

WOW

Working on Wellness

QUARTERLY
NEWSLETTER
FROM THE
OFFICE OF
HEALTH
PROMOTION

Remember Your Flu Shot

South Dakota recently reported 2 confirmed cases of influenza and neighboring states have also reported cases, reminding us that flu vaccination season is here.

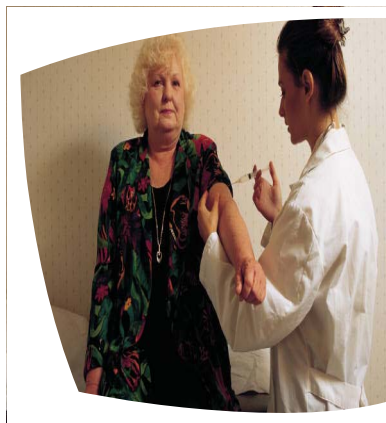
► **When to Get Vaccinated for Influenza?** Flu vaccination can begin in September or as soon as vaccine is available. Vaccination should continue throughout the flu season, into December, January, and beyond since the timing and duration of flu season varies each year. The vaccine provides protection against the flu for at least 6-8 months.

► **Who Should Get Vaccinated for Influenza?** New with the 2010-2011 flu season, federal health officials now recommend “universal” flu vaccination for everyone 6 months and older. While everyone should get vaccinated, it is especially important for people at high risk for serious flu-related complications, including:

- Pregnant women
- Children younger than 5, ;
- People 50 years of age and older;
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities;
- Native Americans;
- Morbidly obese (BMI ≥40).

Vaccination is also important for those who live with or care for the high risk. This includes health care workers, household contacts, and also caregivers of children younger than 6 months of age, who are too young to be vaccinated.

Check with your doctor or contact one of the Health Department’s local Community Health Services offices to get the vaccine. Vaccine may also be available in community clinics, schools, pharmacies and workplaces. Learn more at <http://flu.sd.gov>.



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- Yum! Get a Taste of Fall
- FYI: Oral cancer monograph

Newsletter Mission

- Provide factual, informative, & interesting information.
- Promote healthful lifestyles through ideas & contributions.





DID YOU KNOW?

70 percent of adult smokers want to quit.

Employer support for tobacco cessation when combined with a smoke-free policy make it more likely that they will succeed.

To learn more about how you can implement a tobacco-free policy and promote tobacco cessation at your worksite contact your local worksite wellness consultant or visit BeFreeSD.com.

YUM! Get a Taste of Fall!

With the official end of summer having just passed, some might think the ritual of strolling through a local farmers market is through for another year. But it's not. You can still enjoy the late season produce such as winter squash, pumpkin, cabbage and turnips to name a few. Apples and pears are also readily available this time of year.

Now more than ever the movement to buy foods locally is gaining momentum. Communities large and small are setting up farmers markets for local growers to sell locally grown food items.

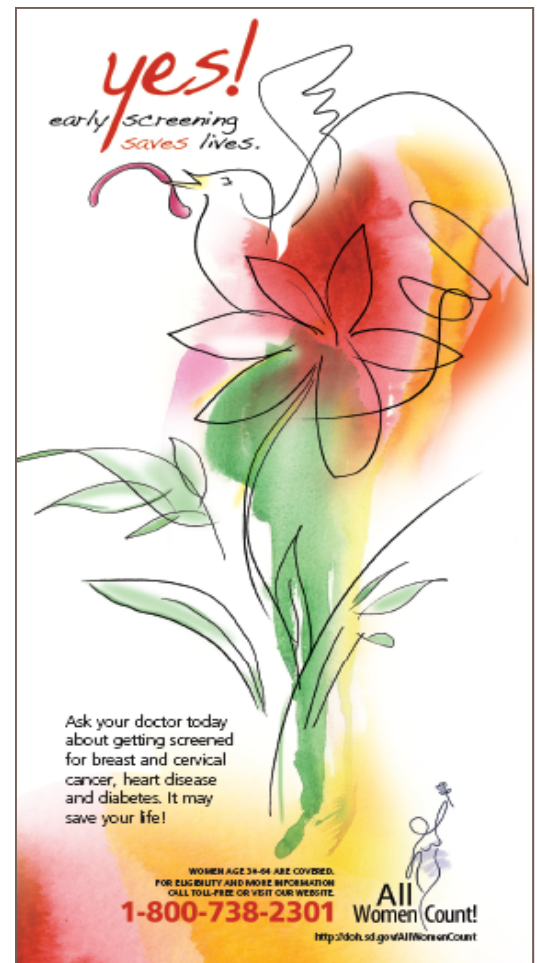
Consider these factors when thinking of buying locally:

1. Fresh and delicious taste.
2. Supports local economy.
3. It's easy!
4. Supports family farms.
5. Good for the environment.



Visit the link below and "Taste it, crunch it, smack it, love it...YUM"! Enjoy South Dakota grown produce!

<http://il.youtube.com/user/ImagineAgency#p/c/F169B7D4924FCDE3/16/IO4P0Ge2CpM>



For Your Information!

The Oral Health Program and the South Dakota Cancer Registry recently released the first South Dakota oral cancer monograph. The following modifiable factors increase your risk of oral cancer:

- tobacco use,
- alcohol consumption,
- unhealthy diet,
- harmful agents,
- ultraviolet radiation or
- exposure to the Human Papilloma Virus

Tobacco use is implicated in more than 75% of all oral cancers. When found early, oral cancers have an 80 to 90% survival rate. Unfortunately, over 40% of those diagnosed with oral cancer will die within 5 years. Click on the following link to view the report. doh.sd.gov/OralHealth/PDF/OralCancer2010.pdf. For additional cancer information go to <http://doh.sd.gov/SDCR>.