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Rapid City WorkWell Partnership Summit

Thank you for making the spring WorkWell Partnership Summit a great success! Over 60 business representatives were in attendance. Presentations are now available to view and/or download at www.goodandhealthysd.org/workwellsummit.

On behalf of the WorkWell Partnership we are requesting your support and participation in the WorkWell Employer Survey. We are committed to developing resources and evidence-based interventions that support your worksite wellness efforts.

Your input will help us to develop programming beneficial for all South Dakota employers to encourage healthy habits to prevent, reduce and manage chronic diseases among employees. Thank you for taking time to share your insights with us.



[Please take 5 minutes to complete the survey.](#)

WORKWELL Partnership Webinars

The Office of Chronic Disease Prevention and Health Promotion and the WorkWell Partnership invite you to partake in our monthly webinars. We 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 p.m. Central Time.**

June 2, 2015 — Avera Health Plans

July 7, 2015 — DAKOTACARE

August 4, 2015 — South Dakota Department of Health



LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

Eat your **WATER** for Good Hydration

WATER IS ESSENTIAL FOR GOOD HEALTH. We should consume about two quarts of liquid per day. Your water consumption does not have to just come from the tap. **SOME FRUITS AND VEGETABLES ARE COMPOSED PRIMARILY OF WATER.** Not only do you feel full because of the bulk of the food, but also water is absorbed by the body. Source: Wellmark



Strawberries
92 percent water



Cucumber
96 percent water



Watermelon
92 percent water



Tomato
94 percent water



Pineapple
84 percent water



Lettuce
96 percent water



Apple
87 percent water



Spinach
92 percent water



Grapes
81 percent water



Broccoli
91 percent water

Summer Farro Salad with Tomato, Cucumber & Basil



- ° Olive oil, for cooking
- ° 1/4 cup finely chopped basil
- ° 2 cups farro (uncooked)
- ° 4 cups chicken or vegetable stock
- ° 1/4 cup red wine vinegar
- ° 2 tablespoons olive oil
- ° 1/2 large cucumber, diced
- ° Salt and ground black pepper
- ° 1 pint cherry or grape tomatoes, halved or quartered
- ° 2 large shallots (or 1 sweet onion), finely chopped

Heat a few tablespoons olive oil in a heavy saucepan over medium heat. Add the shallots and sauté until translucent, about 5 minutes. Add the farro and cook, stirring to coat each grain, 1 to 2 minutes.

Pour in the stock and bring to a boil. Reduce heat to a simmer, cover, and cook until farro is soft but still chewy in the center, about 12 minutes. (If there is more than a tablespoon or two of leftover stock, strain it out.)

Cool the farro to room temperature. Add the red wine vinegar and olive oil, and stir to combine. Fold in tomatoes, cucumbers, and basil. Season with salt and pepper, and adjust vinegar and oil amounts to taste. Serve chilled or at room temperature. **ENJOY!**

Source: <http://www.thekitchn.com/recipe-summer-farro-salad-with-tomato-cucumber-amp-basil-recipes-from-the-kitchn-193060>

UV Exposure and the Workplace

Overview. Skin cancer is the most commonly diagnosed preventable cancer in the United States. There are three types of skin cancer including basal and squamous cell carcinomas and melanoma. Basal and squamous cell carcinomas are the most common and highly curable types; however they can be costly and disfiguring.¹ Melanoma is the most serious form of skin cancer and is responsible for 75% of skin cancer deaths in the United States.²

Key Facts. The number of new cases of skin cancer diagnosed has been increasing in the United States over the past 30 years and could be prevented by reducing exposure to ultraviolet (UV) radiation, the primary cause of skin cancer.³ Current estimates are that one in five Americans will develop skin cancer in their lifetime.⁴ In 2011, there were 186 reported cases of melanoma of the skin reported in South Dakota.³

Prevention and the Workplace. Early detection and prevention is the best way to protect skin from the sun and prevent skin cancer. The Centers for Disease Control and Prevention recommends practicing the following to reduce your UV radiation exposure and risk for skin cancer:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and both UVA and UVB protection.
- Avoid indoor tanning.

Creating a worksite environment that supports UV protection is one example of a preventative practice which benefits both employees and employers. Developing and adopting a policy which creates a worksite environment that supports UV protection for all employees is a proven strategy that aims to target awareness and prevention of skin cancer. The [Worksite UV Protection Model Policy](#) is a resource available from the South Dakota Department of Health to help guide your worksite to develop a policy that supports employee health and meet the needs of your worksite. For additional information and workplace model policies, visit www.goodandhealthysd.org/workplaces/policies.



Risk Factors for Skin Cancer

- Lighter natural skin color
- Family history of skin cancer
- Personal history of skin cancer
- Exposure to UVA and UVB radiation from the sun and indoor tanning beds
- History of sunburns early in life
- Skin that burns, freckles, or reddens easily
- Blue or green eyes, blond or red hair
- Certain types and a large number of moles; consult a doctor if you notice changes in your skin such as size, shape, or color of a mole or other skin lesion or the appearance of a new skin growth
- Extended time spent outdoors

¹ Centers for Disease Control and Prevention Skin Cancer, <http://www.cdc.gov/cancer/skin/>

² American Cancer Society, Facts and Figures 2014, <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/index>

³ Melanoma in South Dakota, 2012, SD Cancer Registry, <http://getscreened.sd.gov/documents/Melanoma2012.pdf>

⁴ Skin Cancer, American Academy of Dermatology, <http://www.aad.org/>

National Immunization Awareness

August, National Immunization Awareness Month, encourages all people to protect their health by being immunized against infectious diseases. You may not realize that you need vaccines throughout your adult life. Three reasons vaccines are still important to your health are listed below.

1. You may be at risk for serious diseases that are still common in the U.S.
2. You can protect your health and the health of those around you by getting the recommended vaccines.
3. You can't afford to risk getting sick.



As you think about these three reasons, know that getting vaccinated as an adult is easier than you think and is safe as vaccines are tested and monitored, side effects are usually mild and temporary and they are one of the safest ways to protect your health. If you need help finding a vaccine provider near you, go to <http://vaccine.healthmap.org> and be sure to check with your insurance provider for your in-network health providers.

Sources:

- <http://www.cdc.gov/vaccines/hcp/patient-ed/adults/downloads/fs-three-reasons.pdf>
- <https://www.nphic.org/niam/>

Healthy Vending & Snack Bar Policy Project

15 worksites from across the state will get the opportunity to work with the South Dakota Department of Health to incorporate healthy food and drink items in their vending machines and snack bars. Participating worksites will receive training, a Healthy Vending and Snack Bar Toolkit, professionally formatted promotional signage, technical assistance and grant dollars.

Applications will be available May 25, 2015 on the [HealthySD Website!](#)

For more information contact Megan Hlavacek: Megan.Hlavacek@state.sd.us or 605-598-6277.

Physical Activity in the Workplace

The South Dakota Department of Health is pleased to announce Year 3 of the Steps to Wellness grant initiative to support physical activity in the worksite through policy and environmental change. Ten worksites across the state will be selected to participate in this physical activity opportunity. Selected worksites will receive *technical assistance, training, resources and grant dollars* to assess, plan, implement, and evaluate physical activity strategies and policy in their worksite.

Applications will be released August 2015 on www.healthysd.gov and www.goodandhealthysd.org/workplaces! For more information on getting your employees active or on this grant opportunity, contact Nikki Prosch: nikki.prosch@sdstate.edu.

