

### Newsletter Mission

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



### this issue

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BeFreeSD-Did you Know?

## H1N1 vaccination open to all South Dakotans

As of December 14, all South Dakotans are eligible for the H1N1 vaccine. Previously, the vaccine has been targeted for those at highest risk from the H1N1 virus – pregnant women, people who live with or care for infants younger than 6 months, people from 5 to 24 years, adults from 25 to 64 with chronic health conditions, and health care and emergency medical services workers.

“Since we received our first vaccine in early October, supplies have been limited so we’ve targeted those doses at people for highest risk of H1N1 complications, such as pregnant women and young children,” said Doneen Hollingsworth, Secretary of Health. “We’ve now distributed over 300,000 total doses to over 400 locations in South Dakota and the supply is increasing. We know that there are still people in the risk groups who haven’t been vaccinated but more public clinics are being scheduled every week and it’s time to start reaching out to the general population.”

From now on, scheduled public clinics will vaccinate members of the general public as well as continue to offer vaccine to those at high risk. This includes already-scheduled clinics previously advertised as for risk groups only. Physician offices and clinics are also still receiving shipments of H1N1 vaccine and are now able to provide it to any of their patients who want it, as supplies allow.

While flu reports are decreasing, activity is still higher than normal for this time of year. At the same time the vaccine supply is increasing, so there is a good window of opportunity to vaccinate people against H1N1. The more people who are vaccinated, the less disease spread there will be in the coming months.

H1N1 vaccination is completely voluntary. The vaccine is free but some providers may charge an administration fee.

In addition to H1N1 and seasonal flu vaccination, people can help prevent the flu by frequent hand washing, covering coughs and sneezes, and staying home when sick.

Go to <http://h1n1.sd.gov> and click on "Vaccination Dates" for an updated listing of scheduled clinics.



## Featured Resource

### LEAN Works!

The Centers for Disease Control and Prevention (CDC) has unveiled **LEAN Works!**, a website designed to help businesses address obesity. LEAN stands for Leading Employees to Activity and Nutrition.

**LEAN Works!** was developed in response to organizations asking for science-based interventions that work to prevent and control obesity and help employees maintain a healthy weight. The resource can help employers develop tailored approaches to help control obesity-related costs through interventions such as fitness classes, lunchtime health education sessions, weight management programs, and more.

The website provides a variety of resources including:

- An obesity cost-calculator where employers can estimate the total costs associated with obesity and determine annual obesity-related medical costs for their companies.
- Information and resources to help employers plan, build, promote, and assess interventions to combat obesity.
- Information on how employers can estimate return on investment, a measure of the cost of an intervention compared to the expected financial return of the intervention.

The website also features case studies from businesses to provide examples of successful worksite obesity prevention programs.



## Activate your SD Winter

It may seem difficult to get your physical activity outdoors in South Dakota during the winter months. But if you dress appropriately and exercise caution, there are many enjoyable, fun outdoor activities you can do. These include snow shoeing, cross country skiing, snow skiing, hiking, ice-skating, and simply playing in the snow with your friends and family.



**NEW for 2010!!**

## Featured Fruit

Starting in 2010, we will be highlighting a fruit in every *WOW* newsletter. This edition's featured fruit is grapefruit. The fruit gets its name from how it grows on the tree, clustered like a bunch of grapes.

Follow these simple tips for selecting and storing this delicious food!

**Select:** Choose grapefruits with thin, smooth, firm blemish free skins that are heavy for their size.

**Store:** Store grapefruits at room temperature for one week or under refrigeration for 2 to 3 weeks.

**Nutrition Benefits:** Fat free; cholesterol saturated fat free; sodium free; cholesterol free; high in Vitamin A; high in Vitamin C. (Source: Produce for Better Health)



## DID YOU KNOW?

Cigarette smoking and secondhand smoke cost \$92 billion in productivity losses annually, according to the U.S. Centers of Disease Control and Prevention.

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](http://BeFreeSD.com).