

# WORKING ON WELLNESS

QUARTERLY NEWSLETTER FROM THE OFFICE OF CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION | SUMMER 2014 | ISSUE 21

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## REDUCE YOUR EXPOSURE

Summer is here and you may spend more time outdoors exposing your skin to ultraviolet (UV) radiation. The skin is the body's largest organ, which protects against heat, sunlight, injury, and infection. However, skin cancer is the most common form of cancer and accounts for nearly half of all cancers nationwide.

The main risk factor for skin cancer is exposure to UV radiation. Sunlight and indoor tanning exposes skin to UV radiation. General risk factors for developing skin cancer include: family/personal history of skin cancer, exposure to UVA and UVB radiation, history of sunburns, skin that burns easily, fair skin color, blue or green eyes, and blond or red hair.



*How can you protect your skin?* – Use broad-spectrum sunscreen with SPF 30 or higher that protects against UVA and UVB rays, wear protective clothing and a wide-brimmed hat, stay in the shade (especially between 10a.m.-4p.m.), wear sunglasses that block UVA and UVB rays, and avoid indoor tanning. When planning your outdoor activities, you can decide how much sun protection you need by checking the [Environmental Protection Agency's \(EPA\) UV index](#). Learn more about cancer prevention from the [South Dakota Comprehensive Cancer Control Program](#).



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

Great participation at the **Rapid City WORKWELL Partnership Summit!**

Thank you to all our partners for making the summit a success and doubling our numbers from last year's summit! To view the presentations visit <http://goodandhealthysd.org/workwellsummit>.

The summer months can be some of the hottest months in South Dakota. Along with a drastic change in temperature, many individuals participate in a variety of different sports and spend prolonged periods of time in the sun during this seasonal change. The human body serves as a great temperature regulator, but without practicing proper safety precautions, it is possible for the body to overheat.

When engaging in physical activity during hot summer days or if you are going to be in the sun for prolonged hours – follow these safety precautions:



- Wear loose-fitting, light-colored clothing
- Invest in clothing with wicking properties that will wick the sweat from your body and aid in evaporation.
- Monitor hydration/fluid intake
  - Drink [plenty of water](#) - even if you don't feel thirsty
  - Take frequent water breaks, especially during intense physical activity
  - Avoid caffeinated drinks such as pop or soda
  - Sports drinks can also be consumed (contains carbohydrate/salt)
- Find shelter in shaded areas
- Watch for signs and symptoms of heat illnesses
- Go outside in the cooler parts of the day, avoiding the sun when it's hottest
- Wear sunscreen

## STAFF FITNESS BREAKS



The Alliance for a Healthier Generation recently released some easy to follow exercise cards that individuals can do at home or while at work. These cards serve as great active break movements for long meetings.

[Access the fitness break cards](#) and get moving!



TAKE THE 125 MILES FOR HEALTH CHALLENGE!

The South Dakota Department of Health is challenging all South Dakotans to walk 125 miles between now and November, in honor of South Dakota's 125 years of statehood! Communities, schools, worksites, childcare centers, faith-based organizations and healthcare settings can all participate.

Visit [HealthySD.gov](http://HealthySD.gov) for more information on how to take the challenge!

## RECIPE FOR SUMMER!

### STRAWBERRY SUNDAE SALAD

#### Ingredients:

1 pint strawberries, rinsed, hulled & sliced	¼ cup fresh orange juice, divided
1 tablespoon sugar	1 lb. (2 cups) cottage cheese, 1%
1 teaspoon grated fresh orange peel	½ cup granola cereal, low-fat
Salad greens	

#### Directions:

1. Combine in electric blender container 1 cup sliced strawberries, 2 tablespoons orange juice and sugar. Cover and process until pureed. Reserve for salad assembly.
2. Mix cottage cheese with remaining 2 tablespoons orange juice, orange peel and granola cereal.
3. Arrange salad greens on 4 individual serving plates, topping each with ½ cup cottage cheese mixture, ¼ cup strawberry puree, and remaining sliced strawberries. Sprinkle with additional granola cereal, if desired.

#### Nutritional Information:

Calories: 183	Carbohydrates: 26 g
Total Fat: 2.1g	Cholesterol: 4.52 mg
Saturated Fat: .92 g	Dietary Fiber: 3.53 g
% of Calories from Fat: 11%	Sodium: 490.41 mg
Protein: 16.24 g	



Recipe Credit: [North Carolina Department of Agriculture and Consumer Science, 2007-2014 Produce for Better Health Foundation.](#)