

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program



November 2022

November is Diabetes Awareness Month

One in three adults have prediabetes, and most don't know it! Take the **TEST** to find out if you have prediabetes. You can Undo Prediabetes by making these **FOUR** a priority!



MANAGE WEIGHT

- Set Manageable Goals.
- Keep a Food Diary.



GET ACTIVE

- Make Physical Activity a Priority.
- Stick to a Schedule.



EAT HEALTHIER

- Incorporate Salads into Daily Nutrition Plan.
- Roast, Broil, Grill, Steam, or Bake. Avoid Frying.



QUIT SMOKING

- Consult with your Doctor.
- 1-866-SD-QUITS.

WWW.UNDOTHERISK.COM

**Eat Smart, Move More...
Maintain, don't gain!**

HOLIDAY Challenge

Maintain, don't gain this holiday season with the 16th annual Holiday Challenge! This FREE 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.

REGISTER HERE

THANKSGIVING TURKEY



R Finish the race before you stuff your face! Burn off your pre-Thanksgiving meal calories with a run/walk by participating in a local Turkey Trot in your community or create your own one with family and friends. Check with your community or set one up now as Thanksgiving is right around the corner. Gobble, Gobble!

- WorkWell Grantee Spotlight -

The South Dakota Department of Health's WorkWell program provides support for South Dakota businesses to implement or expand current employee wellness initiatives. We love to see worksites that value the health and well-being of their employees and support a culture of wellness through policy and environmental changes! Two grantees, **Monument Health** and **Black Hills Surgical Hospital**, are implementing a breastfeeding intervention making improvements to lactation rooms and adding more lactation locations.



Having breastfeeding at work benefits:
You can pump in your own office or see have private areas with a door that can be locked in the following locations:

Monument Health Rapid City Hospital
1st Floor by East Auld - 11001
2nd Floor (E) - 5268 (Badge Access Needed)
3rd Floor (W) - 5273 (Badge Access Needed)
4th Floor (H) - 5435 (Badge Access Needed)
7th Floor - 11017
10th Floor - 11017

Monument Health Orthopedic & Specialty Hospital
2nd Floor Admin hallway - 2104
Monument Health Rehabilitation Center
2nd Floor

Monument Health supports our breastfeeding rooms. The Best Periods and Meal Breaks Policy (520394) states:
An employee who is a nursing mother will be given reasonable break times to express milk for her child each time she needs to do so during the one-year period after the child's birth.
A place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk will be provided.
Nursing mothers may use their designated rest or meal period to express milk. The caregiver should work with their leader to establish a reasonable schedule.



QUITTING STARTS HERE



[American Cancer Society](#)
[American Heart Association](#)
[South Dakota Quit Line](#)

WorkWell will be releasing the WorkWell Partnership Grant in the new year --keep your eye out for it! Grant opportunities can be found at www.goodandhealthysd.org