

Nutrition & Physical Activity (NPA) Program Priority Projects



Promoting and providing support for healthy eating and regular physical activity is foundational to the work the NPA program is doing to ensure all South Dakotans achieve optimal health to prevent and reduce chronic disease. **Some of the priority projects we lead in collaboration with partners include:**



Park Rx

HealthySD.gov/park-rx

South Dakota's medical professionals are invited to participate in the Park Rx program and prescribe exercise for their patients. Patients fill the prescription by visiting any South Dakota State Park to receive a FREE day in the park or a discounted annual pass. The program is administered by the South Dakota Department of Health in partnership with South Dakota Game Fish & Parks and SDSU Extension. This program encourages South Dakotans to be more active and take advantage of our many amazing state parks to work on wellness!



Move Your Way®

HealthySD.gov/move-your-way

Regular physical activity can prevent and treat chronic disease, improve mental health, and enhance overall quality of life. And yet, many South Dakotans aren't meeting the recommended amounts. The Move Your Way® South Dakota Playbook takes a community-level approach to promote, support, and encourage physical activity.



Active Transportation

HealthySD.gov/newly-revised-active-transportation-checklist

Developed to assist communities looking to increase physical activity among residents of all ages and abilities by increasing access. The Active Transportation Checklist helps community leaders start conversations about walkability, improving the built environment, and gives a snapshot of the process to get started. It's a call to action for leaders and advocates working to increase physical activity.



Breastfeeding-Friendly Business

HealthySD.gov/category/breastfeeding+workplace

South Dakota businesses are encouraged to take the pledge to show they are willing to provide an environment where mothers can breastfeed in public spaces and enjoy a welcoming attitude from staff, management, and other patrons. Breastfeeding-friendly environments improve morale, and businesses consistently report higher productivity. Taking the pledge demonstrates a commitment to mothers, children, and families in our South Dakota communities.



Workwell

GoodandHealthySD.org/resources/workplace-wellness-toolkit

Workplace wellness is a growing practice that provides worksites with information to encourage healthy habits and prevent chronic diseases among employees. Our toolkit helps employers promote healthy lifestyles to prevent, reduce and manage chronic disease.



Harvest of the Month

HealthySD.gov/category/harvest+schools

This FREE teaching program can be used by parents, educators, student mentors, childcare providers and anyone interested in helping kids get excited about eating more fruits and vegetables! Each fruit and vegetable featured comes with a set of educational materials to make learning tasty and fun.



Munch Code

HealthySD.gov/category/munch-code+workplace

This color coded labeling program reminds us to choose snacks carefully. The South Dakota Healthier Vending and Snack Bar Toolkit was developed to help make it easier for employers and worksites to reinforce healthy snacks. When we snack healthier, we eat healthier!

Goals & Strategies supported by the Nutrition & Physical Activity (NPA) Program

Our Program works to align with the objectives outlined in HP2030, and to provide evidence-based information to support the mission and goals outlined in the Strategic Plans developed by the South Dakota Department of Health and our partners. **Following are featured goals and strategies taken directly from other programs' strategic planning documents that crosscut between or overlap with NPA Program priorities:**

SD Opioid Abuse Strategic Plan (2021-2024)

GUIDING PRINCIPLES

Promote evidence-based practices in medicine, behavioral health, and prevention.

GOAL

Prevention and early identification.

STRATEGY 4

- Enhance supports for alternative pain management strategies through expanded partnerships and awareness efforts.

SD Cardiovascular Collaborative Strategic Plan (2022-2026)

MISSION

To improve quality of life for all through prevention and management of cardiovascular disease and associated risk factors.

GOAL II

Optimize health through prevention of chronic diseases.

STRATEGIES

- Promote increased physical activity across the lifespan.
- Promote healthy food and beverage consumption.
- Support healthcare professionals in counseling patients about risk factors and making referrals to prevention programs.
- Support implementation of K-12 holistic health education programs.

SD Cancer Plan (2021-2025)

MISSION

Working together to reduce cancer incidence and mortality while improving quality of life for cancer survivors.

GOAL II

Optimize health through prevention of chronic diseases.

STRATEGIES

- Promote adoption of healthy community design principles and equitable access to safe places and spaces to be physically active.
- Engage and support healthcare professionals in counseling and referral of patients on healthy eating and physical activity.
- Implement school, worksite, and community policies that support healthy, active lifestyles.
- Encourage cross-collaboration and consistent promotion of the 2018 Physical Activity Guidelines for Americans through equitable platforms.
- Promote enrollment into evidence-based physical activity programs for priority populations.
- Support healthy eating and physical activity opportunities among early childhood education and school-aged youth.
- Implement worksite and community policies that support breastfeeding.

SD Diabetes State Plan (2022-2027)

MISSION

Collaborating to prevent diabetes and improve the quality of life for all South Dakotans affected by diabetes.

GOAL I

Enhance public awareness and promote diabetes prevention, management services and resources.

STRATEGIES

- Develop and promote educational resources, evidence-based programs, and awareness tools.
- Promote the UndoTheRisk.com, Good and Healthy, and HealthySD websites.
- Promote school, worksite, community, and healthcare policies and environmental changes that support healthy, active lifestyles.

GOAL II

Improve and expand screening and diabetes prevention and management service referral

STRATEGIES

- Promote provider referrals to evidence-based diabetes prevention and management programs/services.
- Strengthen processes for referring patients to diabetes prevention and management services/programs.