

WOW Newsletter

Working on Wellness

WELCOME...

to the first issue of
WOW
(Working on Wellness),
a quarterly newsletter
provided by the
South Dakota
Department of Health,
Office of Health
Promotion

Risk Factors for High Blood Pressure

- People with a family history of high blood pressure
- African Americans
- People 35 years of age or older
- People who are overweight or obese
- People who smoke
- People who have too much salt in their diet
- People who drink too much alcohol
- Women who use birth control pills
- People who aren't physically active
- Pregnant women

HEALTHYSD.GOV

Live Better. Grow Stronger.



this issue

High Blood Pressure

BeFreeSD-Did you know?

Diabetesatwork.org

Oral Health

What is High Blood Pressure?

Blood pressure is simply defined as the force of the blood pushing against the sides of your arteries. Two numbers represent blood pressure. The systolic (top) number shows the pressure while the heart is beating. The diastolic (bottom) number shows the pressure when the heart is resting between beats. Your heart beats about 60 to 80 times a minute under normal conditions. Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. Your blood pressure can change from minute to minute, with changes in posture, exercise or sleeping, **but it should normally be less than 120/80 mm Hg (millimeters of mercury) for an adult.** Blood pressure that stays between 120–139/80–89 is considered prehypertension. High blood pressure, also known as hypertension, is defined as having a

blood pressure that is higher than 140 mm Hg systolic (top number) or higher than 90 mm Hg diastolic (bottom number), on three separate readings, recorded several weeks apart. It is important to remember that although someone may be taking medication to treat and control their high blood pressure, they still have the disease, it is simply considered, "controlled with medication".

Having high blood pressure significantly increases someone's risk for heart disease, heart attack, and stroke.

See your healthcare provider for a blood pressure screening and to assess your risk for heart disease

The South Dakota Cancer Registry has the following cancer monographs available: colorectal, lung, melanoma, ovarian, and prostate. To view the reports, please see <http://doh.sd.gov/SDCR> under the Data & Publications link.



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.

Take Care of Your Smile!

Good oral health is integral to your overall general health and is related to your well-being and quality of life. It is more than just healthy teeth. Oral health affects people physically and psychologically by influencing how you grow, speak, chew, taste food, look, work, and enjoy life, as well as affecting your social well-being.

Oral disease share common risk factors with the four leading chronic diseases - cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes- including unhealthy diet, tobacco use, and harmful alcohol use. Many systemic diseases and conditions have oral manifestations that are often the first signs of disease, so a dental professional may be the first to discover them and could then recommend further medical assessment.

Mark Your Calendars!

The next Healthy South Dakota challenge will be starting soon! **"Go for the Whole Grain"** will run September 15—October 15 and focuses on increasing awareness about whole grains and practice eating them. Go to www.healthysd.gov on September 1st for details, free incentives, and how to sign up. Get your worksite team/s together and join this fun, healthy challenge!



Featured Resource

Diabetesatwork.org can help businesses and managed care companies to assess the impact of diabetes in the workplace, and provide information to help employees manage their diabetes and take steps toward reducing risks for related complications, such as heart disease.

- Developed for top-level managers, occupational health providers, benefits and human resource managers, and employees.
- Free, easy-to-use Web site that enables companies to assess their need for diabetes education at the worksite.
- More than 30 lesson plans and fact sheets can be downloaded and E-mailed to employees.
- The information can also be incorporated into current health management programs, health fairs, and brown bag lunches.

Diabetesatwork.org fills a great educational need in the business community.

Strategies for maintaining good oral health:

- ✓ Drink fluoridated water and use fluoride toothpaste.
- ✓ Brush thoroughly with a soft toothbrush twice a day and floss to reduce plaque and prevent gum disease.
- ✓ Visit a dentist regularly.
- ✓ Eat healthy - avoid snacks with sugars and starches and limit the number of snacks eaten throughout the day.
- ✓ Individuals with diabetes should work to maintain control of their blood sugar; this will help prevent complications of diabetes, including an increased risk of gum disease.
- ✓ Avoid tobacco and limit alcohol.