

WORKING ON WELLNESS

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

MANAGE YOUR SUGAR INTAKE DURING THE HOLIDAYS

Balancing your sugar intake during the holiday season is no simple task. Family gatherings, office dinners, and cocktail parties come full-on with sugary treats and dishes making it harder to stick to your dietary goals, or better yet, stay away from the occasional sweets. However, with all the temptations before you, it's possible to balance your sugar intake during the holiday season. The key is to indulge wisely, create healthier alternatives to your holiday favorites, control your portion sizes, and remember to stay physically active.

HEALTHY HOLIDAY RECIPES!

- ◆ [Balsamic Berry Vinaigrette Winter Salad](#)
- ◆ [No-Sugar-Added Sweet Potato Casserole](#)
- ◆ [No-Sugar-Added Cranberry Sauce](#)
- ◆ [Healthy Hot Chocolate](#)

PREVENTING CHRONIC DISEASE

The SD Department of Health and its chronic disease partners are pleased to share a recording that shares resources for individuals with chronic conditions. **Healthcare Professionals and Employers** can help prevent and control chronic diseases! This recording highlights the following evidence-based chronic disease programs in South Dakota:

- ◆ Better Choices, Better Health SD
- ◆ Cardiac Ready Communities
- ◆ Community Health Worker Collaborative of SD
- ◆ SD QuitLine
- ◆ All Women Count!
- ◆ National Diabetes Prevention Program
- ◆ Diabetes Self-Management Education & Support Program
- ◆ Fit & Strong
- ◆ Walk with Ease
- ◆ Partners in Prevention
- ◆ Self-Measured Blood Pressure



Access the recording [HERE](#).

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CHALLENGE YOUR EMPLOYEES

This holiday season, and beyond, bring a healthy competitive spirit into the workplace with a company fitness challenge. Challenges are engaging activities that help employees become healthier and happy. Working to implement wellness can attribute to sustaining healthy lifestyles. In return, these initiatives can enhance return on investment, improve employee morale, reduce absenteeism, decrease healthcare costs, retain key staff, and increase productivity.



HOLIDAY INSPIRED CHALLENGES:

- ◆ Get in 10,000 steps a day.
- ◆ Drink half of your body weight in ounces of water.
- ◆ Pack a healthy lunch that includes ½ cup fruit and ½ cup vegetables.
- ◆ Schedule your health screening.
- ◆ Track daily spending.