

Latitude

Wellness News • Fall 2011 • Edition 1

Laurie Gill for ~~Mayor~~ Wellness



As Secretary of the Department of Human Services and Mayor of Pierre, Laurie Gill's calendar is overflowing with appointments, dinners, commission meetings, and various other engagements. She is always on the go. So, you may ask, how does someone with a schedule like Laurie's find ways to incorporate wellness into her daily schedule?

Although difficult, Laurie makes a conscious decision to incorporate wellness into her daily routine. She says "You can think ahead by putting the tools you need in front of you and easily accessible in order to avoid failure!"

Those tools can be something as simple as taking the stairs. "I rarely take an elevator and walk as much as possible; I try to order meals in restaurants that are higher in fiber and have some fruit or vegetable involved; I try to pass on sweets and drink a lot of water." Laurie says she's basically given up fried foods and avoids sweets, but like many of us, enjoys a good steak once in a while!

Exercise is a way for Laurie to clear her head and improve her mood, but with her busy schedule, she needs flexible exercise

options. "I have tried regularly scheduled classes and I usually end up missing them." She and her husband walk around the community and use the time as a chance to catch up. Along with her treadmill, Laurie also uses her Wii as her go-to exercise when she's only got 10-15 minutes to spare. These options keep her interested, motivated, and positive about exercising.

Laurie believes employees need the same flexibility. "A program with coaching and options that are individualized is very important. What works for me won't work for the next person. Healthy people make for a healthier workplace because we feel better and can help motivate each other to reach our goals."

"It is our own personal responsibility to take care of ourselves. No one else can do it for us. We will feel better and have better attitudes. The ultimate goal is that we all can be around longer and in better health to enjoy our kids and grandkids. We don't need to all run marathons, but rather we can start off by making small changes in our lifestyle."

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Understand...your individual health results

Influenza is the pits. Get vaccinated.

Thanksgiving is just around the corner. It's a time to enjoy family and friends, eat good food, and relax. The last thing you want this time of the year is to be stuck at home with the flu. Protect yourself and others from the flu by getting vaccinated. Each year the South Dakota State Employee Health plan offers free seasonal flu vaccines at State sponsored clinics across the state. Flu vaccinations are offered to the following groups covered by the health plan:

- State employees and their covered spouses,
- COBRA participants and their covered spouses,
- Retirees and their covered spouses under 65, and
- Dependent children (of any age).

To view the flu vaccination schedule, <http://benefits.sd.gov/flu Vaccination.aspx>.

Flash Mob Fever

It started as a normal Tuesday morning for Pierre Department of Education employees, but September 27 would turn out to be anything but normal. Shortly before 8:30 am, Melody Schopp, commissioner of DOE, and Mary Stadick Smith ran through the building gathering staff and taking them outside. Loud music began playing and Mary (a certified group fitness instructor) started to perform a semi-choreographed dance, leading the group in a "flash mob".

What's a flash mob? The Wikipedia definition of a flash mob is a group of people who assemble suddenly in a public place, perform an unusual and sometimes seemingly pointless act for a brief time, then disperse, often for the purposes of entertainment, satire, artistic expression or—in rare cases—violence.

We can assure you there was no violence. Unusual? Sure. Seemingly pointless? Definitely not. These 40 employees got their heart rates up, laughed, smiled, and enjoyed themselves outside in the fresh air.



This is simply a small step DOE is taking to help create a culture of health. Each small step adds up to a larger movement and better health, plus it's fun!

So, DOE had a flash mob...what have you got? If you're doing something fun and creative to help create a culture of health, we'd love to hear about it.

30 Minutes = \$50

Members who attend an FY 2012 Health Screening will receive a \$50 non-tax Health Screening incentive. Screenings are scheduled for January through April again this year.

Your Health Screening includes:

- cholesterol (total, HDL, LDL, triglycerides)
- blood pressure
- resting heart rate
- blood glucose
- body mass index

This incentive is placed in a Health Reward and Wellness Account with DAKOTACARE. Members may receive the \$50 incentive by submitting a Claim Form (<http://benefits.sd.gov/Files/2011/forms/ClaimForm0111.pdf>) along with a copy of a claim/Explanation of Benefits showing the member incurred out-of-pocket expenses.

Health Plan Members who may take advantage of a free Health Screening include:

- State employees and their covered spouses,
- COBRA participants and their covered spouses, and
- Retirees and their covered spouses under the age of 65.

To Register:

- Log onto <https://apps.sanfordhealth.org/sdscheduler/login.aspx>;
- Email healthscreens@sanfordhealth.org; or
- Call Sanford Health at 605.328.1653.



Soup's On!

