

Resources

The Healthysd.gov website, <http://www.healthysd.gov> , offers a wealth of information for patients and health professionals. A card with the website address is enclosed in the front pocket of this binder. Additional copies of the card can be ordered to give to patients. The website also has online Healthy Challenges several times per year.

A wide variety of educational materials is available from professional organizations, commercial companies, and others. Select materials that fit the needs of your patients in reading level and cultural issues. A pamphlet that is appropriate for one patient may not be for another.

The following items on healthy eating and physical activity are available from the South Dakota Department of Health (DOH). Items may be printed and reproduced or may be ordered at no charge from the [DOH Online Resource Center](#). Use [ADOBE](#)

Breastfeeding

- [Breastfeeding and Returning to Work](#)
- [Breastfeeding for Employers](#)
- [Breastfeeding is Best](#)
- [The Gift of Breastfeeding](#)
- [Steps to Infant Feeding: Weaning](#)
- [Bottle Feeding Basics](#)
- [What My 1 Year Old Should Be Eating](#)
- [Feeding Our Future: Guidelines for Feeding Children 1-6](#)
- [Snacks for Your 1-2 Year Old Child](#)

Infant/Child

- [Parents Provide—Kids Decide](#)
- [Steps to Infant Feeding: General Tips](#)
- [Steps to Infant Feeding: 0-4 months](#)
- [Steps to Infant Feeding: 5-8 months](#)
- [Steps to Infant Feeding: 9-12 months](#)
- [Foods for Growing Children: Guidelines for Children 6-10](#)
- [Juice Tips for Parents](#)
- [Choking: What Every Parent Needs to Know](#)
- [Overweight Children: A Rising Epidemic](#)
- [Healthy in a Hurry: Quick & Healthy Meals at Home](#)
- [Healthy in a Hurry: Eating Smart at Fast Food Restaurants](#)

- [Physical Activity for Children – 6 months to 1 year](#)
- [Physical Activity for Children – 1 to 2 years old](#)
- [Physical Activity for Children – 2 to 3 years old](#)
- [Physical Activity for Children – 3 to 4 years old](#)
- [Physical Activity for Children – 5 years old](#)
- [Physical Activity for Children – 6 to 8 years old](#)
- [Physical Activity for Children – 8 to 10 years old](#)
- [What is Body Mass Index \(BMI\)?](#)
- [How Much TV Do You Watch? A Guide to Healthy Amounts of TV Viewing](#)
- [What Do I Eat? Nutrition Advice for Teen Girls](#)
- [What Do I Eat? Nutrition Advice for Teen Boys](#)

Adults

- [A Healthy Mom's Daily Food Guide](#)
- [Healthy in a Hurry: Quick & Healthy Meals at Home](#)
- [Healthy in a Hurry: Eating Smart at Fast Food Restaurants](#)

- [Tips for Eating Out](#)
- [Weight Control: Positive Eating Behaviors](#)
- [What is Body Mass Index \(BMI\)?](#)
- [How Much TV Do You Watch? A Guide to Healthy Amounts of TV Viewing](#)
- [Staying Active Through the Years: A Guide to Help Adults Stay Physically Active](#)
- [Step Challenge](#)
- [Track It One Day at a Time](#)
- [Upper Body Strength](#)
- [Preventing Osteoporosis: Strong Bones for Life](#)
- [Lower Body Strength](#)
- [Tied Band Exercises](#)
- [Stretching](#)

Additional materials are also available under the Diabetes and Cardiovascular sections in the Health Promotion tab. These materials are also available without charge.