

# Dakota Wellness Program

## SEPTEMBER 2024

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Join Sanford Health Plan  
Wellness team member  
for our monthly 15-minute  
wellness webinar

**[CLICK HERE TO REGISTER TODAY!](#)**



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN

# Empowering Kids for Lifelong Wellness: Five Rules for a Healthy Lifestyle

Being fit encompasses more than just physical health; it's about nurturing a balanced lifestyle that fosters overall well-being. It's not merely about appearances but rather about feeling energized, strong, and capable of embracing life's challenges with enthusiasm.

Parents, doctors, and educators recognize the importance of instilling healthy habits in children from an early age. However, empowering kids to take ownership of their health is equally vital. By adopting a proactive approach, children can develop lifelong habits that promote vitality and longevity.

The five fundamental rules for kids to follow serve as guiding principles for cultivating a healthy lifestyle. Eating a diverse range of foods ensures that their bodies receive essential nutrients for growth and development. Hydration with water and milk supports bone health and overall hydration, while minimizing sugary drinks helps prevent excessive calorie intake.

Listening to their bodies helps children understand hunger and fullness cues, fostering a healthy relationship with food. Limiting screen time encourages physical activity and better sleep quality, contributing to overall well-being. Regular physical activity not only promotes physical fitness but also cultivates a sense of joy and accomplishment in children.

Parents play a crucial role in creating an environment conducive to healthy living by modeling positive behaviors and providing support. By embracing these principles, families can embark on a journey toward improved health and vitality together, ensuring that both children and parents lead fulfilling lives.



## Book Club

### ***Supporting Children's Health and Wellbeing* by Jackie Musgrave**

*Supporting Children's Health and Wellbeing* by Jackie Musgrave emphasizes the importance of fostering a holistic approach to children's wellness. Musgrave underscores the roles of parents, educators, and healthcare professionals in guiding children towards lifelong health habits. The article outlines practical strategies such as promoting nutritious eating, encouraging physical activity, and limiting screen time. By prioritizing children's wellbeing and empowering them to make healthy choices, Musgrave advocates for a future generation equipped for a fulfilling and vibrant life.

### **Discussion questions**

1. How can parents strike a balance between encouraging healthy eating habits in children while still allowing occasional indulgences like birthday cake and ice cream?
2. In what ways do you think schools can contribute to promoting children's physical activity and reducing sedentary behavior, especially considering the increasing prevalence of screen time?
3. Reflecting on Musgrave's emphasis on holistic wellness, how might communities and healthcare professionals collaborate to provide comprehensive support for children's mental, emotional, and physical health needs?

## Ask the Expert: What should parents' message to kids be on vaping?

Parents should start conversations about vaping early and often, clearly communicating that vaping is dangerous and not acceptable. Make sure children understand the serious health risks, including addiction, lung damage, and long-term cognitive issues. Even young children are likely aware of e-cigarettes, so it's important to educate them about the dangers before they encounter peer pressure. Use supportive and non-judgmental resources like [My Life My Quit](#) to help teens quit. Early and open dialogue can significantly influence children's choices and help them avoid the harmful effects of vaping.



## A Prescription for Health

Exercise has the power to prevent, treat and reverse chronic disease. Make physical activity a habit in your life with our Exercise is Medicine fitness classes.

### Cost:

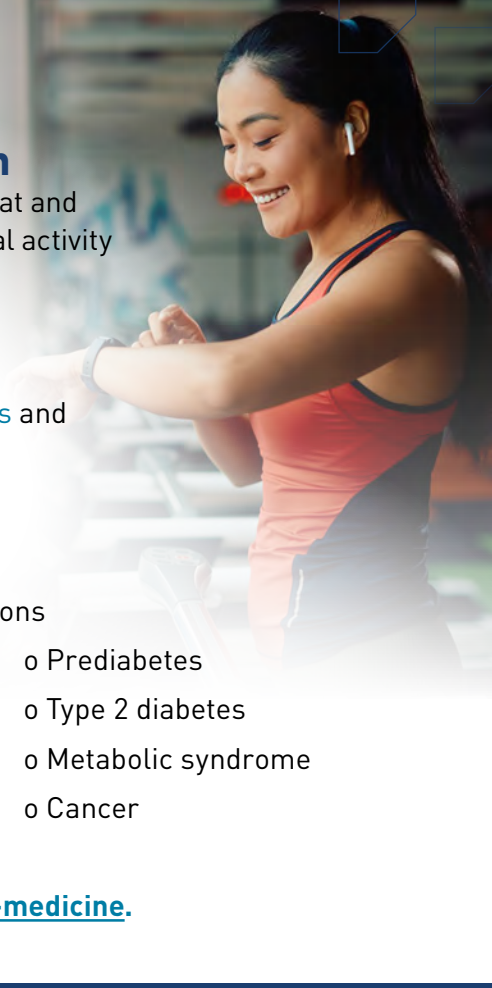
\$99 for Sanford Health Plan members and \$199 for non-members