Butternut Squash Soup

Ingredients

- 3 pound butternut squash, halved , seeds removed
- 2 tablespoon olive oil, plus some for rubbing
- 4 cups chopped onion
- 1 teaspoon ground cumin
- 4 sliced garlic cloves
- 3 cups, low sodium chicken broth
- 2 cups dark beer
- 2 teaspoons salt
- ½ cup plain nonfat yogurt

Directions

Preheat oven to 350 degrees. Rub flesh of butternut squash with olive oil. Sprinkle with salt and pepper. Place cut side down on a baking sheet and bake for 45 minutes or until flesh can be easily pierced with a knife. Remove, cool, remove skin and discard.

Heat oil in a large saucepan over medium heat. Add chopped onion, cumin, and garlic. Saute 6 minutes or until tender. Add squash, broth, beer, and salt. Bring to a boil. Cover, reduce heat, and simmer for 15-20 minutes.

Place squash mixture in a blender and process until smooth. Be sure to cover the lid of your blender with a towel. Return squash mixture to pan and cook until heated through. Ladle 1 cup soup into a bowl and top with 1 tablespoon yogurt.

Serves 8.

Adapted from a Cooking Light recipe.

Nutritional Information

Amount per serving

- Calories: 145
- Calories from fat: 22%
- Fat: 3.7 g
- Saturated fat: .5g
- Monounsaturated fat: 2.6g
- Polyunsaturated fat: .4g
- Protein: 3.5g
- Carbohydrate: 27.5g
- Fiber: 3.4g
- Cholesterol: 0mg
- Iron: 1.2mg
- Calcium: 124 mg

Engage...yourself and others

Latitude Wellness Champions Launched in Pierre

The Latitude Wellness program launched its Wellness Champion campaign in August with a pilot program in Pierre. We recruited Champions to support wellness, and assist in creating a culture of health within State agencies.

The primary responsibilities of Wellness Champions includes acting as an information resource for fellow employees, promoting on-going and new Latitude programs, and providing feedback and suggestions to the program manager.

Later this fall, the Latitude Wellness program will begin recruiting state wide for Wellness Champions. Watch for Latitude emails, BOP newsletters, and other channels for more information.

If you have an interest in becoming a Wellness Champion:

- Visit www.liveforlife.net/hfit/sd
- Login and click Wellness Champions on the left navigation bar

Additional information about the role and the application is accessible there.

Current Wellness Champions include Janet Ball (DOH), Nicole Frankl (DOT), Kathie Silbernagel (REV), Samantha Beilke (DOE), Angela Boddicker (DOE), Betty Leidholt (DOE). We look forward to working with them!



JUST 150 MINUTES MAKES A DIFFERENCE

All healthy adults, ages 18 to 65, need at least 2 hours and 30 minutes of moderate-intensity aerobic activity every week. These types of activities include: walking (about 3.5 miles per hour), hiking, raking leaves, dancing and biking (less than 10 miles per hour). If 150 minutes each week sounds like a lot, break it up into smaller chunks. Try 10 minutes three different times a day or two bouts of 15 minutes each. Exercise for at least 10 minutes at a time and make it an addition to your basic activities of daily living.

PROSTATE CANCER

The death rates from prostate cancer have dropped during the past 20 years. While this is great news, it is still the most common cancer in American men. Some factors that influence a person's risk for developing prostate cancer are: 1. Age. The average age of diagnosis in the U.S. is 69 years. 2. Race. African-Americans have a 40 percent greater chance of developing prostate cancer. 3. Family history. A man has a higher risk of developing the disease if his father or brother had it.

LATITUDE TIP: HEALTHY SNACKING FOR KIDS

The kids are back to school and this often means busy schedules. Before heading out the door for soccer or volleyball practice, be sure to offer your kids a healthy snack. Good choices include foods with moderate carbohydrates, some protein, and a little fat such as a smoothie made with low-fat yogurt and fruit; a bowl of whole-grain cereal topped with fruit; or fruit, low-fat cheese and whole-grain crackers.

If you enjoyed these tips and wish to receive similar tips daily, sign up for the Tip of the Day.

To sign up:

- Visit www.liveforlife.net/hfit/sd
- Login and click "sign up to receive tips by email" in the blue column on the lower left

Improve...your health awareness and attitude

Breast Cancer - Information at Your Fingertips

Every year, more than 230,000 women (and men) are affected by breast cancer. And with that, so are families, friends and co-workers. There is a great deal of information on breast cancer available now, and individuals are more informed than ever. But the information can be overwhelming, and many people don't know where to start.

Two websites are a great place to begin. The National Cancer Institute (<http://www.cancer.gov/cancertopics/types/breast>) has a wealth of information on basic facts, treatments, research, test trials and more.

