

### WORKING ON WELLNESS

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion

**HEALTHYSD.GOV**

Live Better. Grow Stronger.



## GO RED, ONE IS TO MANY

Nearly 80 percent of cardiac events can be prevented, cardiovascular diseases continue to be a woman's greatest health threat. One in three women are dying from cardiovascular disease. **Wear RED** on Friday, February 5th to raise and support awareness to help end heart disease and stroke in millions of women all over the nation. Spread the word and SHARE **#WearRedDay!**

## Don't Die of Doubt

Even during the COVID-19 pandemic, it is SAFE for EVERYONE to call 911. It is SAFE for ANYONE to go to the hospital. With COVID, we're seeing big spikes in the number of people not seeking emergency care for cardiac events. Hospitals are still the safest place for you to be when medical emergencies strike. **Don't hesitate or doubt.** Call 911 at the first sign of a heart attack or stroke. **Knock down fears, myths and misinformation and learn more about heart attack and stroke information.**

## Heart-Check Certified Recipes

The Heart-Check mark is helping Americans find heart-healthy recipes they can make at home. Certified recipes have been evaluated by one of the most trusted health organizations to meet specific nutritional requirements. Looking for Heart-Check certified program **RECIPES.**



## WorkWell Grant

The South Dakota Department of Health is excited to release the 2021-2022 WorkWell Grant. All South Dakota businesses are eligible to apply! This is an opportunity for your worksite to send a positive, supportive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through worksite environment and policy change.

**Grant Funds Awarded:** Up to \$2,000 per worksite

**Grant Release:** February 1, 2021

**Grant Submission Deadline:** On or before March 5, 2021 by 5:00 pm CT

**Grant Selection:** April 2021

**Grant Period:** June 1, 2021 – May 31, 2022

**Apply Here:** [Funding Opportunities | HealthySD.gov](https://www.healthysd.gov/funding-opportunities)



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES