

## Working on Wellness

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



### JUNE Practice Summer Safety

Summer is a busy season where we often forget to take extra precaution when enjoying it. Visit the [National Safety Council](#) for **9 Summer Safety Tips for you and your family.**

### Stressed at Work?

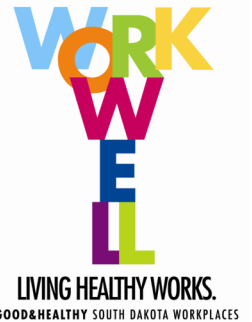
OSHA (The Occupational Safety and Health Administration) deemed stress a "[hazard of the workplace](#)," and estimates put the cost of stress at \$190 billion a year in annual healthcare bills.

You can reduce stress at work with [6 EASY WAYS!](#)



### WORKWELL GRANT

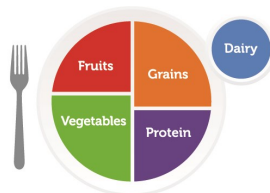
Worksites throughout South Dakota continue to send a positive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through workplace environment and/or policy change.



South Dakota worksites have put great effort into promoting worksite wellness amongst their employees. To date, the WorkWell Program has provided funding to over 100 worksites. These worksites have successfully implemented changes



that include but have not been limited to breastfeeding friendly, healthy foods and beverages, physical activity challenges, ergonomic changes for sedentary workers, blood pressure monitoring with AED/CPR training, sun safety measures, drinking water enhancements and self-care and well-being. We encourage your worksite to apply for funding when available. You can view all funding opportunities by visiting [Good & Healthy SD.](#)



## Start simple with MyPlate

### What's on Your Plate?

#### [TAKE THE QUIZ](#)

Build healthy eating habits one goal at a time this summer. You can download the [Start Simple](#) with MyPlate app.

