

Dakota Wellness Program

August 2021

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Join Sanford Health Plan for a 15-minute webinar on kid's nutrition. During this time we will answer your questions about healthy eating for kids and help you foster healthy habits for the little ones.

Click here to register today!



NORTH DAKOTA
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RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Healthy and Happy mealtimes for kids

Getting kids to eat balanced meals can be one of parenting's most difficult challenges! Many parents struggle with a picky eater and as a result, family mealtimes can turn into a stressful battle.

However, parents can help kids learn about good nutrition while also learning to trust their bodies. These principles apply to children of any age, but are especially helpful to introduce early on in life. Here are some best practices from child nutrition experts:



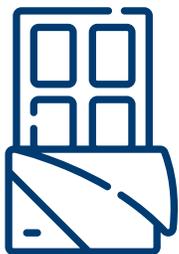
THE PARENT PROVIDES, THE CHILD DECIDES:

- Parents get to decide what food is included, or not included, in a meal. It is the child's job to decide if and how much of that meal they will eat.



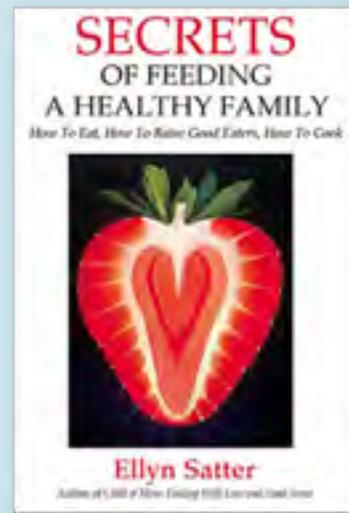
NO PRESSURE:

- Avoid rules such as 'just take one bite'. Avoid positive pressure to eat, such as congratulating a child for eating a vegetable. Instead, try to serve foods in a neutral way. It can take 20+ exposures before a child accepts a new food. This means that even placing a piece of broccoli on the plate is a win. No pressure gives the child time to warm up to the food and the freedom to try it without the pressure to finish it.



FOOD IS FOOD:

- Don't place foods on a pedestal. For example, when we overly restrict foods like desserts, children learn that it is 'off-limits', which can cause an obsession with that type of food. Instead, try to expose children regularly to a variety of foods, sweets included. When doing so, remember to stay neutral and simply add it to the balanced meal plate.



Book Club

***Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook* by Ellyn Satter**

Head back to the family table and gather for a meal that everyone will eat. Satter uses simple, delicious recipes as a scaffolding on which to hang cooking lessons, fast tips, night-before suggestions, in-depth background information, ways to involve kids in the kitchen, and guidelines on adapting menus for young children.

The book includes chapters on how to eat through working on your attitude surrounding food to getting more in tune with your body, appetite and fullness. It also includes several chapters on raising good eaters along with how to cook, shop and plan meals. Most importantly, Satter will help you to embrace food in a new way so that eating can be enjoyable for all.

Discussion questions

1. **What do you remember about your mealtimes as a child? What traditions do you want to keep with your children, or what new traditions do you want to begin?**
2. **What is most important to you as it relates to your child's nutrition and eating routines?**
3. **How might your own nutrition habits influence your child's nutrition?**
4. **Do you prepare foods at home out of enjoyment/taste preferences, or out of obligation?**

Give it a try...

Optimistic outlook

Recent research has discovered a new way to reduce your risk for developing high blood pressure – optimism. A positive mindset has long been known to also add years to your life, decrease your risk for developing heart disease, lower blood sugar, reduce infections and cancer. It is thought that those with a more positive outlook on life are better able to deal with stress, control their emotions and have coping skills that lead to reduced risk factors for many health conditions.

OPTIMISM IS AROUND 25-30% HEREDITARY – THE REST IS UP TO YOU AND YOUR MINDSET.

You can improve your outlook by:

- Focusing on the present, avoid ruminating in the past or worrying about the future
- Writing letters of gratitude
- Meditation
- Write down the three good things that happened today
- Listen to positive music



Use your financial resources to increase happiness

Money can buy happiness, right? Purchasing a new product may bring you momentary happiness in the form of a rush of endorphins. Think about all those unplanned purchases that end up in your cart! Using your financial resources on experiences and spending on others can both provide a happiness boost that lasts.

When we purchase a product it may give us some pleasure during the transaction and immediately after, but then the novelty of the new item wears off and we no longer get a boost from seeing or using it. When we purchase an experience, we are rewarded in 3 ways.