Another good site is Susan D Komen for the Cure (<http://www5.komen.org/>). This site also has great information, in addition to a blog and message boards for those who want to share their experiences or learn from others dealing with breast cancer. There is also information on how you can personally become involved in the fight against breast cancer.

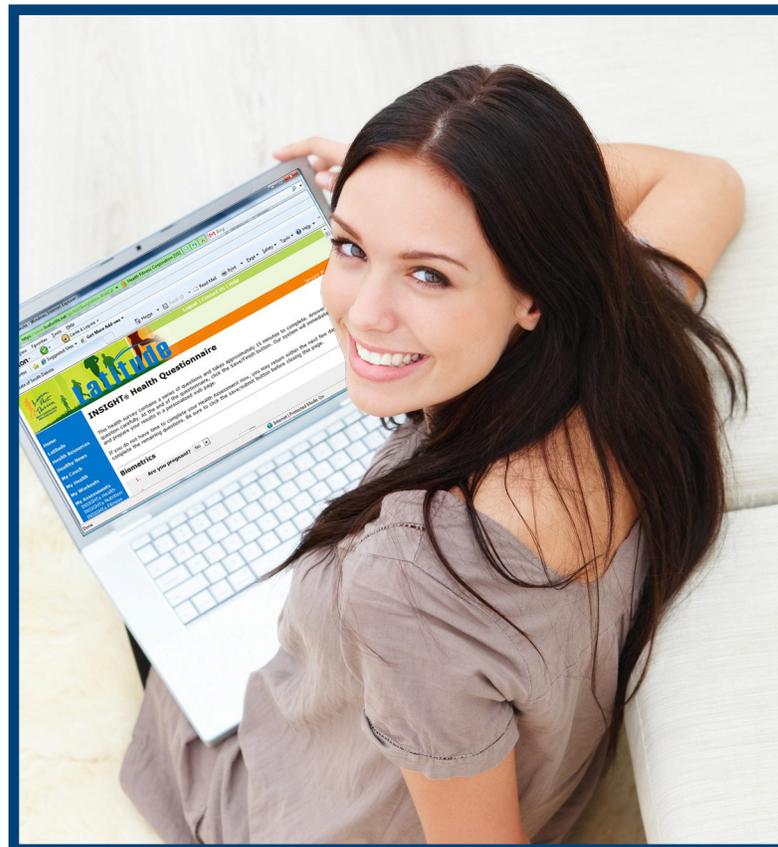
www.LiveForLife.net/hfit/sd

Online Tools

- Exercise and Cardio Logs
- Family Health Guide
- Nutrition & Calorie Intake Guidelines
- Healthy Recipes

Free support & advice

- EMPOWERED Lifestyle
Coaching with 13 focus areas
- Condition Management for
eligible members



Decide...to make positive and healthy lifestyle choices

Walk This Way Program Ends

Congratulations to everyone who participated in the Walk This Way program! 1,926 people registered for the web-based walking program, using a pedometer or activity conversion chart to keep track of their steps.

Participants had the option of striving for goals of 200,000, 300,000 or 400,000 steps. Six Individuals from each category were chosen by raffle to attend a luncheon with Governor Daugaard in the governor's residence on November 9.

Walk This Way is an example of programs the State hopes to offer in addition to standard Latitude programs as a way to increase physical activity and raise health awareness. Look for new programs in the spring and next fall!



Back Row: Laura McQuirk, Doug Sherman, Bob VanWinsen, Governor Dennis Daugaard, Lt Governor Matt Michels, Howard Bonneman, Leland Douglas, Sandy Zinter, Brian Ludwig
Middle Row: Gary Kaus, Bonnie Palmer, Kari Porch, Julie Holland, Roy Osborn, Sharon Davis, Katie Konda
Front Row: Brenda Canfield, Mary Healy, Virginia Coudron, Teresa Schlup, Kelly Kraft

200,000+ Steps

Bob Van Winsen 218,148
Kari Porch 220,559
Katie Konda 234,211
Teresa Schlup 239,079
Brenda Canfield 254,514
Laura McQuirk 275,164

300,000+ Steps

Bonnie Palmer 319,097
Leland Douglas 321,896
Brian Ludwig 328,543
Kelly Kraft 348,318
Julie Holland 352,895
Gary Kaus 395,715

400,000+ Steps

Douglas Sherman 464,977
Roy Osborn 564,326
Howard Bonneman 669,242
Virginia Coudron 685,435
Daniel Gammeter 1,005,353
Mary Healy 1,079,825

Special mention to Nancy Barnes, who accumulated the most steps overall—1,811,754 steps!

Contact Us

Visit www.liveforlife.net/hfit/sd

Email latitude@state.sd.us

Call Sharon Davis or Lindy Geraets at 877.573.7347, option 2