe.html>  
<http://queenbeecoupons.com/roasted-marinara-sauce-recipe-easy-homemade-fresh/>

## October: Breast Cancer Awareness Month

Breast cancer is the most common type of cancer in women. Approximately 1 in 8 women will be diagnosed with breast cancer in their lifetime.<sup>1</sup> Breast cancer is malignant (cancer) cells that form in the tissues of the breast. The cells can also spread to other areas of the body. Early detection of cancer cells can be important for successful treatment. This early detection can happen with breast cancer screenings. Mammogram screenings are done using x-rays to detect cancer cells when it is easiest to treat and before there are noticeable signs and symptoms. Most women ages 50-74 should get a mammogram screening every two years. A woman 40-49 years who believes she might be at risk should ask her doctor to determine when to get a mammogram screening.<sup>2</sup>

### Risk Factors:

- Aging
- Race—breast cancer is diagnosed in Caucasian females more than any other race
- Genetics/family history
- Poor diet and lack of physical activity
- Frequent alcohol consumption
- Long-term use of hormone replacement therapy
- Personal history – having early menstruation or late menopause in life can increase your risk

### Symptoms:

- A lump or pain in the breast
- Thickening or swelling of part of the breast
- A change in the size or the shape of the breast
- Irritation or dimpling of breast skin
- Fluid other than breast milk from the nipple, especially blood

For concerns about these and other symptoms or risk factors, contact your physician right away.



Sources: <sup>1</sup> <http://www.nationalbreastcancer.org/breast-cancer-risk-factors>  
<sup>2</sup> CDC: <http://www.cdc.gov/cancer/breast/pdf/BreastCancerFactSheet.pdf>

## Cold and Flu Season



### How to Protect Yourself and Others From the Flu This Season

**Yearly Flu Vaccination:** The Centers for Disease Control and Prevention recommends everyone ages 6 months and older get a yearly flu vaccine. Getting the vaccine as soon as October or when the vaccine becomes available can help protect you against the flu virus before the flu season begins. However, its never too late to get the flu vaccine during the flu season.<sup>1</sup>

**Avoid Close Contact:** Avoid contact with someone that has a cold or the flu.

**Wash Your Hands:** Washing your hands can help prevent you from being infected by viruses and pathogens that cause illness.

**Avoid Touching Eyes, Nose, or Mouth:** You may touch objects that are contaminated with viruses or pathogens at work. By keeping your hands away from these areas, you can prevent infection.

**Practice Other Good Health Habits:** You should regularly clean and disinfect objects and surfaces at home and work, especially if someone is ill. Also, eating nutritious foods and getting plenty of sleep, healthy fluids, and physical activity can decrease your risk for becoming sick.

### What to Do If You Become Sick

**Stay Home From Work:** Avoiding contact with others will help to stop the spread of the illness.

**Cover Your Mouth and Nose:** Use a tissue to cover your mouth and nose when coughing or sneezing to prevent those around you from getting sick.

**See Your Doctor:** Your doctor may be able to provide you with medications or tips to improve your health.

Sources: <sup>1</sup> CDC: <http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm>  
<sup>2</sup> CDC: <http://www.cdc.gov/flu/protect/habits.htm>



## November: National Diabetes Month



November is National Diabetes Month. During this month, individuals, health providers, organizations, and communities focus on diabetes to promote awareness and prevention.

### Prediabetes

More than one out of three people have prediabetes, and nine out of ten people with prediabetes don't know they have it.<sup>1</sup> Could you be one of them? Prediabetes is a condition in which your blood sugar is higher than normal but not yet high enough to be diagnosed with diabetes. Having prediabetes is still serious. If left untreated, 15% to 30% of people with prediabetes will develop diabetes within five years.<sup>2</sup> Diabetes affects every part of your body. Diabetes increases a person's risk of going blind, developing high blood pressure, decreasing kidney function and more. The best way to combat diabetes is to prevent it. Complete a [prediabetes screening test](#) and talk with your doctor. For more information, resources and videos, please visit the South Dakota Department of Health website: <http://diabetes.sd.gov>.

### Diabetes Self-Management Education

Living with diabetes can make a person feel scared and powerless. Do you want to take control of your condition and feel more confident in managing your diabetes? If you do, Diabetes Self-Management Education is for you. Commonly referred to as DSME, this program is for anyone newly diagnosed with diabetes, those with a change in their diabetic treatment regimen, individuals using insulin pumps, or persons interested in annual diabetes education. Many healthcare facilities offer this program, and some insurance plans have DSME as a covered benefit. To find a program near you, contact your doctor or visit the [Locate Educators interactive map](#) on the South Dakota Diabetes Coalition website.

Sources: <sup>1</sup>CDC: Prediabetes Infographic – <http://www.cdc.gov/diabetes/pubs/images/prediabetes-infographic.jpg>

<sup>2</sup>CDC: What is Prediabetes? – <http://www.cdc.gov/diabetes/basics/prediabetes.html>

## November: Tobacco-Lung Cancer Awareness Month

November is the month to raise awareness of the leading cancer killer of both men and women in the United States. It is also the month to promote prevention and give recognition to all those whose lives have been affected by this disease.

### Risk Factors

- Smoking is the leading risk factor for lung cancer.
- Exposure to radon is the second leading risk factor.
- Other risk factors include exposure to radiation, secondhand smoke, asbestos, air pollution, diesel exhaust, arsenic, and other organic chemicals.
- Family history and genetic factors may also play a role in lung cancer development.

### Symptoms

- Blood when you cough or spit
- Recurring respiratory infections
- Enduring cough that is new or different
- Ache or pain in shoulder, back or chest
- Trouble breathing
- Hoarseness or wheezing
- Exhaustion, weakness or loss of appetite



### Lung Cancer Facts

- Over 221,000 people are diagnosed with lung cancer each year in the U.S
- Approximately 158,000 lives are lost each year
- Lung cancer claims more lives than breast, prostate, and colon cancers combined
- 1 in 13 men will develop lung cancer
- 1 in 16 women will develop lung cancer

Sources: [http://www.freetobreathe.org/images/uploads/FreetoBreathe\\_FactSheet\\_2015.pdf](http://www.freetobreathe.org/images/uploads/FreetoBreathe_FactSheet_2015.pdf)

<http://www.diabetes.org/in-my-community/american-diabetes-month.html>