1. Excitement of looking forward to the experience
2. Enjoyment of the experience itself
3. Memories we created to reminisce over

We can also get a sense of financial well-being from giving. One study compared happiness levels when spending money on oneself vs others. Participants in the study were given a small amount of cash then directed to spend the money they had received on either themselves or someone else. At the end of the day the participants were asked to rate their happiness level. Those who spent money on others were significantly happier at the end of the day even if the purchase had been made in the morning.

Better Choices, Better Health

Are you living with a chronic health condition? Do you support a parent or a loved one living with health issues? If your answer to either of these questions is Yes, then this workshop may be for you. Better Choices Better Health is a six-week program for people living with ongoing health issues or those that support and care for someone living with a chronic condition.

The strategies taught during the interactive workshop give participants the skills to manage any long-term health issue like arthritis, cancer, chronic pain, depression, anxiety, diabetes, heart disease, or high blood pressure. Most importantly, participants will learn self-management skills to live life to the fullest.

IT IS A GREAT WAY TO CONNECT WITH OTHERS AND LEARN:

- How to communicate effectively with family and your medical team
- Make small changes toward healthier eating
- Safe and effective ways to start or increase exercise

This FREE workshop is two and a half hours, once a week, for six weeks. Classes are held virtually using online meeting software. [Enroll in a class online](#) and select Better Choices, Better Health from the Find a Class dropdown. You may also call (701) 417-4905 or email bcbh@sanfordhealth.org to register.

Activate!

TALKING TO YOUR CHILD ABOUT HEALTHY EATING

These ideas presented in our first article may be new to your family or child. It is normal and expected that at some point, children will push back against certain standards. The following examples show different ways a parent might respond to a child's statement regarding food and healthy eating.

Parent provides, the child decides:

If a child says, "I want to have noodles instead of chicken." A parent could say, "Chicken is on the menu for dinner. We aren't having noodles tonight, but I'll plan to make noodles for dinner later this week."

No pressure:

If a child says, "I don't want chicken. I am NOT eating this." A parent can respond with, "I hear you're not hungry for chicken right now. Remember that you get to choose what you eat or don't eat from your plate."

Food is food:

If a child says, "Brownies are the BEST food!" A parent can respond with, "I love brownies too! Brownies have energy for our bodies. All foods give our body different amounts of energy so that we can play and feel strong!"

Monthly Observances

Breastfeeding Immunization

Prevention: Protection from infectious disease

Immunizations are among the most effective ways to protect yourself and others from the risk of infectious disease.

Everyone:

Vaccinations are recommended throughout our lifespan. The Centers for Disease Control (CDC) vaccine schedule varies by age group and includes infants, children, adolescents and adults.

Pregnant Women:

Babies can receive some disease immunity from their mothers during pregnancy by the passing of antibodies from mother to baby. This immunity can help protect babies from certain diseases during their early months, before they can get vaccinated.

Travelers:

Travelers should consult with their primary care provider or travel medicine specialist several weeks prior to their trip. This visit will provide an opportunity to discuss routine vaccines, those that may be required for entry into a country or vaccines that the CDC recommends for travelers, based on the destination.

To learn more about vaccinations covered by Sanford Health Plan, [click here](#).

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(800) 499-3416



SANFORD
HEALTH PLAN

Homemade Hummus

Serves: 14
Total Time: 15 minutes | Prep time: 10 minutes

Ingredients:

1- 15.5-ounce can chickpeas (drained and rinsed)
2/3 cup tahini
2 tablespoons finely minced garlic
1/2 teaspoon ground cumin
1/2 cup of water
Juice of 1 lemon

1/2 teaspoon kosher salt
1 tablespoon olive oil or avocado oil, for drizzling
Smoked paprika, to sprinkle
Raw veggies like pea pods, pepper strips or baby carrots for dipping

Directions:

Process the tahini, garlic and cumin in a food processor. With the motor running, slowly pour in 1/2 cup water and process until light and very creamy, 1 to 2 minutes. The mixture will appear broken at first but will come together after all the liquid is added and has been processed for a minute or two. Add the chickpeas, the lemon juice and 1/2 teaspoon salt to the tahini mixture. Process until the mixture is extremely smooth, scraping down the sides occasionally, about 4 minutes. Thin with more water if you prefer a looser consistency. Taste and season with more lemon juice, paprika or cumin as desired. Drizzle olive oil on top before serving.

Nutrition Facts:

Calories: 101 Total fat: 8g Total Carbohydrate: 7g Dietary Fiber: 2g Total Protein: 3g

Join us for live cooking classes on our Facebook Group. [REGISTER HERE!](#)

This information should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.