

Working on Wellness

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



Good nutrition is really about having a well-rounded diet, and it's easier to do than you may think. Living a nutritious lifestyle can be easy and fun. Nutrition is about more than vitamins—it also includes fiber and healthy fats. Check out these [Healthy Eating Tips](#).

- ✓ Add Healthy Fats
- ✓ Cut the Sodium
- ✓ Bump up your Fiber
- ✓ Aim for a variety of Colors on your plate

Now is more important than ever to prioritize our healthy habits at home. Wellmark offers a variety of NUTRITION resources.

[Hidden Sugars](#)

[Doctors Orders: Eat More Produce](#)

[Fresh Ideas and Old Tricks to Eat More Veggies](#)

[Infused Water, Decked out and Delicious](#)



Visit [HealthySD](#) to create a healthier worksite.

DRESS IN BLUE

What? By wearing blue, you bring awareness to this disease as well as honor all who are impacted by colorectal cancer. Join the mission to end colorectal cancer.

When? Dress in Blue Day is **Friday, March 5.**

Why? In 2021, an estimated **149,500 people** will be diagnosed with this highly preventable disease. They will join more than **1.4 million** colorectal cancer patients and survivors living today.

Go Blue for them!

March Colorectal Cancer Awareness Month



Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people who are 50 years old or older. Of cancers that both affect men and women, colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. [Colorectal cancer screening](#) saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—that can be removed before they turn into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best. About nine out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later.

If you are 50 years old or older, get screened now. If you think you may be at increased risk for colorectal cancer, [speak with your doctor](#) about when to begin screening, which test is right for you, and how often to get tested.

Colorectal Cancer Doesn't Stand A Chance!

GET #BACKONTRACK