

Working on Wellness

Wellness Newsletter from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

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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.**

November 1, 2016 — SDSU Extension

December 6, 2016 — SD Department of Health Tobacco



Steps to Wellness: Physical Activity for the Workplace Grant Opportunity

The **SD 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. Since the start of the Steps to Wellness project in 2013, a total of 27 worksites have been awarded funds to implement physical activity efforts. The application is available at www.healthysd.gov/fundingopportunities under the physical activity tab.

Applications are due by Friday, October 14, 2016.

Contact Nikki Prosch at nikki.prosch@sdstate.edu or 605-882- 5140.



2016 Sioux Falls WorkWell Summit

The **2016 Sioux Falls WorkWell Summit** was held at the Ramkota Conference Center on Wednesday, September 21, 2016. Pictured right is Keynote Speaker John Graci, Director of Leadership Training at MRA.

Approximately 90 business, human resource and wellness representatives shared ideas and techniques on how to approach wellbeing in their workplaces.

[Click here](#) to view presentations and handouts from the Fall 2016 Sioux Falls WorkWell Summit.



Voyage FCU Success Story

The value of “employee health” at Voyage Federal Credit Union is something that didn’t mean much prior to 2010; but it has changed quite a bit since 2013 — all for the better! Employee health and well-being has become quite successful over the past several years at our organization including a complete change of our mission, values and name to how we think and offer well-being to our employees.

We knew we wanted to provide something extra and different for our employees. We knew we did not have all the “big bank” opportunities but we knew a “small bank” feel could make a bigger impact. In 2012 we were fortunate to learn about the South Dakota WorkWell Mini Grant and how that could help us impact our employees’ well-being with education, resources, opportunities and a partnership. We applied for the grant and are happy to say we were awarded funds to support our mission and values then and we are still recipients of the grant today – four years later!

When we started in 2013 we knew it was our employees that mattered and we needed to learn from them what they wanted. Surveys and a wellness team that was dedicated to success uncovered activities, incentives and education that were warranted and wanted. We took advantage of the great community in which we live and partnered with wellness centers, personal gyms, health advocates and people that had the same values we did and provided education in a group setting along with team building activities that keep our employees engaged. Drawings and incentives were used for participation and leaders kept everyone headed in the same direction. The one thing we wanted was more involvement. We also were not afraid of change and to ask for feedback. Feedback told us we need to focus more on the individual; they wanted to know more about their health and well-being so that is when our program took a more personal approach with biometric screenings, health risk assessments and the opportunity to visit with a health coach annually. Our participation jumped to 60% and the conversations changed! We then knew what challenges to have, what education to bring our employees and what resources we needed to have available. We created and launched our FITbit initiatives. Challenges could be tracked using your FITbit and Voyage awarded monies to help offset the cost of the FITbit. They were successful!



In 2015, taking care of our employees’ well-being became part of our **CULTURE!** Our snacks changed, our break activities changed, we got to know our neighbors and it began to feel different. We didn’t lose sight of what our employees wanted which was the individual spin, and because of the WorkWell grant we didn’t have to lose that. Screenings, the HRA and coaching remained consistent, and this year they were able to compare numbers which was a lot of fun. We also know that we can’t lose sight of employee feedback and the need to keep it fresh. We can’t let it get pushed to the back burner and it is something we talk about monthly as a group. This year we went all out and listened to our employees and now have an online portal that brings all our well-being information together. Our individual health record for the past couple years is housed there, challenges are pushed forward monthly with a mix of group and individual activities and we have a variety of resources for education. We still have our struggles, but now we watch for them and address them right away. We will be doing one-on-one education for those employees that want to know a little more about the online portal and how to utilize it to its fullest potential. Our screenings and coaching visits are coming up in June, and we just wrapped up our involvement in the Big Squeeze (a huge community event focused on the risks of high blood pressure). Our next challenge coming up is a 10,000 step challenge which will involve our FITbits. This was a company-supported opportunity a couple years back and we continue to stay committed and engaged. This is our VOYAGE!

Original Label

New Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

THE LOOK

1. SERVINGS

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously ½ cup and now is ¾ cup. There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. CALORIES

“Calories” is now larger and bolder.

3. FATS

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. ADDED SUGARS

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. NUTRIENTS

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount in grams in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium. The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. FOOTNOTE

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

[Click here](#) or more information on the new nutrition label.

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

New: added sugars

Change in nutrients required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Screening and Early Detection

October is Breast Cancer Awareness Month. Are you doing all you can to prevent breast cancer? Screening tests are used to find breast cancer before it causes any warning signs or symptoms. Screening tests can find breast cancer early, when the chances of survival are highest. Regular screening tests (along with follow-up tests and treatment if diagnosed) reduce your chance of dying from breast cancer.

1. Know your risk

- Talk to both sides of your family to learn about your [family health history](#)
- Talk to a health care provider about your risk of breast cancer

2. Get screened

- Talk with a health care provider about [which screening tests are right for you if you are at higher risk](#)
- Have a [mammogram](#) every year starting at age 40 if you are at average risk
- Have a [clinical breast exam](#) at least every three years starting at age 20, and every year starting at age 40
- Sign up for your screening reminder at komen.org/reminder

3. Know what is normal for you and see a health care provider if you notice any of these breast changes ([see images](#)).

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a [healthy weight](#)
- Add [exercise](#) into your routine
- Limit [alcohol](#) intake
- Limit [menopausal hormone therapy](#) (postmenopausal hormone use)
- [Breastfeed](#) if you can



Source: <http://ww5.komen.org/BreastCancer/HealthyBehaviors&Risk.html>

OCTOBER IS BREAST CANCER AWARENESS MONTH!

Don't let your bottom line go up in smoke.

THREE THINGS YOU CAN DO TO HELP YOUR EMPLOYEES GIVE UP TOBACCO:

1

Make Your Workplace 100% Smoke Free

A tobacco free environment is a safer, healthier workplace and helps support tobacco users who want to quit. [Click here](#) to view the Tobacco-Free Business Model Policy.



2

Educate on the Importance of Cessation

Promote [The South Dakota QuitLine](#) in your workplace. The SD QuitLine offers free phone coaching, medication and resources to eligible tobacco users.

3

Provide Employees with Information about the Dangers of Tobacco Use

Encourage your employees to access evidence-based resources, support and incentives that help them quit. Visit <http://doh.sd.gov/catalog> for free educational materials.

—————Pumpkin No Bake Energy Bites—————

Ingredients

8 oz. (1 packed cup) chopped dates	1/4 cup honey	1/4 cup pumpkin puree
1 Tbsp. chia seeds or flax seeds	1 tsp. ground cinnamon	1/2 tsp. ground ginger
1 cup toasted coconut flakes	1/4 tsp. ground nutmeg	Pinch of salt
1 cup old-fashioned oats (dry, not cooked)		

Directions

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor and pulse until smooth and combined. Transfer the mixture to a large bowl and stir in the oats, coconut flakes and pumpkin seeds until evenly combined. Cover and refrigerate for at least 30 minutes. Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Ours were about 1-inch in diameter.) Alternately, you can line a small baking pan with parchment paper, press the mixture evenly into the pan, let it cool and then cut into bars. Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)



Nutrition Information per serving: makes 16 bites | serving size: 2 "bites" | 159 calories | 11g fat
4 g dietary fiber | 17g sugar | 3g protein | 23 g carbohydrates