

WOW Newsletter

Working on Wellness

Newsletter Mission

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

Take these everyday steps to protect your health:

1. Wash hands often with soap and water or use alcohol-based hand gel.
2. Cough and sneeze into a tissue or your sleeve, **not into your hands.**
3. Stay home when you're sick— until 24 hours after symptoms are gone— without fever-reducing medicine.
4. Avoid touching your eyes, nose or mouth.
5. Try to avoid close contact with sick people.

Find more information about H1N1 flu, visit <http://h1n1.sd.gov>



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State launches H1N1 flu webpage

If you're looking for information about H1N1 flu in South Dakota, the state has a new gateway Web page to help, <http://h1n1.sd.gov>.

The site has links to information from the various state agencies involved in H1N1 preparations, such as weekly surveillance data from the Department of Health and an H1N1 action plan for schools from the Department of Education.

The Web site has links and resources for businesses and employers, parents, pregnant women, schools and child-care providers. As H1N1 flu vaccine becomes available, the site will include a running schedule of vaccination opportunities.

"We have been sharing information about this virus and its spread since it was first identified this past spring," said Doneen Hollingsworth, secretary of health. H1N1 vaccine is expected to be available in October.

The first doses will be targeted to groups at highest risk for H1N1, such as pregnant women and health care workers. People not in the risk groups are encouraged to wait for vaccinations until more vaccine is available in late October and November.

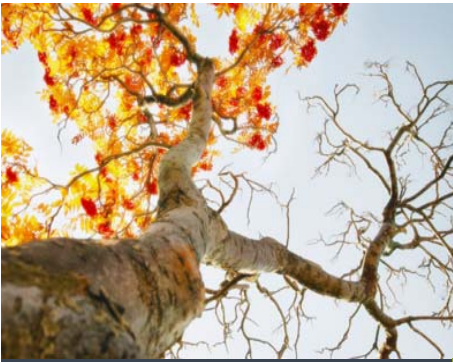
"This Web page is just one more way to reach people and make it easier for them to find what they need to know about H1N1 flu."

*Doneen Hollingsworth,
Secretary of the
Department of Health*

Featured Resource

FREE downloadable posters are available on the Healthy South Dakota website. Visit <http://www.healthysd.gov/Workplace/Posters.aspx> to obtain printable posters. The posters are a great resource to post in your break rooms or on a staff bulletin board to promote healthier lifestyles. Each month features a new theme. Be sure to check the site each month for the newest poster!





The South Dakota Cancer Registry has released a breast cancer monograph. To view the report, please see <http://doh.sd.gov/SDCR> under the Data & Publications link.



DID YOU KNOW?

The U.S. Centers for Disease Control and Prevention (CDC) puts a **\$3,391** price tag on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.

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.

Featured Recipe

Pumpkin Cookies

Ingredients:

- 2 cups flour
- 1 cup quick or old fashioned oats, uncooked
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 cup butter or margarine, softened
- ½ tsp. salt
- 1 cup firmly packed brown sugar
- 1 cup granulated sugar
- 1 egg slightly beaten
- 1 tsp. vanilla extract
- 1 cup canned pumpkin
- 1 cup raisins
- Assorted icing or peanut butter, raisins, or nuts

Directions:

Preheat oven to 350°. Combine flour, oats, baking soda, cinnamon and salt. Cream butter gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in raisins. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet. Bake 20-25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Use icing or peanut butter to stick assorted raisins or nuts on cookie.


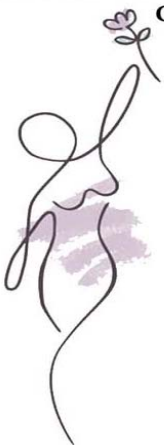

Stay Active in the Fall

The fall months bring cooler weather to the area offering a great time to enjoy outdoor activities. Regular physical activity is just as important to your health now as it is during the summer months. Do you feel like there's so much to do that you don't have time to go for a scenic hike? Here are a list of other activities that help keep you physically active and accomplish your to-do list (computed at 30 minutes of activity for a 150-pound person):

- ◆ Raking leaves burns 171 calories
- ◆ Gardening burns 162 calories
- ◆ Stacking firewood burns 207 calories
- ◆ Washing the car burns 153 calories

Remember to aim for 30 minutes of physical activity every or most days of the week, and you don't have to make a special trip to the gym to make it count as physical activity. If it gets too cold for you to exercise outside, move indoors or get outside during the day before the sun goes down. It's a good idea to start layering your clothing so you are able to adjust your body temperature. And, as always, keep drinking water, even though it's no longer hot outside.



October is Breast Cancer Awareness Month

The South Dakota *All Women Count!* Program screens **age** (30-64 yr.) and **income eligible** women for:

<ul style="list-style-type: none"> ✿ Breast cancer (Mammogram) ✿ Cervical cancer (Pap test) 	<ul style="list-style-type: none"> ✿ Heart Disease (Cholesterol and blood pressure) ✿ Diabetes (Glucose test)
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Call your local health care provider to see if you are eligible for these life saving screening tests.

Or visit the website at <http://doh.sd.gov/AllWomenCount/> or call the *All Women Count!* Program at 1-800-738-2301