### Do I qualify?

- Age 18 or older
- Have one or more qualifying conditions
  - o BMI of 30 or greater
  - o Hypertension
  - o Hyperlipidemia
  - o Depression or Anxiety
  - o Prediabetes
  - o Type 2 diabetes
  - o Metabolic syndrome
  - o Cancer

Learn more and enroll today at

[sanfordhealthplan.com/exercise-is-medicine](https://sanfordhealthplan.com/exercise-is-medicine).



## Preventing Type 2 Diabetes

As a Sanford Health Plan member, you have a FREE diabetes prevention program offering to help you make small lifestyle changes that can lead to big health improvements. Change Your Weigh is an evidence-based program offered in partnership with the CDC's National Diabetes Prevention Program. This yearlong group-coaching program focuses on simple strategies to help you lose weight, increase physical activity and decrease your risk for developing type 2 diabetes.

### The group virtual program includes:

- Weekly meetings for the first four months
- Monthly meetings for the last eight months
- Support from a trained lifestyle coach and class peers

**REGISTRATION IS NOW OPEN** for fall program start dates by scanning or visiting below.



Learn more

◀ Scan the QR Code or visit

[sanfordhealthplan.com/diabetes-prevention](https://sanfordhealthplan.com/diabetes-prevention).

# Preventive Health

September is Healthy Aging Month. Our minds and bodies change as we age so it becomes important to take steps to maintain or begin a healthy lifestyle to prevent age related disease processes. Some people fear growing old, but it doesn't have to be scary. Taking proactive steps to manage your current health conditions, adopting healthy behaviors and habits, and being connected to a community can help you be independent and active as you age. Consider some of the following:

- Drink and eat healthily. Dietary needs can change with aging. Choose nutritionally dense foods and drink plenty of water to stay hydrated.
- Move more. Activity can delay and prevent some chronic diseases, improve brain health, reduce falling risk, and improve stamina and balance.
- See your physician for health screenings. Chronic diseases can be caught early, and doctors can help patients reduce risk factors like high blood pressure and cholesterol.
- Understand brain changes occur. Get enough sleep, engage in intellectually and socially stimulating activities and don't smoke.

Talk to your doctor if you have any questions.

## Buffalo Chicken Zucchini Boats

**Prep Time 10 minutes**  
**Cook Time 20 minutes**

**Total Time 30minutes**  
**Servings 4 servings**

### Ingredients

2 medium zucchini  
2 cups chicken, cooked and shredded  
3 ounces cream cheese  
1/4 cup ranch

1/2 cup shredded cheddar  
1/8 cup buffalo sauce  
1/2 cup shredded mozzarella cheese

### Instructions

1. Preheat oven to 350 degrees
2. Slice the zucchini length wise and use a small spoon or teaspoon to remove the inside of the zucchini and form a "boat"
3. Place the hollowed zucchini in a 9x13 baking dish
4. In a medium size mixing bowl, combine the cooked chicken, cream cheese, ranch dressing, shredded cheddar and buffalo sauce
5. Top with the shredded mozzarella
6. Bake 20-24 minutes until zucchini is fork tender

### Nutrition

Calories: 349 cal | Carbohydrates: 4.4g | Total Fat: 25g |  
Cholesterol: 100mg | Sodium 833mg | Net Carbohydrates: 3.4g |  
Fiber: 1g | Sugar 3.5g | Protein: 25.4



## Monthly Observances

**Childhood cancer awareness**

**National childhood obesity awareness**

**National cholesterol education**

**Newborn screening awareness**

**Ovarian cancer awareness**

**Pain awareness**

**Prostate cancer awareness**

**World Alzheimer's month**

**September 8-14 National suicide prevention week**

**September 17-23 Falls prevention awareness week**

### QUICK LINKS

[sanfordhealthplan.com/ndpers](http://sanfordhealthplan.com/ndpers)

### SET-UP A

[mySanfordHealthPlan](#)

### ONLINE ACCOUNT

[sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin)

### CONTACT US

[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)  
(800) 499-3416 (TTY: 711)



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